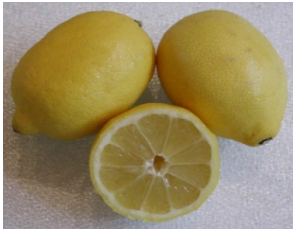


## Get Out Of The Heat And Plunge Into Some Refreshing Summer Drinks

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### *Fat Burning **Lemonade Blast***

*8-10 Ounces Filtered Water*



*½ tsp (or more to taste-see directions) Xylitol Powder\*\**

*¼ tsp. (level) Carnitine Tartrate Powder*

*1 Large Lemon Squeezed*

*½ cup Ice*

*Add all ingredients to your blender and blend til frothy.*



## ***Fruit Punch Antiox/Energy Blast***

*10 Ounces Filtered Water*

*1 Serving [PaleoReds](#)*

*1/2 Level tsp [C+ BioFizz](#)*

*1/4-1/2 level tsp [D-Ribose Powder](#)\**

*1/4-1/2 cup Frozen Strawberries*

*1/4 cup Ice*



*Add all ingredients to your [blender](#) and blend til frothy.  
The new [Personal Blender](#) is perfect for office or travel!*

\*All hyperlinked products can be purchased at [www.theroadtohealthyliving.com](http://www.theroadtohealthyliving.com) ... or by calling 800-847-8302 all products are Designs for Health products and they are password protected.

**User:** [gethealthy](#)

**Pass:** [now](#)

\*If you are on medications and not sure as to whether or not you can do the above products be sure to email us at [info@theroadtohealthyliving.com](mailto:info@theroadtohealthyliving.com)

\*\*Caution: Too much xylitol can produce loose movements