

# Breast and Prostate Wellness Shake.

1 scoop NanoGreens<sup>10</sup>

1 scoop NanOmega<sup>3</sup>

1 scoop NanoPro<sup>PRP</sup>

6-8 ounces iced green tea

6 organic plain, unsweetened soy milk\*, Vit D enriched

Optional: For extra natural vitamin E, zinc, magnesium, phytosterols and healthy fats add in one or two heaping tablespoons of wheat germ and/ or pumpkin seeds, ground fine in a coffee grinder or hand blender. Or just enjoy a palm full of unsalted, raw pumpkin seeds with your Wellness Shake. (You may want to add more liquid when you add extra ingredients.)

- Soy milk should deliver at least 17 mg of isoflavones per 8 ounces.
- Those with *diagnosed* breast cancer or prostate cancer should speak with their health professionals before consuming high isoflavonoid foods daily
- 4 ounces Vit D enriched or heavy pulp OJ may be substituted for the soy milk, increasing the green tea 4 additional ounces, if a lighter shake is desired.