

#WHATSYOURPASSION

WE ASKED, YOU ANSWERED!

Summertime is here which means more time to do what you're passionate about! We wanted to see what all of our fans love to do in their free time, and boy, did we get some great responses. Our #whatsyourpassion contest on Instagram and Twitter has given us two great winners so far. With one month left, we can't wait to see the next exciting entries! What's in it for you? Our monthly winners not only get featured in our AWESOME newsletter and on our social media feeds, they also get a **\$25 PLANET SMOOTHIE GIFT CARD**. Don't be afraid to go all out, creativity is key! Enter now on Instagram or Twitter using #whatsyourpassion and #planetsmoothie.



OFFICIAL CONTEST DETAILS: Winners will be announced by the last day of each month (exact dates will vary). Once your Tweet/Instagram photo or message has been identified as the winner and shared on the Planet Smoothie official Twitter or Instagram page, you must DM us your address (via Twitter or Facebook) in order to receive your \$25 gift card by mail.

Planet Smoothie strives to provide accurate and useful information to its customers based upon product research but Planet Smoothie does not provide any warranties of any kind that the product will provide the stated benefit or should be used for the intended use. Planet Smoothie recommends that you consult a physician for health and nutritional advice before consuming one of Planet Smoothie's products; as the information provided herein is not medical advice and is general information readily available to the public. The opinions and statements expressed herein are not those of Planet Smoothie, but of those individuals found in the reference materials below:

¹ As stated by <http://matchasource.com/health-benefits-of-matcha-tea>

² As stated by <http://www.yourself-with-color-psychology.com/color.html>



Planet Smoothie



WHAT'S NEWS

HAPPENINGS, ANNOUNCEMENTS, FUN INFO & MORE

MATCHA MATCHA

There are lots of great things to say about MATCHA TEA and the health benefits that it can provide. According to matchasource.com, one serving of matcha tea has the **nutritional equivalent of 10 cups of regularly brewed green tea!** Why is that? According to the site, matcha utilizes the whole, pure leaf, therefore providing 100% of its nutrients. Matcha powdered green tea also has 137 times the antioxidants of regularly brewed green tea and can:¹



SPECIAL GREEN TEA LEAVES
shade grown before harvest,
stems & veins removed



GROUND INTO A FINE POWDER
that's matcha!

- BOOST METABOLISM AND BURN CALORIES
- DETOXIFY
- CALM THE MIND AND RELAX THE BODY
- ENHANCE MOOD AND AID IN CONCENTRATION
- PROVIDE FIBER, VITAMINS, CHLOROPHYLL AND OTHER NUTRIENTS
- LOWER CHOLESTEROL AND BLOOD SUGAR





BOOST YOUR ENERGY!

PUSH AWAY THOSE END-OF-SUMMER DOLDRUMS AND BOOST YOUR ENERGY LEVEL BY KEEPING THESE SIMPLE TIPS IN MIND:²

GET MOVING Your metabolism can continue to feel revved up up to two hours after a brisk 10-minute walk.

FIND THE JOY Laugh! A good laugh can bolster your heart rate and take away that sluggish feel.

SEE RED The color red excites the emotions and motivates action. A splash of crimson flowers on your desk can provide just enough stimulation to make it through that tough meeting.³

TRY CHIA SEEDS Chia seeds are full of vitamin B, fiber, and protein, and may help pick you up without giving you the morning jitters.

STRETCH! Stretching your sympathetic nervous system can energize body and mind.

EAT & DRINK NUTRITIOUSLY A little Omega 3 can improve mood and stimulate brain function, and a nutritious snack may provide the perfect pick-me-up to help you excel.

ENERGY SMOOTHIES @ THE PLANET

At Planet Smoothie, we have a number of smoothies that can help you feel energized in addition to our new matcha green tea products, the **GOTCHA MATCHA RAZ** and **GREEN WITH PASSION**. On our Energy panel, you'll find coffee smoothies like the **JAVA THE NUT** and **FROZEN GOAT** as well as products that include our special ENERGY BLAST, a blend of nutrients carefully designed to work with your body to produce and sustain natural energy. Our special, proprietary Planet Smoothie ENERGY BLAST includes guarana, ginger, and white willow bark – along with ancient rainforest plants and a blend of minerals and supplements – to produce long-lasting “feel good” energy. Go ahead, add an ENERGY BLAST to any smoothie to help keep you going strong!



POWER UP TODAY!

GREEN WITH PASSION
matcha green tea
passion fruit · frozen yogurt



GOTCHA MATCHA RAZ
matcha green tea
raspberries · frozen yogurt