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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Southern Mama

By News Canada

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by: News Canada

Ingredients and Preparation

2 cups (500 mL) cold milk

1 medium-size ripe banana, peeled and quartered

1/2 cup (125 mL) frozen orange juice concentrate

(or more to taste)

Blend ingredients together on high speed until smooth and frothy. Pour into wine glasses and enjoy!

Nutrient % RDI Nutrient % RDI

Vitamin C 135 % Calcium 21 %/223 mg

Folacin 42 % Vitamin B6 21 %

Vitamin D 36 % Phosphorus 18 %

Vitamin B12 31 % Thiamin 17 %

Riboflavin 22 % Pantothenic Acid 13 %

Per Serving

Energy 220Kcal, Protein 7.2 g, Carbohydrates 36 g, Fat 6 g

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