



Life Drink is a deeply nutritious and intensely synergistic powder, containing fresh freeze-dried botanicals and concentrated whole foods (10 different berries and 10 intense greens) that provide an astonishing array of naturally-derived phytonutrients, micronutrients, enzymes, probiotics, essential fatty acids, fibers and much more.

DESCRIPTION

Terranova Life Drink is a food supplement based on vegetable proteins, active ingredients from rice bran, microalgae, freeze-dried green powder, berries, mushrooms, 3-6-9 fatty acids, digestive enzymes and bacteria. It can also be used as a face mask, as an antioxidant.

Properties and benefits of Vida Bebida

It is a dietary supplement rich in protein, antioxidants, specific nutrients to increase the body's defenses, and beneficial for the digestive system.

In addition, it has a revitalizing and energizing effect for states of deficiency or physical or mental asthenia.

How to take Vida Drink?

It is recommended for adults to take one tablespoon (12g) mixed with juice or in a smoothie.

We also provide you with a **Life Drink Recipe**:

This is the ultimate Life Drink Super Bowl recipe! A wonderful idea for any time of day when you want the broadest spectrum of natural nutrients in your diet!

INGREDIENTS

- 3 cups baby spinach
- 1 frozen banana
- 1 cup of red fruits
- ½ cup almond milk
- ½ cup granola
- 1 tablespoon of Terranova Life Drink
- To decorate: chia seeds, shredded coconut, nuts, fruit or dried fruit, etc.





In a blender, blend all the ingredients until smooth. Decorate your super bowl with the ingredients of your choice. Enjoy!

Looking for “active ingredients” for your skin care?

The importance of antioxidants, enzymes, probiotics and omega fatty acids is not only important for your nutrition, but also for your beauty! More and more cosmetics are incorporating these ingredients into their formulas, offering a deeper and more holistic treatment.

Add a Life Drink face mask to your weekly beauty routine! The recipe is very simple:

- 1 tablespoon of Life Drink.
- ½ tablespoon of Newfoundland Omega 3-6-7-9 oil or rose tonic or water.

Mix everything together. The mixture should be thick. Apply to clean skin on your face and neck, avoiding the eye area, making circles with your fingers. Put on some nice music, close your eyes and relax for 10 minutes. Rinse well and apply your serum or moisturiser.

