

st5 WITH MIGRASTEM®



For Best Results

As part of your daily nutritional regimen, take Stemtech's ST-5® with MigraStem®, SE3® (naturally releases stem cells†) and StemFlo® (supports healthy stem cell circulation†) – the pillars of stem cell nutrition products – and feed your cells what they need to function at its best.

Basic Instruction

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

Soy Free. Gluten Free. Non GMO.

Tropical Sensation

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

Blend in a blender until smooth

Berry Delight

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

Blend in a blender until smooth

Iced Coffee

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

Blend in a blender until smooth

Chocolate Silk

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

Blend in a blender until smooth

Purple Passion

1 scoop ST-5 with MigraStem
150ml Ocean Spray Cran-Grape
150ml water
1 cup ice

Blend in a blender until smooth

Raspberry Vanilla Cream

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

Chocolate

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

Blend in a blender until smooth

Orange Creamsicle

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

Blend in a blender until smooth

Double Chocolate Whammy

1 scoop ST-5 with MigraStem
266ml Yoohoo Lite
30ml water
1 teaspoon cocoa powder

Blend in a blender until smooth

Blueberry Vanilla Bliss

1 scoop 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 scoop ST-5 with MigraStem
1 heaping teaspoon Pero (all natural ingredients)
240ml 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 scoop ST-5 with MigraStem
150ml water or nonfat milk
1 cup ice
1 cup frozen cherries

Blend in a blender until smooth

Vanilla Banana

1 scoop ST-5 with MigraStem
150ml skim/nonfat milk
120ml 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