

Brain Shake Ingredients (made in a [Nutribullet](#))

[California Ranch Olive oil](#) (1 Tablespoon)

[Brain Fuel](#) (1 Tablespoon)

Half an Avocado

Half a cup of [no sugar almond milk](#) or [coconut milk](#)

Lots of Water

Lots of Ice

1. [Arthroben](#) - 1 heaping tablespoon
2. Primal herbs mushrooms - ½ teaspoon for each of the ones below
 - [He Shou Wu – Fo Ti Root Extract Powder](#)
 - [Adrenal Support](#)
 - [Wild Chaga Mushroom Extract Powder](#)
 - [Neuro Shroom](#)
3. [Red beets](#) - 1 teaspoon
4. [Primal Defense Probiotic](#) - 1 scoop
5. [Cinnamon](#) - sprinkle to taste
6. [KION Aminos](#) powder - 1 scoop
7. [Matcha DNA](#) - 1 scoop
8. [Hydrolyzed Collagen](#) - 2 scoops
9. [Metagenics ketogenic shake](#) mixture - 1 scoop
10. [Greens](#) -

Occasional additions

1. Avocado pit (from a real avocado)
2. [Coconibs](#)
3. [Cacao powder](#)
4. [Glutamine](#)
5. [agmatine](#) - 1 scoop
6. [citruline](#) - 1 scoop
7. [beta alanine](#) - 1 scoop
8. [Glycine propionyl-L-carnitine](#) (GPLC)
9. [Metagenics Ketone Salts](#)
10. [Probiotics](#)