



## Easy Recipes with

# Xtra Smooth ST5™ With MigraStem

**For Best Results** - Take ST-5 with MigraStem™ as part of your daily regimen that also includes SE2™ (for optimal release of adult stem cells) and StemFlo® (for optimal circulation of adult stem cells, oxygen and nutrients) for greater levels of stem cell nutrition.

**Basic Instruction** - Mix 1 scoop of ST-5 with MigraStem with 180-240 mls. of water or healthy beverage. Blend with ice or frozen fruit for thicker consistency.

## Low calorie. Low fat. Non-genetically modified. Gluten-free. Cholesterol free.

### Tropical Sensation

2 scoops ST-5 with MigraStem  
150 mls. water  
150 mls. pineapple juice  
1 cup ice  
½ banana

} Blend in a blender until smooth

### Berry Delight

2 scoops ST-5 with MigraStem  
240 mls. skim/soy/rice milk  
1 cup mixed frozen berries

} Blend in a blender until smooth

### Iced Coffee

2 scoops ST-5 with MigraStem  
240 mls. skim/soy/rice milk  
1-2 teaspoon instant coffee (option: decaffeinated)  
1 cup ice

} Blend in a blender until smooth  
Sprinkle cinnamon or nutmeg

### Purple Passion

2 scoops ST-5 with MigraStem  
150 mls. Ocean Spray Cran-Grape  
150 mls. water  
1 cup ice

} Blend in a blender until smooth

### Chocolate Silk

2 scoops ST-5 with MigraStem  
150 mls. soy milk - chocolate  
150 mls. water  
1 cup ice

} Blend in a blender until smooth

### Raspberry Vanilla Cream

2 scoops ST-5 with MigraStem  
1 cup ice  
120 mls. plain nonfat yogurt  
300 mls. CrystalLite Raspberry Ice  
½ cup frozen raspberries (optional)

} Blend in a blender until smooth

### Chocolate

2 scoops ST-5 with MigraStem  
300 mls. water  
½ teaspoon cocoa powder (unsweetened)  
1 cup ice

} Blend in a blender until smooth

### Orange Creamsicle

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

} Blend in a blender until smooth

### Double Chocolate Whammy

2 scoops ST-5 with MigraStem  
266 mls. Chocolate Milk  
29 mls. water  
1 teaspoon cocoa powder

} Blend in a blender until smooth

### Blueberry Vanilla Bliss

2 scoops ST-5 with MigraStem  
1 ½ cup frozen blueberries  
½ cup ice  
Drop of vanilla essence (optional)

} Blend in a blender until smooth

### Vanilla Banana

2 scoops ST-5 with MigraStem  
150 mls. skim/nonfat milk  
120 mls. water  
1 cup ice  
½ banana

} Blend in a blender until smooth

### Cherry Vanilla Bomb

2 scoops ST-5 with MigraStem  
150 mls. water or nonfat milk  
1 cup ice  
1 cup frozen cherries  
1 banana (optional)

} Blend in a blender until smooth

### Latte Lovers All Natural Delights

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

} Blend in a blender until smooth

\* Please note: It's not considered all natural if you add skimmed milk but you can.

### Create Your Own Favorite Recipe!

And share it by sending an email to [dsnz@stemtechhealth.com](mailto:dsnz@stemtechhealth.com) for NZ or [dsau@stemtechhealth.com](mailto:dsau@stemtechhealth.com) for AU