



Easy Recipes with



For Best Results - Take ST-5 with MigraStem™ as part of your daily regimen that also includes StemEnhance® (for optimal release of adult stem cells) and StemFlo® (for optimal circulation of adult stem cells, oxygen and nutrients) for greater levels of stem cell nutrition.

Basic Instruction - Mix 1 scoop of ST-5 with MigraStem with 6-8 oz. of water or healthy beverage. Blend with ice or frozen fruit for thicker consistency.

**Low calorie. Low fat. Non-genetically modified.
Gluten-free. Cholesterol free.**

Tropical Sensation

2 scoops ST-5 with MigraStem
5 oz. water
5 oz. pineapple juice
1 cup ice
½ banana

} Blend in a blender until smooth

Berry Delight

2 scoops ST-5 with MigraStem
8 oz. skim/soy/rice milk
1 cup mixed frozen berries

} Blend in a blender until smooth

Iced Coffee

2 scoops ST-5 with MigraStem
8 oz. skim/soy/rice milk
1-2 teaspoon instant coffee (option: decaffeinated)
1 cup ice

} Blend in a blender until smooth
Sprinkle cinnamon or nutmeg

Purple Passion

2 scoops ST-5 with MigraStem
5 oz. Ocean Spray Cran-Grape
5 oz. water
1 cup ice

} Blend in a blender until smooth

Chocolate Silk

2 scoops ST-5 with MigraStem
5 oz. soy milk - chocolate
5 oz. water
1 cup ice

} Blend in a blender until smooth

Raspberry Vanilla Cream

2 scoops ST-5 with MigraStem
1 cup ice
4 oz. plain nonfat yogurt
10 oz. CrystalLite Raspberry Ice
½ cup frozen raspberries (optional)

} Blend in a blender until smooth

Chocolate

2 scoops ST-5 with MigraStem
10 oz. water
½ teaspoon cocoa powder (unsweetened)
1 cup ice

} Blend in a blender until smooth

Orange Creamsicle

1 scoop ST-5 with MigraStem
10 oz. orange juice
4 oz. skim/soy/rice milk
1 cup ice

} Blend in a blender until smooth

Double Chocolate Whammy

2 scoops ST-5 with MigraStem
9 oz. Yoohoo Lite
1 oz. water
1 teaspoon cocoa powder

} Blend in a blender until smooth

Blueberry Vanilla Bliss

2 scoops ST-5 with MigraStem
1 ½ cup frozen blueberries
½ cup ice
Drop of vanilla essence (optional)

} Blend in a blender until smooth

Vanilla Banana

2 scoops ST-5 with MigraStem
5 oz. skim/nonfat milk
4 oz. water
1 cup ice
½ banana

} Blend in a blender until smooth

Cherry Vanilla Bomb

2 scoops ST-5 with MigraStem
5 oz. water or nonfat milk
1 cup ice
1 cup frozen cherries
1 banana (optional)

} Blend in a blender until smooth

Latte Lovers All Natural Delights

1 scoop ST-5 with MigraStem
1 heaping teaspoon Pero (all natural ingredients)
8 oz. water/soy/rice milk*
4 ice cubes
Drop of vanilla essence or powdered carob to taste

} Blend in a blender until smooth

* Please note: It's not considered all natural if you add skimmed milk but you can.

**Create Your Own
Favorite Recipe!**

And share it by sending an email
to info@stemtechhealth.com