



BLUEBERRY & BLUE MAJIK® SUPERFOOD SMOOTHIE

from “Mr. & Mrs. Fastpants,” Pro Triathlete Madi Whalen
and husband, former NFL wide receiver Griff Whalen

EDITOR— I have been taking the fresh-frozen blue-green algae formulations from E3Live, located in Klamath Falls, OR, almost every day for 20 years for its high-potency, superfood nutrition and chlorophyll. Now this great company is offering a unique form of stunning, blue spirulina called Blue Majik that really makes your smoothies pop! See sidebar for recipe from the Whalen family—Instagram’s “Mr. & Mrs. Fastpants.” Their smoothie is also fortified with blueberries, rich in antioxidants. More about blueberries on the next page... How’s that for *Blue’s Clues*?



“The best spirulina out there!” —Bradley

“This product has been such a tremendous help in reducing the inflammation in my body.” —Deirdre

Blue Majik® by E3Live is a great source of protein, vitamins, minerals, and antioxidants. It is a proprietary, **Refractance Window™** dried, chemical-free extract of *Arthrospira platensis* (spirulina), which is a nutrient-dense Aqua Botanical™. Its blue pigment contains both phycocyanin (PC) and non-PC compounds.

This unique combination is not seen in standard spirulina powder. PC is clinically shown to relieve physical discomfort, which means consumers feel better, can be more active, and enjoy an overall better quality of life.

Blue Majik has a complete amino-acid profile and is rich in protein, vitamin B and A, iron, copper and more. Because it is packed with powerful antioxidants, it’s known to support healthy inflammation responses after exercise, support healthy joints and flexibility, provide support cellular protection, and increase overall energy, vitality, and endurance. In addition, spirulina has anti-cancer properties, has four times more potassium than bananas, nine times more iron than spinach, and two times more vitamin A than carrots! It has high levels of beta-carotene to help improve digestion.* One serving of spirulina contains about 30 calories and offers 7 grams of protein. It is certified organic, gluten-free, vegan, and has no additives or preservatives. To order, visit: E3Live.com. ■



— R E C I P E — Blueberry/Blue Majik Superfood Smoothie

- ▲ 1 cup Blueberries
- ▲ 1 tsp **Blue Majik®**
- ▲ ½ cup Strawberries
- ▲ 1 cup Almond milk
- ▲ 1 cup Spinach
- ▲ 2 Celery sticks
- ▲ 1 tbs Hemp seeds
- ▲ 1 tsp Himalayan salt

BLEND & ENJOY!



*These statements have not been evaluated by the FDA. This product is not intended to treat, prevent, diagnose or cure any disease. This product has not been approved by the FDA.