

53 *Fat Burning*

SMOOTHIES & MILKSHAKES



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Honest Nutrition for Your Ultimate Body™

BioTrust® Low Carb Protein Smoothie Recipes



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INTRO

If you have this manual in your hands – or on your desktop – then it’s pretty clear that you value eating healthy. When it comes to enhancing health, body composition, and performance, optimizing protein intake may be one of the single most important dietary and lifestyle changes that one can make.

Optimizing protein intake means moving from “surviving” to “thriving,” and there are multiple potential beneficial outcomes associated with an increased protein intake:

- **Increased satiety:** Protein-rich foods induce a greater sense of satisfaction than fat- or carbohydrate-rich foods, and they may even decrease energy intake in subsequent meals. In other words, protein-rich foods and protein-dense meals help you feel fuller, longer.
- **Increased thermogenesis:** Dietary protein exerts a significantly higher “thermic effect” than fats or carbohydrates, and high-protein meals are associated with increased thermogenesis. In other words, a higher protein intake increases energy expenditure and boosts the metabolism.
- **Improved body composition:** Optimizing protein intake is crucial to building and maintaining muscle, and it’s critical for performance and recovery. In addition to increasing lean body mass, high-protein diets have consistently been shown to be an effective, efficient tool for optimizing fat loss.
- **Preservation of metabolic rate:** High-protein diets have been

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shown to preserve lean body mass when dieting for fat loss, and they have also been shown to be necessary for the preservation of metabolic rate, which is frequently compromised as a result of dieting.

In addition to the metabolism, appetite, and body composition benefits, high-protein diets have been shown to improve a variety of health markers, metabolic parameters, and carbohydrate management. In other words, a diet high in protein is foundational in order to feel, look, and perform your best.

Despite the benefits of optimizing protein intake, most folks don't eat enough protein, and eating lean protein at each meal can be tricky. That's why adding BioTrust Low Carb to your supplement roster is foundational to optimizing overall health, body composition, and performance.

BioTrust Low Carb is a premium blend of high-quality proteins that both tastes great and provides an array of industry-leading benefits above and beyond the average protein powder, including:

- Proteins sourced from cows **not** treated with hormones (rBGH, rBST);
- Proteins carefully processed at low temperatures through a natural microfiltration process to ensure the highest quality and deliverability possible;
- 24 grams of true time-released protein, providing an optimal ratio of fast- and slow-digesting proteins to support sustained energy, maximize muscle recovery, and help you feel fuller, longer;

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- Over 2.5 grams of leucine and more than 1.25 grams of isoleucine and valine per serving—a total of over 5 grams of the all-important BCAAs, which play a crucial role in exercise performance, muscle recovery, and carbohydrate management;
- 4 grams of gut-friendly fiber, only 4 grams of net carbs, and only 1 gram of sugar per serving;
- No artificial colors, sweeteners, or flavors;
- Made with natural ingredients;
- Made with gluten-free and non-GMO ingredients; and
- Contains the specialized enzyme blend ProHydrolase® to support optimal digestion, maximize absorption, and minimize digestive discomfort. ProHydrolase has been shown to be substantially more effective at delivering protein to muscles than any other enzyme used in other protein supplements.

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ENTER THE SMOOTHIE

Healthy eating may not get any easier than a delicious and nutritious smoothie. A good, homemade smoothie is packed with protein, healthy fats, and fresh fruits and vegetables, which provide fiber and important health-promoting micronutrients (e.g., vitamins, minerals) and phytonutrients. What's more, smoothies provide some great advantages:

Variety. Your options are literally endless with awesome ingredients. Say goodbye to monotony and having to drink your protein shake mixed with milk or water like it's your job. You no longer have to drink the same exact protein shake every day. This manual is packed with 50 delicious recipes to get you started.

Nutrient Density. A good smoothie recipe not only packs a huge punch of high-quality protein, it also contains whole foods like fresh fruits and veggies and healthy fats, which make a smoothie a real feeding opportunity that provides essential nutrients and health-promoting phytonutrients.

Convenience. It's not always easy to cook or find a healthy meal that features whole, minimally processed foods. With busy schedules and commitments, there's not always time to prepare a complete meal each and every feeding of the day. These smoothie recipes are convenient, portable, and made with high-quality ingredients to support your health and fitness goals.

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Unfortunately, there are quite a few “fast-food” smoothie shops out there that tout the benefits of smoothies, but they are generally void of the nutritional benefits that could and should be packed into a smoothie. Most are loaded with processed sugars, void of healthy fats, contain too little protein (and when they do have protein, the sources are generally poor), and don’t contain an appropriate amount of fresh fruits and veggies. In addition, many of those smoothies have an enormous amount of calories! Simply put, the majority of these store-bought and juice bar-type smoothies are hardly better than a fast food milkshake.

The purpose of this guide is to provide you with a foundation of great smoothie recipes, and we’ve got you covered with over 50 delicious options, which can be used for a simple, on-the-go breakfast, a post-workout recovery shake, or a meal replacement. As a matter of fact, we’ve designated three specific categories for the recipes we’ve provided to give you some ideas as to how you might include them in your own nutrition plan based on your needs and goals.

As you’ll see, the smoothie categories are largely separated by the carbohydrate content of the recipes. When it comes to carbohydrate intake, it’s typically a good idea to consider one’s goals (e.g., fat loss, muscle gain), body type (e.g., predominantly ectomorphic, mesomorphic, or endomorphic), and activity levels. Generally speaking, most people will do best with some carbs, with appropriate adjustments made for activity level and body type. A small percentage of the population will do well with a lot of carbs. Likewise, an equally small percentage will thrive with very few carbs.

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Overall, carbohydrate intake should be proportionate to one's activity levels, and sedentary folks, especially those who are trying to lose fat and/or have more endomorphic body types, typically need fewer carbohydrates. At higher activity levels, more carbohydrates may be necessary, particularly for those individuals who have an ectomorphic frame.

Post-Workout Smoothies

These delicious and nutritious smoothies are higher in carbohydrate content—ranging from about 40 grams to 80 grams per serving—and these options may be best after intense exercise when the body's insulin sensitivity and carbohydrate tolerance are typically at their peak. More active folks and athletes with higher carbohydrate needs may need to rely more heavily on recipes in this category than folks who are more interested in optimizing fat loss.

Almost Anytime Smoothies

These awesome recipes are more moderate in their carbohydrate content—containing only about 30 grams of carbohydrate and under 20 grams of sugar per serving—and these are solid options for the overwhelming majority of folks at pretty much any time of the day.

Anytime Smoothies

Anytime Smoothies are perfect for, well, any time. They are low in carbohydrates (less than 20 grams) and sugar (less than 10 grams), and the majority of these recipes contain ample healthy fats. These may also be used for folks who are following a lower-carbohydrate nutrition plan.

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You can use these recipes exactly as they are, and we wouldn't expect any complaints. These categories, however, are not mutually exclusive. For instance, you may want to add something to an "Anytime" recipe to increase its carbohydrate content making it more suitable for post-workout. That's great! As a matter of fact, we encourage you to create some of your own unique flavors using a variety of different protein flavors, fruits, veggies, and healthy fats. We've even laid out an explanation of how we've built our recipes and a guide to building your own!

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SMOOTHIE FOUNDATIONS AND A “DO-IT-YOURSELF” GUIDE

While focusing your eating habits around whole, minimally processed foods is ideal, smoothies provide great convenience and versatility in your efforts to eat healthy. Smoothies also provide great nutrient density, as they are packed with high-quality protein, healthy fats, fiber, vitamins, minerals, antioxidants, phytonutrients, and more. While we’ll provide you with 50 awesome recipes in this book, we also want to share with you some simple steps to building a great smoothie so you can configure your own recipes based on your personal preferences.

First, we highly recommend that you get yourself a good blender. It’s really the only tool you’ll need in this process, but it’s an important one. There are simple, portable blenders like the Magic Bullet, and there are high-dollar commercial blenders like the VitaMix. You don’t need to drop \$500 on a blender, but a good, reliable blender is an important part of a healthy kitchen and a staple for the smoothie connoisseur!

From there, the rest is as simple—or complex—as you’d like to make it.

Step 1: Start with the liquid of your choice:

- Water
- Almond milk (unsweetened)

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- Coconut milk (unsweetened)
- Iced green tea (unsweetened)
- Coffee
- Cow's milk
- Hemp milk or other dairy alternative

Generally speaking, more liquid yields a thinner smoothie, whereas less liquid lends itself to a thicker consistency.

[Note: Some of our recipes include coffee, which contains caffeine. For most folks, it's a good idea to avoid/limit caffeine intake within 6 hours of bedtime. Researchers at Michigan's Henry Ford Hospital's Sleep Disorders & Research Center and Wayne State College of Medicine analyzed the sleep-disruptive effects of caffeine consumption at different lengths of time before bedtime. They found that caffeine consumed even 6 hours before bedtime resulted in significantly diminished sleep quality and quantity. If you choose these recipes later in the day, then you may opt for decaffeinated coffee or a different liquid.]

Step 2: Add your protein powder. An outstanding smoothie starts with protein. As you already know, BioTrust Low Carb is the optimal choice, as it is unmatched in its quality and nutritional profile.

Step 3: Toss in some veggies. You'd be surprised how well veggies mix up into a smoothie. In fact, spinach pretty much goes with everything, providing a nutrient boost without impacting the flavor. Avocados provide an awesome consistency and yield fiber and heart-healthy monounsaturated

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fats. You can even add a serving of your favorite greens supplement to your smoothie. Here are some more options:

- Kale
- Pumpkin
- Sweet potato
- Beets
- Cucumber
- Celery

Step 4: Pick a fruit. We've included a variety of fruits in the recipes we've provided so you can see how your favorite fruit can be implemented. In many of the recipes, we include the frozen version in the ingredients list. However, feel free to include fresh fruits or experiment with both fresh and frozen. For example, frozen bananas lend a very unique consistency.

Step 5: Add some healthy fats. From oils to nuts to seeds, we've given examples of recipes with coconut oil, ground flaxseed meal, natural nut butters, almonds, pecans, walnuts, and cashews. These are just a few of the endless options. You can include any number of healthy fats like olive oil, fish oil, pumpkin seeds, chia seeds, hemp seeds, and any nut or nut butters.

Step 6: Protein Boost. Cottage cheese, Greek yogurt, and plain yogurt are a few options of real foods that you can add to your smoothie to boost the protein content.

Step 7: Spice it up. Like many readily available spices, cinnamon offers a

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host of nutritive properties, and what's more, studies show that it can help improve carbohydrate metabolism. If you're feeling a little edgy and want a spicy kick, you may add some cayenne pepper; its active component, capsaicin, has been shown to have metabolism-boosting properties. Turmeric and ginger are two other spices that offer numerous health benefits. You may have some favorites that pair uniquely with some other ingredients. As far as sweeteners, we prefer stevia, a low-glycemic, natural sweetener.

Step 8: Add some ice. Personal preference is key here. We use 5 ice cubes in the majority of our recipes. Anything less than 5 ice cubes will lead to a thinner smoothie, whereas more than 5 (up to 10) will create a thicker, more pudding-like smoothie.



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POST-WORKOUT SMOOTHIES

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Post-Workout Smoothies



APPLE CINNAMON SMOOTHIE

INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla Cream](#)
- 1 unsweetened vanilla almond milk
- 1 Granny Smith apple (cored, sliced)
- ½ frozen banana
- 1 tsp cinnamon
- stevia (to taste)
- 5 ice cubes

NUTRITION FACTS:

- **Calories (cal): 343**
- Fat (g): 6
- Carbohydrates (g): 51
- Fiber (g): 12
- Sugar (g): 27
- Protein (g): 26



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APRICOT VANILLA SMOOTHIE

INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla Cream](#)
- 1 cup unsweetened vanilla almond milk
- ½ cup fat-free yogurt
- 10 dried apricot halves
- 1 tbsp honey
- 5 ice cubes

NUTRITION FACTS:

- **Calories (cal): 360**
- Fat (g): 6
- Carbohydrates (g): 46
- Fiber (g): 6
- Sugar (g): 28
- Protein (g): 32



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Post-Workout Smoothies



BANANA BREAD SMOOTHIE

INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla Cream](#)
- 1 cup unsweetened vanilla almond milk
- 1 frozen banana
- ½ cup (dry measure) rolled oats
- 1 tsp cinnamon
- 5 ice cubes

NUTRITION FACTS:

- **Calories (cal): 451**
- Fat (g): 9
- Carbohydrates (g): 66
- Fiber (g): 13
- Sugar (g): 15
- Protein (g): 31



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BANANA SPLIT SMOOTHIE

INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla Cream](#)
- 1 cup unsweetened vanilla almond milk
- 1 frozen banana
- ½ cup frozen pineapple chunks
- 5 frozen strawberries
- 1 tsp pure cocoa powder
- 5 ice cubes

NUTRITION FACTS:

- **Calories (cal): 422**
- Fat (g): 6
- Carbohydrates (g): 70
- Fiber (g): 11
- Sugar (g): 44
- Protein (g): 27



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BLUE BOMBER SMOOTHIE

INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla Cream](#)
- ½ cup fat-free plain yogurt
- 1 cup water
- 2 cups frozen blueberries
- stevia (to taste)
- 5 ice cubes

NUTRITION FACTS:

- **Calories (cal): 377**
- Fat (g): 4
- Carbohydrates (g): 55
- Fiber (g): 12
- Sugar (g): 37
- Protein (g): 32



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BLUEBERRY BLISS SMOOTHIE

INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla Cream](#)
- 1 cup unsweetened almond milk
- 1 cup frozen blueberries
- ½ frozen banana
- 2 tbsp flaxseed meal
- stevia (to taste)
- 5 ice cubes

NUTRITION FACTS:

- **Calories (cal): 382**
- Fat (g): 11
- Carbohydrates (g): 46
- Fiber (g): 15
- Sugar (g): 21
- Protein (g): 29



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CARROT CAKE PROTEIN SMOOTHIE

INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla Cream](#)
- 1 cup unsweetened vanilla almond milk
- 1 frozen banana
- ½ cup baby carrots
- 2 tbsp flaxseed meal
- ½ tsp vanilla extract
- ½ tsp each of cinnamon and nutmeg
- stevia (to taste)
- 5 ice cubes

NUTRITION FACTS:

- **Calories (cal): 411**
- Fat (g): 11
- Carbohydrates (g): 53
- Fiber (g): 17
- Sugar (g): 21
- Protein (g): 30



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Post-Workout Smoothies



CHOCOLATE CHERRY SMOOTHIE

INGREDIENTS:

- 2 scoops [BioTrust Low Carb Milk Chocolate](#)
- 1 cup unsweetened chocolate almond milk
- ½ cup fat-free yogurt
- 1 cup frozen cherries
- 1 tbsp honey
- 5 ice cubes

NUTRITION FACTS:

- **Calories (cal): 419**
- Fat (g): 7
- Carbohydrates (g): 61
- Fiber (g): 8
- Sugar (g): 47
- Protein (g): 34



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Post-Workout Smoothies



CINNA-MOCHA SUPREME

INGREDIENTS:

- 2 scoops [BioTrust Low Carb Café Mocha](#)
- ½ cup brewed coffee
- ½ cup unsweetened almond milk
- 1 frozen banana
- 2 tbsp chia seeds
- 1 tsp ground cinnamon
- ½ tsp ground nutmeg
- 5 ice cubes

NUTRITION FACTS:

- **Calories (cal): 400**
- Fat (g): 11
- Carbohydrates (g): 48
- Fiber (g): 19
- Sugar (g): 15
- Protein (g): 32



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Post-Workout Smoothies



CREAMY PEACH SMOOTHIE

INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla Cream](#)
- ½ cup fat-free plain yogurt
- 1 cup water
- 1 peach (pitted and sliced)
- 2 tbsp honey
- 5 ice cubes

NUTRITION FACTS:

- **Calories (cal): 405**
- Fat (g): 3
- Carbohydrates (g): 67
- Fiber (g): 6
- Sugar (g): 57
- Protein (g): 33



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HONEY RASPBERRY SMOOTHIE

INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla Cream](#)
- ½ cup fat-free plain yogurt
- 1 cup water
- 1 cup frozen raspberries
- 1 frozen banana
- 1 tbsp honey
- 5 ice cubes

NUTRITION FACTS:

- **Calories (cal): 451**
- Fat (g): 3
- Carbohydrates (g): 76
- Fiber (g): 15
- Sugar (g): 48
- Protein (g): 34



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MIXED BERRY SMOOTHIE

INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla Cream](#)
- 1 cup unsweetened almond milk
- ½ cup fat-free yogurt
- ½ cup frozen strawberries
- ½ cup frozen blueberries
- ½ cup frozen raspberries
- 1 tbsp honey
- 5 ice cubes

NUTRITION FACTS:

- **Calories (cal): 420**
- Fat (g): 7
- Carbohydrates (g): 60
- Fiber (g): 13
- Sugar (g): 40
- Protein (g): 33



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OATS AND HONEY SMOOTHIE

INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla Cream](#)
- 1 cup unsweetened vanilla almond milk
- ½ cup (dry measure) rolled oats
- 1 tbsp honey
- stevia (to taste)
- 5 ice cubes

NUTRITION FACTS:

- **Calories (cal): 404**
- Fat (g): 9
- Carbohydrates (g): 54
- Fiber (g): 9
- Sugar (g): 18
- Protein (g): 30



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PIÑA COLADA SMOOTHIE

INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla Cream](#)
- 1 cup unsweetened vanilla almond milk
- ½ cup frozen pineapple chunks
- 3 tbsp unsweetened shredded coconut
- stevia (to taste)
- 5 ice cubes

NUTRITION FACTS:

- **Calories (cal): 395**
- Fat (g): 16
- Carbohydrates (g): 41
- Fiber (g): 8
- Sugar (g): 28
- Protein (g): 26



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STRAWBERRY BANANA SMOOTHIE

INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla Cream](#)
- 1 cup unsweetened vanilla almond milk
- 1 frozen banana
- 1 cup frozen strawberries
- stevia (to taste)
- 5 ice cubes

NUTRITION FACTS:

- **Calories (cal): 347**
- Fat (g): 6
- Carbohydrates (g): 51
- Fiber (g): 11
- Sugar (g): 22
- Protein (g): 27



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T'S SPECIAL SMOOTHIE

INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla Cream](#)
- 1 cup unsweetened vanilla almond milk
- ½ cup fat-free plain yogurt
- 1 frozen banana
- ½ cup blueberries
- 1 tbsp honey roasted peanut butter (freshly ground)
- ½ tsp cinnamon
- 5 ice cubes

NUTRITION FACTS:

- **Calories (cal): 498**
- Fat (g): 14
- Carbohydrates (g): 62
- Fiber (g): 12
- Sugar (g): 35
- Protein (g): 37



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Almost Anytime Smoothies

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Almost Anytime Smoothies



BANANA COCONUT SMOOTHIE

INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla Cream](#)
- 1 cup unsweetened coconut milk
- 3 tbsp unsweetened shredded coconut
- ½ frozen banana
- 1 tsp coconut extract
- 5 ice cubes

NUTRITION FACTS:

- **Calories (cal): 353**
- Fat (g): 17
- Carbohydrates (g): 26
- Fiber (g): 8
- Sugar (g): 9
- Protein (g): 27



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Almost Anytime Smoothies



BERRIES AND CREAM SMOOTHIE

INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla Cream](#)
- 1 cup unsweetened almond milk
- ½ cup low-fat cottage cheese
- ½ cup frozen strawberries
- ½ cup frozen blueberries
- 2 tbsp flaxseed meal
- 5 ice cubes

NUTRITION FACTS:

- **Calories (cal): 337**
- Fat (g): 7
- Carbohydrates (g): 29
- Fiber (g): 9
- Sugar (g): 14
- Protein (g): 40



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Almost Anytime Smoothies



CHOCOLATE COVERED STRAWBERRY SMOOTHIE

INGREDIENTS:

- 2 scoops [BioTrust Low Carb Milk Chocolate](#)
- 1 cup unsweetened chocolate almond milk
- 1 cup frozen strawberries
- 2 tbsp flaxseed meal
- stevia (to taste)
- 5 ice cubes

NUTRITION FACTS:

- **Calories (cal): 302**
- Fat (g): 11
- Carbohydrates (g): 28
- Fiber (g): 12
- Sugar (g): 8
- Protein (g): 29



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SMOOTHIES & MILKSHAKES

Almost Anytime Smoothies



CHOCOLATE LOVER'S SMOOTHIE

INGREDIENTS:

- 2 scoops [BioTrust Low Carb Milk Chocolate](#)
- 1 cup unsweetened chocolate almond milk
- 1 tbsp pure cocoa powder
- 1 tbsp natural peanut butter
- ½ frozen banana
- ½ tbsp extra virgin coconut oil
- stevia (to taste)
- 5 ice cubes

NUTRITION FACTS:

- **Calories (cal): 414**
- Fat (g): 22
- Carbohydrates (g): 30
- Fiber (g): 10
- Sugar (g): 10
- Protein (g): 31



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CINNAMON ROLL SUPREME SMOOTHIE

INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla Cream](#)
- 1 cup unsweetened vanilla almond milk
- 1 tsp cinnamon
- ½ tsp vanilla extract
- 1 tsp Butter Buds or butter extract
- stevia (to taste)
- 5 ice cubes

NUTRITION FACTS:

- **Calories (cal): 206**
- Fat (g): 6
- Carbohydrates (g): 14
- Fiber (g): 5
- Sugar (g): 14
- Protein (g): 25



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COCO-MOCHA DELIGHT

INGREDIENTS:

- 2 scoops [BioTrust Low Carb Café Mocha](#)
- 1 cup unsweetened coconut milk
- 1 tbsp coconut oil, extra virgin, cold-pressed
- ½ banana, frozen (optional)
- 5 ice cubes

NUTRITION FACTS:

- **Calories (cal): 380**
- Fat (g): 22
- Carbohydrates (g): 22
- Fiber (g): 6
- Sugar (g): 8
- Protein (g): 26



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GREEN SUPERFOOD SMOOTHIE

INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla Cream](#)
- 1 cup water
- 1 cup kale leaves (ribs and stems removed)
- ½ frozen banana
- 3 tbsp unsweetened coconut flakes
- stevia (to taste)
- 5 ice cubes

NUTRITION FACTS:

- **Calories (cal): 336**
- Fat (g): 13
- Carbohydrates (g): 32
- Fiber (g): 9
- Sugar (g): 9
- Protein (g): 28



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GREEN TEA PROTEIN SMOOTHIE

INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla Cream](#)
- 1 cup unsweetened vanilla almond milk
- 1 frozen banana
- 1 tsp matcha green tea powder
- stevia (to taste)
- 5 ice cubes

NUTRITION FACTS:

- **Calories (cal): 298**
- Fat (g): 6
- Carbohydrates (g): 37
- Fiber (g): 8
- Sugar (g): 15
- Protein (g): 27



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MOCHA ALMOND BERRY DELIGHT

INGREDIENTS:

- 2 scoops [BioTrust Low Carb Café Mocha](#)
- 1 cup unsweetened almond milk
- ¾ cup frozen raspberries, unsweetened
- 1 tbsp almond butter
- 5 ice cubes

NUTRITION FACTS:

- **Calories (cal): 390**
- Fat (g): 17
- Carbohydrates (g): 36
- Fiber (g): 18
- Sugar (g): 9
- Protein (g): 30



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MOCHA MONKEY

INGREDIENTS:

- 2 scoops [BioTrust Low Carb Café Mocha](#)
- 1 cup unsweetened coconut milk
- ½ ounce walnuts
- 1 frozen banana
- ½ tsp vanilla extract
- ½ tsp cinnamon
- 5 ice cubes

NUTRITION FACTS:

- **Calories (cal): 400**
- Fat (g): 17
- Carbohydrates (g): 38
- Fiber (g): 8
- Sugar (g): 16
- Protein (g): 28



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PEANUT BUTTER AND BANANA DELIGHT SMOOTHIE

INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla Cream](#)
- 1 cup unsweetened almond milk
- ½ cup low-fat cottage cheese
- ½ frozen banana
- 1 heaping tbsp peanut butter
- stevia (to taste)
- 5 ice cubes

NUTRITION FACTS:

- **Calories (cal): 465**
- Fat (g): 19
- Carbohydrates (g): 32
- Fiber (g): 8
- Sugar (g): 13
- Protein (g): 45



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PEANUT BUTTER CUP SMOOTHIE

INGREDIENTS:

- 2 scoops [BioTrust Low Carb Milk Chocolate](#)
- 1 cup unsweetened chocolate almond milk
- ½ frozen banana
- 2 tbsp natural peanut butter
- 1 tbsp pure cocoa powder
- stevia (to taste)
- 5 ice cubes

NUTRITION FACTS:

- **Calories (cal): 443**
- Fat (g): 23
- Carbohydrates (g): 33
- Fiber (g): 11
- Sugar (g): 11
- Protein (g): 34



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POPEYE'S SUPER SPINACH SMOOTHIE

INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla Cream](#)
- 1 cup unsweetened almond milk
- 3 cups spinach
- ½ frozen banana
- 1 tbsp natural peanut butter
- stevia (to taste)
- 5 ice cubes

NUTRITION FACTS:

- **Calories (cal): 357**
- Fat (g): 14
- Carbohydrates (g): 30
- Fiber (g): 10
- Sugar (g): 10
- Protein (g): 32



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SALTED CARAMEL MOCHA

INGREDIENTS:

- 2 scoops [BioTrust Low Carb Café Mocha](#)
- ½ cup brewed coffee
- ½ cup unsweetened almond milk
- ½ avocado
- ½ frozen banana
- 1 tbsp cocoa
- ½ - 1 tsp natural caramel extract
- 1 tsp sea salt
- 5 ice cubes

NUTRITION FACTS:

- **Calories (cal): 390**
- Fat (g): 20
- Carbohydrates (g): 34
- Fiber (g): 15
- Sugar (g): 9
- Protein (g): 28



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STRAWBERRY CHEESECAKE SMOOTHIE

INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla Cream](#)
- 1 cup unsweetened vanilla almond milk
- ½ cup nonfat Greek yogurt
- 1 cup frozen strawberries
- ½ tsp cinnamon
- stevia (to taste)
- 5 ice cubes

NUTRITION FACTS:

- **Calories (cal): 311**
- Fat (g): 6
- Carbohydrates (g): 29
- Fiber (g): 9
- Sugar (g): 12
- Protein (g): 38



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STRAWBERRY SHORTCAKE SMOOTHIE

INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla Cream](#)
- 1 cup unsweetened vanilla almond milk
- 10 frozen strawberries
- ½ tsp almond extract
- stevia (to taste)
- 5 ice cubes

NUTRITION FACTS:

- **Calories (cal): 227**
- Fat (g): 6
- Carbohydrates (g): 20
- Fiber (g): 6
- Sugar (g): 6
- Protein (g): 25



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VANILLA MOCHA SUPREME

INGREDIENTS:

- 2 scoops [BioTrust Low Carb Café Mocha](#)
Or, 1 scoop each BioTrust Low Carb Café Mocha and Vanilla Cream
- ½ cup unsweetened vanilla almond milk
- ½ cup plain Greek yogurt
- ½ frozen banana
- 2 tbsp ground flaxseed
- ½ tsp vanilla extract
- 5 ice cubes

NUTRITION FACTS:

- **Calories (cal): 390**
- Fat (g): 13
- Carbohydrates (g): 34
- Fiber (g): 14
- Sugar (g): 12
- Protein (g): 40



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VEGGIE LOVER'S SMOOTHIE

INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla Cream](#)
- 1 cup unsweetened almond milk
- ½ cup nonfat Greek yogurt
- 1 cup spinach
- 1 tomato (small)
- ¼ cup each: baby carrots, onion, avocado, cucumber
- ½ tbsp coconut oil
- ½ oz cashews
- 5 ice cubes

NUTRITION FACTS:

- **Calories (cal): 514**
- Fat (g): 25
- Carbohydrates (g): 34
- Fiber (g): 11
- Sugar (g): 13
- Protein (g): 42



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CHOCOLATE COCONUT SMOOTHIE

INGREDIENTS:

- 2 scoops [BioTrust Low Carb Milk Chocolate](#)
- 1 cup unsweetened chocolate almond milk
- 1 tbsp natural almond butter
- 3 tbsp unsweetened shredded coconut
- stevia (to taste)
- 5 ice cubes

NUTRITION FACTS:

- **Calories (cal): 391**
- Fat (g): 26
- Carbohydrates (g): 17
- Fiber (g): 8
- Sugar (g): 2
- Protein (g): 28



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CHOCOLATE-COVERED ALMOND JOY SMOOTHIE

INGREDIENTS:

- 2 scoops [BioTrust Low Carb Milk Chocolate](#)
- 1 cup unsweetened coconut milk
- 1 tbsp shredded coconut
- ½ oz almonds
- ½ tsp almond extract
- 1 tbsp pure cocoa powder
- stevia (to taste)
- 5 ice cubes

NUTRITION FACTS:

- **Calories (cal): 329**
- Fat (g): 19
- Carbohydrates (g): 16
- Fiber (g): 8
- Sugar (g): 2
- Protein (g): 29



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CHOCO-LATTE SUPREME

INGREDIENTS:

- 2 scoops [BioTrust Low Carb Café Mocha](#)
Or, 1 scoop each BioTrust Low Carb Café Mocha and Milk Chocolate
- ½ cup brewed coffee
- ½ cup unsweetened chocolate almond milk
- ½ avocado
- 1 tbsp cocoa
- 5 ice cubes

NUTRITION FACTS:

- **Calories (cal): 390**
- Fat (g): 20
- Carbohydrates (g): 24
- Fiber (g): 13
- Sugar (g): 5
- Protein (g): 37



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CHOCO-MINT SMOOTHIE

INGREDIENTS:

- 2 scoops [BioTrust Low Carb Milk Chocolate](#)
- 1 cup unsweetened chocolate almond milk
- 1 tsp pure cocoa powder
- 2 tsp mint extract
- stevia (to taste)
- 5 ice cubes

NUTRITION FACTS:

- **Calories (cal): 194**
- Fat (g): 7
- Carbohydrates (g): 11
- Fiber (g): 6
- Sugar (g): 1
- Protein (g): 25



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COCONUT PROTEIN SMOOTHIE

INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla Cream](#)
- 1 cup unsweetened almond milk
- 1 tbsp extra virgin coconut oil
- ½ frozen banana
- stevia (to taste)
- 5 ice cubes

NUTRITION FACTS:

- **Calories (cal): 373**
- Fat (g): 20
- Carbohydrates (g): 23
- Fiber (g): 7
- Sugar (g): 8
- Protein (g): 26



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CREAMY CHOCOLATE-COVERED CASHEW

INGREDIENTS:

- 2 scoops [BioTrust Low Carb Milk Chocolate](#)
- 1 cup unsweetened chocolate almond milk
- 1 tbsp cashew butter
- 1 tsp vanilla extract
- Stevia, to taste (optional)
- 5 ice cubes

NUTRITION FACTS:

- **Calories (cal): 270**
- Fat (g): 13
- Carbohydrates (g): 14
- Fiber (g): 5
- Sugar (g): 1
- Protein (g): 27



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CREAMY VANILLA MINT SMOOTHIE

INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla Cream](#)
- 1 cup unsweetened vanilla almond milk
- 3 tbsp heavy whipping cream
- 3-6 drops mint extract
- stevia (to taste)
- 5 ice cubes

NUTRITION FACTS:

- **Calories (cal): 345**
- Fat (g): 22
- Carbohydrates (g): 11
- Fiber (g): 5
- Sugar (g): 1
- Protein (g): 26



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HAZELNUT HEMP CAFÉ MOCHA

INGREDIENTS:

- 2 scoops [BioTrust Low Carb Café Mocha](#)
- 1 cup unsweetened chocolate almond milk
- 2 tbsp hemp seeds
- 1 tbsp hazelnut butter
- 5 ice cubes

NUTRITION FACTS:

- **Calories (cal): 370**
- Fat (g): 22
- Carbohydrates (g): 13
- Fiber (g): 7
- Sugar (g): 1
- Protein (g): 32



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HIGH-OCTANE COFFEE

INGREDIENTS:

- 2 scoops [BioTrust Low Carb Café Mocha](#)
- 1 cup brewed coffee
- 1 tbsp coconut oil, extra virgin, cold-pressed
- 1 tbsp grass-fed butter
- 5 ice cubes

NUTRITION FACTS:

- **Calories (cal): 380**
- Fat (g): 29
- Carbohydrates (g): 8
- Fiber (g): 4
- Sugar (g): 1
- Protein (g): 24



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LEPRECHAUN SMOOTHIE

INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla Cream](#)
- 1 cup unsweetened almond milk
- ½ cup low-fat cottage cheese
- ½ tsp mint extract
- 3 drops green food coloring
- stevia (to taste)
- 5 ice cubes

NUTRITION FACTS:

- **Calories (cal): 271**
- Fat (g): 7
- Carbohydrates (g): 13
- Fiber (g): 5
- Sugar (g): 4
- Protein (g): 39



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MILK CHOCOLATE COCONUT DELIGHT

INGREDIENTS:

- 2 scoops [BioTrust Low Carb Milk Chocolate](#)
- 1 cup unsweetened chocolate almond milk
- ½ tbsp coconut oil (extra virgin, cold-pressed)
- 1 tsp almond extract
- Stevia, to taste (optional)
- 5 ice cubes

NUTRITION FACTS:

- **Calories (cal): 255**
- Fat (g): 13
- Carbohydrates (g): 10
- Fiber (g): 5
- Sugar (g): 1
- Protein (g): 25



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NUTS & FLAX SMOOTHIE

INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla Cream](#)
- 1 cup unsweetened almond milk
- ½ cup low-fat cottage cheese
- 2 tbsp flaxseed meal
- ½ oz walnuts
- ½ oz almonds
- stevia (to taste)
- 5 ice cubes

NUTRITION FACTS:

- **Calories (cal): 507**
- Fat (g): 28
- Carbohydrates (g): 22
- Fiber (g): 12
- Sugar (g): 5
- Protein (g): 47



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NY CHEESECAKE PROTEIN SMOOTHIE

INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla Cream](#)
- 1 cup unsweetened almond milk
- ½ cup cottage cheese
- Stevia, to taste (optional)
- 5 ice cubes

NUTRITION FACTS:

- **Calories (cal): 270**
- Fat (g): 7
- Carbohydrates (g): 13
- Fiber (g): 5
- Sugar (g): 4
- Protein (g): 39



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ORANGE CREAMSICLE SMOOTHIE

INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla Cream](#)
- 1 cup unsweetened vanilla almond milk
- 1 tbsp heavy whipping cream
- 1 tsp pure orange extract
- 2 tbsp flaxseed meal
- stevia (to taste)
- 5 ice cubes

NUTRITION FACTS:

- **Calories (cal): 322**
- Fat (g): 16
- Carbohydrates (g): 14
- Fiber (g): 9
- Sugar (g): 1
- Protein (g): 30



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PB & J PROTEIN SMOOTHIE

INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla Cream](#)
- 1 cup unsweetened almond milk
- ½ cup low-fat cottage cheese
- 1 tbsp natural peanut butter
- 5 frozen strawberries
- stevia (to taste)
- 5 ice cubes

NUTRITION FACTS:

- **Calories (cal): 384**
- Fat (g): 15
- Carbohydrates (g): 21
- Fiber (g): 7
- Sugar (g): 8
- Protein (g): 43



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PUMPKIN PIE SMOOTHIE

INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla Cream](#)
- 1 cup unsweetened almond milk
- ½ cup pumpkin puree
- 1 tsp cinnamon
- ½ tsp nutmeg
- stevia (to taste)
- 5 ice cubes

NUTRITION FACTS:

- **Calories (cal): 243**
- Fat (g): 6
- Carbohydrates (g): 22
- Fiber (g): 10
- Sugar (g): 5
- Protein (g): 27



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STRAWBERRY MACADAMIA NUT SMOOTHIE

INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla Cream](#)
- 1 cup unsweetened vanilla almond milk
- ½ cup frozen strawberries
- 1 oz macadamia nuts (or shavings)
- stevia (to taste)
- 5 ice cubes

NUTRITION FACTS:

- **Calories (cal): 419**
- Fat (g): 27
- Carbohydrates (g): 21
- Fiber (g): 9
- Sugar (g): 6
- Protein (g): 28



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VANILLA ALMOND SWIRL SMOOTHIE

INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla Cream](#)
- 1 cup unsweetened vanilla almond milk
- 1 tbsp almond butter
- ½ tsp almond extract
- ½ tsp pumpkin pie spice
- stevia (to taste)
- 5 ice cubes

NUTRITION FACTS:

- **Calories (cal): 296**
- Fat (g): 15
- Carbohydrates (g): 14
- Fiber (g): 6
- Sugar (g): 1
- Protein (g): 27



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VANILLA AND FLAX SMOOTHIE

INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla Cream](#)
- 1 cup unsweetened vanilla almond milk
- ½ cup fat-free plain yogurt
- 2 tbsp flaxseed meal
- 1 tsp pure vanilla extract
- stevia (to taste)
- 5 ice cubes

NUTRITION FACTS:

- **Calories (cal): 330**
- Fat (g): 10
- Carbohydrates (g): 24
- Fiber (g): 9
- Sugar (g): 11
- Protein (g): 35



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THANK YOU FROM TEAM BIOTRUST!

If you made all the way through this book in one read—without stopping to make at least one or two of these incredible smoothies—you’re probably ready to go blend one up right now. And you’d be doing your body and your health a good service in doing so.

As mentioned, optimizing protein intake means moving from “surviving” to “thriving,” and research has shown that a higher protein intake can help folks look better, feel better, and perform better. Studies show that optimizing protein intake increases satiety (i.e., feel fuller, longer), boosts the metabolism, improves body composition, enhances performance and recovery, and boosts overall health and vitality.

A true cornerstone of optimizing protein intake is a high-quality, great-tasting, ultra-convenient protein supplement, and we strongly believe that BioTrust Low Carb sets the bar. BioTrust Low Carb is a premium blend of high-quality proteins that both tastes great and provides an array of industry-leading benefits above and beyond the average protein supplement, including:

- Proteins sourced from cows **not** treated with hormones (rBGH, rBST);
- Proteins carefully processed at low temperatures through a natural microfiltration process to ensure the highest quality and deliverability

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possible;

- 24 grams of true time-released protein, providing an optimal ratio of fast- and slow-digesting proteins to support sustained energy, maximize muscle recovery, and help you feel fuller, longer;
- Over 2.5 grams of leucine and more than 1.25 grams of isoleucine and valine per serving—a total of over 5 grams of the all-important BCAAs, which play a crucial role in exercise performance, muscle recovery, and carbohydrate management;
- 4 grams of gut-friendly fiber, only 4 grams of net carbs, and only 1 gram of sugar per serving;
- No artificial colors, sweeteners, or flavors;
- Made with natural ingredients;
- Made with gluten-free and non-GMO ingredients; and
- Contains the specialized enzyme blend ProHydrolase® to support optimal digestion, maximize absorption, and minimize digestive discomfort. ProHydrolase has been shown to be substantially more effective at delivering protein to muscles than any other enzyme used in other protein supplements.

BioTrust Low Carb provides incredible nutrient density and low calorie density, which makes it a pound-for-pound heavyweight champion in terms of a dietary protein choice. However, even the great-tasting BioTrust Low Carb can use some variety and some dressing up from time to time. That's where the smoothie comes into play.

Please use this manual to help you get the best nutrition at any time of day, whether it's at breakfast, as a mid-day snack, after a tough workout, or at

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the end of the day. We would love to hear from you about your personal favorite and any special recipes or twists that you've created to make a smoothie of your own.

At BioTrust, we are here for you, and our sole mission is to help you burn fat, improve your health, and ultimately, transform your life. In addition to our scientifically-backed supplements like BioTrust Low Carb, we've also put together some awesome, FREE resources, including our BioTrust Community and Coaching Forum where you can get free help from our certified nutrition and exercise coaches. Our coaches and community members will be there for you every step of the way to guide and support you, as well as provide you with the accountability, inspiration, and encouragement you'll need for a successful transformation. We welcome you to join us today!

[BioTrust Community and Coaching Forum](#)

In addition, our outstanding customer service team is ready, willing, and eager to help you should you have any further questions or concerns. We can't wait to get your feedback and hear about your results. Please feel free to contact us today with questions or comments:

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In closing, we would like to thank you for your commitment to honest nutrition and to a life of health, fitness, and vitality. You clearly value the absolute best, and that's what we set out to provide from the start at BioTrust. Simply put, at BioTrust we are committed to doing EVERYTHING the right way, with integrity, and with your results in mind, and that's exactly why you can be confident in joining the BioTrust team today. To your health!



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