

/ tea flavors

MEGA TEAS 32 oz

River Rush

Hydration + Aloe + Orange + Blue Flavor

Mega Punch

Collagen + Hydration + Fruit Punch Flavor

Tye Dye

Hydration + Focus + Gusher Flavor

Dark Night

Focus + Hydration + Grape/Orange Punch Flavor

Tropical Sunrise

Focus + Aloe + Pineapple Punch Flavor

ULTIMATE BOMBS

doesn't taste like tea

Brickyard Smash

Hydration booster + Strawberry/Grape

Peachy Ring

Hydration booster + Peach/Cherry

Immunity Tea

Vitamin C & Zinc booster + Orange

Watermelon Crawl

Collagen booster + Watermelon Blast

Beauty Bomb

Collagen booster + Straw/Lemonade + Rasp.

TEA BOMBS

doesn't taste like tea

Tiger Tango

Tropical Rain

Purple Rain

Watermelon Shandy

Pink Bubbly

Bahama Mama

Pom Burst

Rockin' Rainbow

Pink Burst

Strawberry Crush

Sour Surge

Blue Raspberry

All American

Wonder Bomb

BASIC TEAS

tastes like tea

Original, Lemon, Raspberry, Peach

/what you get:

**aloe
tea**

soothes digestive system

metabolism booster, healthy energy, no sugar

shake

full meal replacement, 24 g-29 g of protein, 200-250 calories



ROOTS

NUTRITION

/shake flavors

vanilla

- Cake Batter
- Lemon Cupcake
- Crunchy Caramel
- Dutch Letter
- Banana Caramel
- Wedding Cake
- Banana Nut Bread
- French Toast

fruit

- Cherry Dilly Almond Bar
- White Choc. Rasp.
- Very Berry
- Strawberry Banana
- Blueberry Muffin
- Mema's Apple Crisp

peanut butter

- The Tiger
- Scotcharoo
- Salted Caramel Bar
- Cookie Dough
- Funky Monkey
- Nutter Buttery
- White PB Cup

chocolate

- Brownie Batter
- Smores
- Choc. Caramel Cheesecake
- PB Chocolate Cup
- Mint Chip

cafe

- Caramel Latte
- Cinnamon Roll Latte
- Cafe Frappe
- Cafe Mocha Frappe

fat reduction

- Frosted Sugar Cookie
- Blueberry Scone
- Crunch Cone
- Powdered Sugar Donut
- Strawberry Cheesecake
- Lemon Raspberry Truffle

/extras ENHANCERS

- Fat Reducing Donut Shot
- Beauty Booster
- Best Defense
- NRG
- Probiotic
- Protein (5g)
- Fiber (5g)

Coffee

15g of protein
Enjoy hot or iced

- House Blend
- Mocha
- Vanilla Shaker
- Caramel Shaker

Hydroblast

Hydration Drink
no caffeine

- Strawberry
- Grape
- Blue Blast

Get rewarded for
checking in!



Roots Adel



@rootsadel_nutrition

102 South 7th Street Adel, IA