NEW MENU - Optimized results, improved flavors



Smooth and nutritious mixtures of cold blended fresh and whole ingredients

Meals		Breakfast and afternoon 2 x 480 ml	Lunch and dinner 2 x 480 ml					
		Drain Blend	Coconut Blend					
DAY 1	Reset Intensive	Kiwi, pineapple, celery, baby spinach, orange juice, pear, water.	Coconut milk, dates, pear, pecans, whole oats, brazil nuts flaxseeds, pumpkin seeds, lemon juice, Himalayan salt, water.					
_	Reset Ultra 800	Kiwi, pineapple, asparagus, baby spinach, orange juice, pear, water.	Coconut milk, dates, pear, courgette, brazil nuts, flaxseeds, pumpkin seeds, lemon juice, Himalayan salt, water.					
		Immuno Blend	Cocoa Blend					
DAY 2	Reset Intensive	Apple, pineapple, kale, fennel, broccoli, pear, mango, lemon juice, ginger, water.	Raw cocoa, dates, banana, roasted hazelnuts, whole buckwheat, brazil nuts, flaxseeds, pumpkin seeds, Himalayan salt, water.					
	Reset Ultra 800	Apple, pineapple, kale, fennel, endives, pear, mango, lemon juice, ginger, water.	Raw cocoa, dates, mango, courgette, whole buckwheat, brazil nuts, flaxseeds, pumpkin seeds, Himalayan salt, water.					
		Sight blend	Tropical Blend					
DAY 3	Reset Intensive	Papaya, carrot, tomato , grapefruit juice, peach or persimmon, melon, water.	Avocado, mango, orange juice, lemon juice, sunflower seeds, sesame seeds, pumpkin seeds, Himalayan salt, water.					
	Reset Ultra 800	Papaya, carrot, mango , grapefruit juice, peach or persimmon, melon, water.	Avocado, mango, orange juice, lemon juice, sunflower seeds, sesame seeds, pumpkin seeds, Himalayan salt, water.					
		Speed Blend	Passion Blend					
DAY 4	Reset Intensive	Pomegranate or strawberry, plum, peach or persimmon, parsnip, tomato, chilli, grapes, water.	Fresh passionfruit, mango, dried figs, cashews, chia seed sunflower seeds, sesame seeds, fresh turmeric, lemon juice, Himalayan salt, water.					
	Reset Ultra 800	Pomegranate or strawberry, plum, peach or persimmon, parsnip, raspberries, grapes, water.	Fresh passionfruit, mango, dried figs, chia seeds, sunflower seeds, sesame seeds, fresh turmeric, lemon juice, Himalayan salt, water.					
		Beet Blend	Berry Blend					
DAY 5	Reset Intensive	Beetroot, blueberries, pomegranate or strawberries, plum, red cabbage, pear, grapes, water.	Fresh blueberries, blackberries and raspberries, dried figs, cashews, chia seeds, sunflower seeds, sesame seeds, Himalayan salt, water.					
۵	Reset Ultra 800	Beetroot, blueberries, pomegranate or strawberries, plum, red cabbage, pear, grapes, water.	Fresh blueberries, blackberries and raspberries, dried figs, chia seeds, sunflower seeds, sesame seeds, Himalayan salt, water.					

INGREDIENT LIST



Fruit and vegetable smoothies

Breakfast and afternoon 2 x 480 ml

Fruit and seeds shakes

Lunch and dinner 2 x 480 ml

INGREDIENT	RESETINTENSIVE	RESETULTRA 800	RESET ULTRA PUMP			
Apple	٧	٧	٧			
Apricot	٧	٧	٧			
Asparagus	Х	٧	٧			
Beetroot	٧	٧	٧			
Broccoli	٧	Х	Х			
Blueberries	٧	٧	٧			
Cantaloupe	٧	٧	٧			
Carrot	٧	٧	٧			
Celery	٧	Х	Х			
Cherimoya	٧	٧	٧			
Chery	٧	٧	٧			
Chilli pepper	٧	Х	Х			
Cucumber	٧	٧	٧			
Curcuma	٧	٧	٧			
Endives	Х	٧	٧			
Fennel	٧	٧	٧			
Ginger	٧	٧	٧			
Grapefruit	٧	٧	٧			
Grapes	٧	٧	٧			
Kale	٧	٧	٧			
Kiwi	٧	٧	٧			
Mango	٧	٧	٧			
Melon	٧	٧	٧			
Orange juice	٧	٧	٧			
Papaya	٧	٧	√			
Parsnip	٧	٧	٧			
Peach	٧	٧	√			
Pear	٧	٧	٧			
Persimmon	٧	٧	٧			
Pineapple	√	٧	٧			
Plum	√	٧	٧			
Pomegranate	√	√	٧			
Raspberries	Х	٧	٧			
Red cabbage	٧	٧	٧			
Baby spinach	٧	٧	٧			
Strawberries	٧	٧	٧			
Tomato	٧	Х	Х			
Water	٧	X √	٧			

INGREDIENT	RESETINTENSIVE	RESETULTRA 800	RESET ULTRA PUMP			
Avocado	٧	٧	٧			
Banana	٧	Х	Х			
Blackberries	٧	٧	√			
Blueberries	٧	٧	٧			
Brazil nuts	٧	٧	٧			
Buckwheat	٧	Х	Х			
Cashew nuts	٧	Х	Х			
Cherries	٧	٧	√			
Chia seeds	٧	٧	√			
Coconut milk	٧	٧	٧			
Courgette	Х	٧	٧			
Dates	٧	٧	٧			
Figs	٧	٧	٧			
Flaxseeds	٧	٧	√			
Fresh turmeric	٧	٧	√			
Hazelnuts	٧	Х	Х			
Hemp protein	Х	Х	٧			
Lemon juice	٧	٧	٧			
Lemon zest	٧	٧	٧			
Macadamia nuts	٧	٧	٧			
Mango	٧	٧	٧			
Oats	٧	Х	Х			
Orange juice	٧	٧	√			
Passion fruit	٧	٧	٧			
Pea protein	Х	Х	٧			
Pear	٧	٧	٧			
Pecan nuts	Х	Х	Х			
Himalayan pink salt	٧	٧	٧			
Pumpkin seeds	٧	٧	√			
Raspberries	٧	٧	√			
Rice protein	Х	Х	٧			
Raw cocoa	٧	٧	٧			
Sesame seeds	٧	٧	٧			
Sunflower seeds	٧	٧	٧			
Water	٧	٧	٧			

Some of the ingredients are seasonal and therefor may be sometimes absent from the menu.

We do not guarantee the absence of trace amounts of any ingredient in any recipe. Thus, our programs are not recommended to anyone with a severe allergy to any of the ingredients.

AVERAGE TOTAL DAILY NUTRITIONAL INTAKE OF THE PROGRAMS



					ADY FU	<u> </u>	
Nutrient	Reset Inte	nsive	Reset Ultra	a 800	Reset Ultra Pump		
Nutrient	Quant/ day	% RDA	Quant/ day	% RDA	Quant/ day	% RDA	
Energy, Kcal	1077	53%	818	40%	1046	51%	
Carbohydrates, g	155	47%	133	40%	138	42%	
of which fiber, g	33	131%	29	116%	33	132%	
sugars, g*	86		85		85		
Lipids, g	51	90%	33	59%	37	65%	
of which saturated, g	7,1	31%	4,7 21%		5,4	24%	
Omega-3, mg	2933	130%	2853	126%	2853	126%	
Protein, g	25	53%	18	38%	62	132%	
Sodium, g	0,1	0%	0,1 0%		0,0	0%	
Cholesterol	0,0	0%	0,0 0%		0,1	0%	
Vitamins							
Vitamin A, IU	7003	300%	6841	293%	6841	293%	
Vitamin C, mg	206	306%	202	300%	202	300%	
Vitamin E, mg	8,4	70%	7,1	59%	7,8	65%	
Vitamin K, mcg	158	264%	142	237%	142	237%	
Vitamin B1 (Thiamin), mg	1,0	89%	0,8	73%	0,9	78%	
Vitamin B2 (Riboflavin), mg	0,5	43%	0,4	38%	0,4	38%	
Vitamin B3 (Niacin), mg	7,9	52%	6,7 44%		6,7	44%	
Vitamin B6 (pyridoxine), mg	1,1	83%	0,9 70%		1,0	75%	
Folate, mcg	268	67%	239	60%	239	60%	
Minerais							
Calcium, mg	371	71%	347	67%	411	79%	
Iron, mg	10,4	72%	8,5	59%	10,3	72%	
Magnesium, mg	432	139%	330	106%	330	106%	
Phosphorus, mg	805	115%	604	86%	604	86%	
Potassium, mg	2532	72%	2246	64%	2400	69%	
Zinc, mg	6,5	81%	4,6 57%		4,6	57%	
Selenium, mcg	111	201%	107	195%	107	195%	
Aminoacids							
Tryptophan, mg	365	160%	263	115%	842	369%	
Threonine, mg	852	99%	586	68%	2263	264%	
Isoleucine, mg	967	85%	671	59%	2699	236%	
Leucine, mg	1607	72%	1075	48%	4768	214%	
Lysine, mg	1079	63%	766	45%	3100	181%	
Methionine, mg	447	78%	328	57%	1278	224%	
Phenyalanine, mg	1143	80%	773 54% 32		3207	225%	
Valine, mg	1301	88%	897 60%		3295	222%	
Histidine, mg	586	103%	389	68%	1505	263%	

 $[\]ensuremath{^{*}}$ The sugars are naturally occuring in the ingredients. There are no added sugars.

NUTRITIONAL INFORMATION OF THE BLENDS



SMOOTHIE

Breakfast and afternoon snack 2 x 480ml

SHAKE Lunch and dinner 2 x 480 ml

	Breakfast and afternoon snack 2 x 480ml						Lunch and dinner 2 x 480 ml					
DAY 1		Drain Blend					Coconut Blend					
Nutrient	Reset Intensive Reset Ultra 800		Iltra 800	Reset Ultra Pump		Reset Intensive		Reset Ultra 800		Reset Ultra Pump		
	480 ml	% RDA	480 ml	% RDA	480 ml	% RDA	480 ml	% RDA	480 ml	% RDA	480 ml	% RDA
Energy, Kcal	148	7%	149	7%	149	7%	454	22%	261	13%	375	18%
Carbohydrates, g	37	11%	37	11%	37	11%	51	15%	34	10%	36	11%
of which fiber, g	6 25	23%	6 25	23%	6 25	23%	11 22	43%	7 22	29%	9 23	37% 89%
sugars, g Lipids, g	1	98% 1%	1	98% 1%	1	98% 1%	26	87% 46%	14	88% 24%	16	27%
of which saturated, g	0	0%	0	0%	0	0%	3	14%	2	8%	2	10%
Omega-3, mg	74	3%	76	3%	76	3%	2017	89%	1865	83%	1865	83%
Protein, g	3	6%	3	6%	3	6%	11	23%	6	13%	28	60%
Cholesterol	0	0%	0	0%	0	0%	0	0%	0	0%	0	0%
Sodium, g	0	0%	0	0%	0	0%	0	0%	0	0%	0	0%
DAY 2	Immuno Blend					Cocoa Blend						
Nutrient	Reset Intensive Reset Ultra 800			Reset Ultra Pump Reset Intensiv			ntensive	Reset Ultra 800 Reset Ultr			tra Pump	
	480 ml	% RDA	480 ml	% RDA	480 ml	% RDA	480 ml	% RDA	480 ml	% RDA	480 ml	% RDA
Energy, Kcal	142	7%	138	7%	138	7%	470	23%	255	13%	368	18%
Carbohydrates, g	36	11%	36	11%	36	11%	60	18%	38	12%	40	12%
of which fiber, g	6	23%	5	21%	5	21%	13	53%	9	36%	11	44%
sugars, g	24	95%	24	93%	24	93%	23	92%	25	97%	25	98%
Lipids, g	1	1%	0	1%	0	1%	25	45%	12	22%	14	25%
of which saturated, g	0	0%	0	0%	0	0%	4	16%	3	11%	3	13%
Omega-3, mg	64	3%	59 2	3%	59 2	3%	1892	84%	1883	83%	1883	83%
Protein, g	0	5% 0%	0	4% 0%	0	4% 0%	13 0	28% 0%	7	15% 0%	30 0	62% 0%
Cholesterol Sodium, g	0	0%	0	0%	0	0%	0	0%	0	0%	0	0%
DAY 3	1	078				078	0	078		l Blend		078
DAY 3	Reset I	Sight Blend et Intensive Reset Ultra 800		Reset Ultra Pump		Rosot II	ntensive		Iltra 800	Reset Ultra Pump		
Nutrient	480 ml	% RDA	480 ml	% RDA	480 ml	% RDA	480 ml	% RDA	480 ml	% RDA	480 ml	% RDA
Energy, Kcal	126	6%	117	6%	117	6%	283	14%	283	14%	397	20%
Carbohydrates, g	31	9%	29	9%	29	9%	26	8%	26	8%	29	9%
of which fiber, g	5	21%	5	19%	5	19%	6	26%	6	26%	8	34%
sugars, g	22	88%	21	83%	21	83%	14	54%	14	54%	14	55%
Lipids, g	1	1%	0	1%	0	1%	19	34%	19	34%	21	37%
of which saturated, g	0	0%	0	0%	0	0%	3	12%	3	12%	3	14%
Omega-3, mg	53	2%	52	2%	52	2%	131	6%	131	6%	131	6%
Protein, g	3	5%	2	4%	2	4%	7	14%	7	14%	29	61%
Cholesterol	0	0% 0%	0	0% 0%	0	0% 0%	0	0% 0%	0	0% 0%	0	0% 0%
Sodium, g	U	0%			U	U%	U	U%			U	0%
DAY 4		Speed Blend					Passion Blend					
Nutrient	Reset II	ntensive % RDA		Iltra 800		tra Pump	Reset Ir	ntensive % RDA		ltra 800 % RDA		tra Pump
Energy, Kcal	136	% RDA 7%	480 ml 154	% RDA 8%	480 ml 154	% RDA 8%	409	% RDA 20%	480 ml 307	% RDA 15%	480 ml 421	% RDA 21%
Carbohydrates, g	33	10%	39	12%	39	12%	409	13%	38	12%	40	12%
of which fiber, g	6	25%	7	28%	7	28%	11	46%	13	50%	15	58%
sugars, g	22	86%	25	99%	25	99%	20	80%	20	80%	21	81%
Lipids, g	1	1%	1	1%	1	1%	26	47%	17	31%	19	34%
of which saturated, g	0	0%	0	0%	0	0%	4	18%	2	10%	3	11%
Omega-3, mg	40	2%	38	2%	38	2%	1498	66%	1498	66%	1498	66%
Protein, g	3	6%	2	5%	2	5%	10	20%	7	14%	29	61%
Cholesterol	0	0%	0	0%	0	0%	0	0%	0	0%	0	0%
Sodium, g	0	0%	0	0%	0	0%	0	0%	0	0%	0	0%
DAY 5	Beet Blend						Berry Blend					
Nutrient		ntensive		ltra 800		tra Pump		ntensive		ltra 800		tra Pump
	480 ml	% RDA	480 ml	% RDA	480 ml	% RDA	480 ml	% RDA	480 ml	% RDA	480 ml	% RDA
Energy, Kcal	134	7%	105	5%	105	5%	392	19%	277	14%	391	19%
Carbohydrates, g	33	10%	26	8%	26	8%	37	11%	30	9%	33	10%
of which fiber, g	6	23%	4	17%	4	17%	11	43%	10	41%	12	49%
sugars, g	25	99%	20	80%	20	80%	17	66%	16	62%	16	63%
Lipids, g	1	1%	1	1%	1	1%	26	47%	17	30%	19	33%
of which saturated, g	0 29	0% 1%	0 29	0% 1%	0 29	0% 1%	4 1536	18% 68%	2 1504	10% 67%	3 1504	11% 67%
Omega-3, mg Protein, g	3	1% 5%	29	1% 5%	29	1% 5%	9	20%	6	13%	29	60%
Cholesterol	0	0%	0	0%	0	0%	0	0%	0	0%	0	0%
Sodium, g	0	0%	0	0%	0	0%	0	0%	0	0%	0	0%
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TECHNICAL INFORMATION OF POWER FOODS BLENDS

Updated on the 11th of December of 2023

1. Product description

The blends consist of mixtures divided in two categories:

Fruit and vegetable smoothies: made with the entire edible part of vegetables, fruits and a small portion of fresh fruit juice and filtered water. Potential allergens: may contain celery.

Fruit and seed shakes: made with the entire edible part of fresh fruit, dried fruit, seeds, nuts, spices, fruit juice and filtered water. Potential allergens: may contain nuts, sesame seeds and traces of gluten.

2. Ingredients

For maximum bioactivity, the ingredients are always used whole and unprocessed with no previous freezing, freeze drying, drying, pasteurization, roasting nor grinding. Exception to raw cacoa previously ground, the coconut milk purchased ready to use and the figs that are dehydrated. The availability of the ingredients is dependent on the season. We do not customize the menus and Power Foods does not guarantee the absence of any of the ingredients in any of the recipes.

The blends are free of added sugars, honey, syrups, sweeteners, dairy and other animal products, preservatives, added flavours and other additives.

3. The recipes formulae

The recipes follow the World's Health Organization nutritional guidelines and take in account the bioactivity of each ingredient.

4. Production

The blends are prepared less than 24 hours before they are sent to the customer for a maximum bioactivity: Fruit and vegetable smoothies: sanitation of the fresh ingredients --> Removal of the inedible parts --> Weighing of the portions --> Blending --> Filling --> Cooling --> Delivery

Fruit and seeds shake: Soaking of the seeds --> Sanitations of the ingredients --> Removal of the inedible parts --> Weighing of the portions --> Blending --> Cooling --> Delivery

5. Filling and sanitation

The blends can be filled either in glass reusable bottles or disposable plastic ones, as chosen by the customer. The returned glass bottles, previously washed by the customer, go through an intensive process of washing and sanitation prior to its reutilization. The fabric bags go through a similar process before being reused.

6. Preservation

The blends must be kept refrigerated between 1 and 4°C (maximum intensity of the fridge). The blends cannot remain at room temperature for more than one hour. However, for the purpose of transport of the blends, its maximum temperature can reach 10°C.

Blends that have not been properly preserved must be opened with great care because they may have fermented, and its contents may overflow explosively.

7. Side effects and risk groups

Side effects are relatively rare, but typical of the detoxification and digestive adaptation processes lasting for 3 days at the most. The most frequent symptoms include gastric discomfort, flatulence and nausea. The most rare symptoms include vomiting, fever and skin reactions.

Pregnant and nursing women must present this document to their doctors to know if the program is suited to their specific needs.

Power Foods, LDA, Praça Carlos Fabião, 2A, Lisboa, Portugal. Contactos: (+351)910098998, info@powerfoods.pt