

**INGREDIENTS:**

2 Cups of Frozen Pineapple chunks  
2 cups of frozen Mango  
1 cup of Coconut milk  
1 banana  
1 Kiwi  
1/4 cup Orange Juice

**HOW TO PREPARE:****STEP 1:**

Measure out all of your ingredients separately.

**STEP 2:**

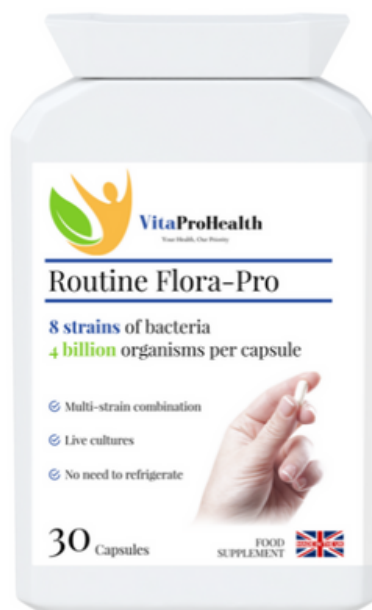
Place all of your ingredients into your electric mixer.

**STEP 3:**

Pour into your favorite Glass.

**STEP 4:**

Add a Straw and Enjoy!

**Routine Flora-Pro for Gut Health****How To Use:**

If Multi-Flora ProBio is taken alone (as opposed to in combination with other digestive health supplements), start off with a higher intake of 3 – 4 capsules, split up throughout the day with food for 2 – 4 weeks. Thereafter, intake to be reduced to 1 capsule, 1 to 3 times per day before meals or as advised..