

# NUTRITION NOW

**336-698-5568**

1633 Spring Garden St  
Greensboro, NC 27403

## Choose Your Healthy Shake Flavor (Meal Replacement)

Original French Vanilla  
Orange Dreamscicle  
Cinnamon Roll  
Orange Julius  
White Choc. Rasp/Straw  
White Choc. Reese's  
Carmel Apple Pie  
Banana Cream Pie  
Strawberry Cheesecake  
Strawberry Banana  
Blueberry Muffin  
Snicker Doodle

Original Dutch Chocolate  
Chocolate Banana  
Almond Joy  
Chocolate Raspberry  
Chocolate Strawberry  
Chocolate Peanut Butter  
Choc Carmel Cheesecake  
German Chocolate Cake  
Smores  
Butterfinger  
Chocolate Cookies~n~Cream  
Pineapple Upside Down Cake

Pina Colada  
Wild Berry Strawberry  
Wild Berry Orange  
Raspberry Lemonade  
Caramel Café Latte  
Vanilla Latte  
Hazelnut Latte  
Baileys Irish Cream  
Ambrosia  
Banana Split  
Lemon Meringue Pie  
Lemon Blueberry

**Each shake comes with an Energizing Calorie-Burning Tea and Mango Aloe**

**Tea Flavors:** Raspberry, Lemon, Original, and Peach (Flavored only)

**Sweetened Tea:** Margarita

**Mango Aloe:** Excellent for digestive system

**Price:**

- **\$6.00** Shakes made with Protein Drink Mix  
(Approximately 200 calories and 24g protein)

**Call ahead and we will have your shake ready!**

**5 or more shakes and we will deliver!**

**We also offer a full line of vitamins and supplements for adults, children, and athletes.**

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## **Choose Your Shake Based on WORK OUT TIMING**

# HERBALIFE.

### **Pre-Workout**

**\$8.00**

(Known to produce the best workout of your life!)

- Prepare (nitric oxide precursor and creatine supplement)
- Prolong Whey protein isolate (dual-source carbohydrates and electrolytes to sustain performance) 850 mg electrolytes
- Energizing, Calorie-Burning Tea
- Mango Aloe

### **Post-Workout**

**\$7.00**

- Rebuild Strength (3000mg L-Glutamine, 3000mg BCAA)  
(24 g Whey and Casein Protein)
- Energizing, Calorie-Burning Tea
- Mango Aloe

### **Healthy Meal for Athletes**

**\$6.50**

- Sport Meal Replacement Shake (230 calories, 24g protein with PDM)
- Energizing, Calorie-Burning Tea
- Mango Aloe

### **Healthy Snack**

**\$5.00**

- Wild Berry or Peach Mango Beverage 15 g whey protein isolate and 70 calories



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- Protein Bar (10 g protein and 140 calories) Chocolate Peanut, Vanilla Almond, and Citrus Lemon.