

**FUTURE  
FORMULATIONS, LLC**  
**NUTRITION AHEAD OF ITS TIME**

Fresh Juice Recipes with Adrenal Power Powder



**Apple-Celery Drink**

5-6 granny smith apples  
3-4 celery stalks  
½ teaspoon flax seeds (freshly ground)  
1 scoop of Adrenal Power Powder

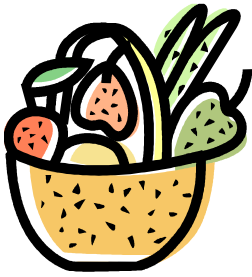
Juice apples and celery. Add flax seeds and Adrenal Power Powder by blending or shaking. Drink chilled or poured over ice.



**Pineapple-Cranberry Drink**

½ fresh pineapple, peeled and sliced  
½ cup fresh cranberries  
½ lemon  
½ teaspoon flax seeds (freshly ground)  
1 scoop of Adrenal Power Powder

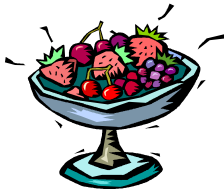
Juice pineapple and cranberries. Squeeze lemon into mixture; add flax seeds and Adrenal Power Powder by blending or shaking. Drink chilled or poured over ice.



### **Spicy Vegetable Blend**

2 tomatoes  
6 carrots  
2 celery stalks  
1 handful fresh spinach  
Dash of cayenne pepper  
Dash of sea salt  
1 scoop of Adrenal Power Powder

Juice tomatoes, carrots, celery and spinach. Blend in Adrenal Power Powder and shake dashes of cayenne pepper and sea salt. Drink chilled or poured over ice.



### **Berry Delightful Drink**

1 cup fresh wild blueberries (or red raspberries)  
¼ cup pineapple juice  
6 oz. of spring water  
1 scoop of Adrenal Power Powder

Mix all ingredients together in blender. Drink chilled or poured over ice.

Adrenal Power Powder can also be mixed with your favorite juice or flavored soy or rice milk, blended or over ice. Our favorite is pineapple-mango or mocha flavored soy milk!