

REMEMBER YOUR FAVORITE SUGARY DRINK FROM CHILDHOOD? THIS IS NOT THAT.

Life Shotz has vitamins. Lots and lots of vitamins. We packed in as many as would fit, then added a bit more.

And though it does contain natural sweeteners, we refused to budge when it came to added sugar – nope, never, not a chance. We prefer to keep it healthy and let the bold taste shine.

But that doesn't mean you can't sweeten it up yourself. In fact, many people have been finding creative ways to mix their Life Shotz. Find the one that best suits your palate – or create your own recipe and tell us about it.



STRAIGHT UP

- 1 packet Life Shotz
- 18 - 24 oz. ice cold, clean H2O

Shake or stir thoroughly. Continue to gently swirl or shake in between sips.

CAN'T HANDLE THE HARD STUFF

- 1 packet Life Shotz
- 32 oz. ice cold, clean H2O

Shake or stir thoroughly. Sip throughout your day.

LEMON TWIST

- 1 packet Life Shotz
- 18 - 24 oz. ice cold, clean H2O
- Squeeze in the juice of one small lemon wedge.

Shake or stir thoroughly. Enjoy.

SOME LIKE IT HOT

- 1/2 packet Life Shotz
- 12 oz. mug of boiling hot water
- Squeeze in the juice of one small lemon wedge.

Stir and enjoy. Mix up the rest for another steaming mug of goodness after your first runs out.

SWEET TOOTH

- 1 packet Life Shotz
- 2 tsps pure cane sugar
- 18 - 24 oz. ice cold, clean H2O

Shake or stir thoroughly. Enjoy.

PARTY LIKE A PRO

- 1/2 packet Life Shotz
- 2 oz. Premium vodka
- 8 oz. ice cold tonic H2O
- Squeeze in the juice of one lime wedge.

Shake, serve, PARTY!

I'M TOO SEXY

- 1 packet Life Shotz
- 1 scoop vanilla protein powder
- 12 oz. Orange Juice
- 10 oz. ice cold, clean H2O
- 1/2 cup ice

Blend thoroughly. Chug to your health!

CONTACT ME TO ORDER!

Marla's Shotzicles

- 1 packet Life Shotz
- 12 oz. cold water
- (Optional) Splash of fruit juice

Mix together and place in freezer until frozen. Pull it out, lick and enjoy.

Simply diVINE

- 1 packet Life Shotz
- 8 oz. grape juice
- 8 oz. cold water

Shake or stir thoroughly. Enjoy.

Power Shotz

- 1 packet Life Shotz
- 1 scoop protein powder
- 1 banana (frozen or thawed)
- 16 oz. orange juice or water
- Ice (if you want a smoothie)

Mix together and enjoy after a good, hard workout.

Double Smoothie Shotz

- 1 cup orange juice
- 1/4 cup vanilla yogurt
- 1 banana (best if frozen and cut in thirds)
- 1/4 cup blackberries (fresh or frozen)
- 2 packets of Life Shotz

Mix together and enjoy.

Afternoon Delight

- 1 packet Life Shotz
- 16 oz. Sunny Delight

Shake or stir thoroughly. Enjoy.

Best of Both Worlds

- 1 packet Life Shotz
- Blackberry Harvest yogurt
- 16 oz. cold water

Pour 1/3 of a packet into the yogurt, stir vigorously and eat. Pour the remaining 2/3 in the water and enjoy.

Aloha Zing

- 1 packet Life Shotz
- 8-12 oz. of pineapple orange juice
- Crushed ice

Shake and enjoy

Passion In Life

- 1 packet Life Shotz
- Alkaline water
- Tazo passion tea

Mix and enjoy.