



For Best Results

As part of your daily nutritional regimen, take Stemtech's ST-5™ with MigraStem™. As part of your daily nutritional regimen, taking ST-5™ with MigraStem™, SE2, and StemFlo allows you to enjoy the synergic effect of these 3 products designed to optimize cells nutrition in 3 steps: Release-Circulation-Migration.

Basic Instruction

Mix one level scoop of ST-5 with MigraStem to your favorite smoothie, 240 ml of cold water or another beverage. Or, try one of these great recipes. Enjoy!

No artificial coloring - Soy free - Gluten free



Tropical Sensation

1 dose of ST-5 with MigraStem
150 ml water
150 ml pineapple juice
1 cup ice
1/2 banana

Blend in a blender until smooth

Berry Delight

1 dose of ST-5 with MigraStem
240 ml skim/soy/rice milk
1 cup mixed frozen berries

Blend in a blender until smooth

Iced Coffee

1 dose of ST-5 with MigraStem
240 ml skim/soy/rice milk
1-2 teaspoon instant coffee (option: decaffeinated)
1 cup ice

Blend in a blender until smooth

Chocolate Silk

1 dose of ST-5 with MigraStem
150 ml soy milk - chocolate
150 ml water
1 cup ice

Blend in a blender until smooth

Purple Passion

1 dose of ST-5 with MigraStem
150 ml cranberry juice
150 ml water
1 cup ice

Blend in a blender until smooth

Raspberry Vanilla Cream

1 dose of ST-5 with MigraStem
1 cup ice
120 ml plain nonfat yogurt
300 ml Crystallite Raspberry Ice
1/2 cup frozen raspberries (optional)
Blend in a blender until smooth

Chocolate

1 scoop ST-5 with MigraStem
300 ml water
1/2 teaspoon cocoa powder (unsweetened)
1 cup ice

Blend in a blender until smooth

Orange Creamsicle

1 scoop ST-5 with MigraStem
120 ml orange juice
120 ml skim/soy/rice milk
1 cup ice

Blend in a blender until smooth

Double Chocolate Whammy

1 dose of ST-5 with MigraStem
270 ml Yoo-hoo Lite
30 ml water
1 teaspoon cocoa powder

Blend in a blender until smooth

Blueberry Vanilla Bliss

1 dose of ST-5 with MigraStem
1 1/2 cup frozen blueberries
1/2 cup ice
Drop of vanilla essence (optional)

Blend in a blender until smooth

Latte Lovers All Natural Delights

1 dose of ST-5 with MigraStem
1 heaping teaspoon Pero (all natural ingredients)
240 ml water/soy/rice milk*
4 ice cubes
Drop of vanilla essence or powdered carob to taste

* It is not considered all natural if you add skimmed milk but you can.

Blend in a blender until smooth

Cherry Vanilla Bomb

1 dose of ST-5 with MigraStem
150 ml water or nonfat milk
1 cup ice
1 cup frozen cherries

Blend in a blender until smooth

Vanilla Banana

1 dose of ST-5 with MigraStem
150 ml skim/nonfat milk
120 ml water
1 cup ice
1/2 banana

Blend in a blender until smooth

Create Your Own Favorite Recipe!
And share it by sending an email to
ST5recipes@stemtech.com