



## Vitamin Boost Juice

A fresh, whole-food way to give your body a daily lift

This Vitamin Boost Juice is simple, bright, and intentionally nutrient-dense. It's made entirely from fresh pineapple, kale, spinach, and lime — whole foods that naturally provide vitamins A, C, K, B6, along with minerals like calcium, potassium, and magnesium.

No isolates. No synthetic blends. No lab-created shortcuts.

Just fresh plant ingredients run through a juicer, delivering nutrients in a form your body already recognizes.

The pineapple brings natural sweetness. The kale and spinach provide depth and mineral density. The lime keeps it light and vibrant, balancing the greens so the juice tastes clean rather than heavy.

You'll need a juicer for this recipe. Simply run the ingredients through in the order listed below for the best extraction and balance. It takes just a few minutes and gives you a steady boost from real food.

This isn't extreme. It's not a cleanse. It's simply a daily dose of whole-food nutrition that supports your body the way nature intended. It's also incredibly easy to make — watch the YouTube demonstration video and see how quickly it comes together.

### Ingredients

- 1 cup fresh pineapple
- 1 large fistful fresh green kale
- ½ fistful fresh spinach
- 1 lime, peeled

### Instructions

Run the ingredients through your juicer in this order: pineapple first, followed by kale, spinach, and lime.

Stir well, pour, and enjoy.