

REAL. RAW. LIVE.

The synergy of great taste and well being!



Liquid Breakfast
Quick and Nutritious



French Toast™ Raw Smoothie

Almond Milk, Banana, Flax Meal, Walnuts, Pecans
Cinnamon, Allspice, Soy Lecithin, Maple Syrup

Morning Motivator™ Special Smoothie

Almond Milk, Protein Powder with dairy and vegan options
Maca, Banana, Almonds, Cinnamon

Brazilian Breakfast "House Specialty"

Almond milk, Acai, Raspberries
Strawberries, Blueberries, Hemp Granola

Bloody Mary

Carrot, Celery, Green Leaf and Cayenne Pepper

Eye Opener

Green Apple, Pineapple and Ginger

ADD Ginger for a Real Zing

ADD Bee Pollen for a Real Sting

ADD an Enhancer Booster

www.RealRawLive.com

Phone 323-461-4545 • Toll Free 866-563-4545 • 5913 West Franklin Avenue, Hollywood, CA 90028

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Fresh Organic Juices

Ginger Snap

A crisp circulation of beta carotene and vitamin C
Carrot, Apple and Ginger

Sweet Heart

Good for your heart and sweet for your soul
Carrot, Apple and Beet

Forever Green

Energizer, Immune builder and nerve soother
Green Leaf, Celery, Coriander, Green Apple and Lime

Liquid Lunch Box

A fantastic synergy of minerals and vitamins
Green Leaf, Carrot, Apple, Beet, Lemon and Ginger

Mental Bee Sting

For clarity, focus and mental stamina
Carrot, Pineapple, Lemon and Ginger

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Raw Smoothies

Rawkstar™

Off the charts!

Mango, Kale, Almond Butter, Camu Camu, Coconut Milk, Agave and Cinnamon

Monk Shake™

Meditate on this:

Banana, Goji Berries, Papaya, Toco's, Nut Milk and Agave

Berry Grounding™

Root Yourself...

Banana, Berry Mix, Date Paste, Buckwheat, Spirulina and Date Water

Chocolate Alchemist™

So Good it's Evil!

Maca, Cocoa, Toco's, Almond Butter, Almond Milk, Banana and Agave

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Frozen Yogurt

Green Tea or Plain Tea

5, 8 or 12 ounces

Real Raw Live Toppings

Fresh fruit mango, raspberries, banana, pineapple, strawberries, blueberries, almonds, yacon syrup, maca, granola, raw cacao powder, cacao nibs, agave

Our organic refreshing yogurt is sweetened with Agave!

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RRL Shots

Super Shot

Immunity boosting and energy enhancing!
Ginger, Wheatgrass, E3 Live, Lemon, Chlorophyll and Cayenne Pepper

Macacao Shot™

Raw Cacao, Pure Maca, fresh Coconut Milk, Raw Agave, Ho Shue Wu, Reich
Astragalus, Matcha Green Tea and Ph9 Alkaline Ice Cubes

Heather Wellness Immunity Shot

Oregano Oil, Turmeric, Olive Leaf, Echinacea with a splash of Ginger and Lemon

Hang Over Shot™

Ginger, Coconut Kefir and a splash of Raw Agave

Hang Over Tonic

Ginger, Oregano Oil, Squeezed Lemon specially made with Ph9 Alkaline Water

Camu Camu Shot

E3 Live, Whole World Botanical Organic Camu, Radiant Greens & Pomegranate Plus

Ginger Bee Shot™

Ginger, Pineapple, Bee Pollen and a Splash of Ph9 Alkaline Water

Maca Shot

Pure Maca, Raw Almond or Coconut Milk

Menstrual Ease Tonic Shot

Organic Ginger, Organic Cinnamon and Ph9 Alkaline Water

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Cleaners

Fat Burning Lemonade™

Shuttle away the fat and turn it into energy!
Secret recipe and Whole Lemon

32oz reusable recipe engraved bottled

Master Cleanser

The original purifier and weight loss master
Whole Lemon, Ground Clove, Yacon Syrup or Maple Syrup

32oz reusable recipe engraved bottled

Blood Transfusion™

The river of life ...
Spirulina and Coconut Water in a young Thai Coconut (seasonal)

Mucus Buster

Clear your pipes and restore order, AKA singers tonic
Whole Lemon, Ginger, Cayenne Pepper and Agave

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Specialty Smoothies

Super Maca 3500

Maca 3500, Protein Powder, Almond Milk, Banana and Flax Oil

Protein Power

40 Grams of Protein Powder, L-Glutamine, Almond Milk, Banana, Almond Butter and Cinnamon

The Ultimate Slimming Smoothie

Celery, Green Apple, Dandelion, Super Green's, Lemon, Coriander, Parsley and a Pinch of Sea Salt

Vegan Protein Options: Hemp and Brown Rice Protein also available!

Create Your Own!

Choose from a combination of any two frozen fruits blended with yogurt

Fresh Frozen Fruit choices:

Banana, Blueberry, Cranberry, Mango, Peaches, Pineapple, Papaya, Red Raspberries and Strawberry

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Cleanses

5 Day Raw Food Cleanse

Truly recalibrate and transform yourself with our signature five day cleanse. Let us change your life and the way you look at food. We offer the 5 day cleanse once a month. Returning 5 Day Food Cleanse customers receive \$50.00 off. Signup 2 or more people for a 5 Day Raw Food and Organic Juice Cleanse and receive \$50.00 off!

3 Day Organic Juice Fast

Energize, detoxify and lose weight with our custom blend of organic juices, raw smoothies and super food enhanced wellness shots. Leave the details of your healthy days up to us!

1 Day Power Cleanse

Go green for a day! Let us fill your day with super foods, raw smoothies, organic juices and alkalizing foods. It's amazing what you can achieve in just one day.

Private Cleanse Available

We offer and provide private cleanses that can include our organic juices, raw smoothies, vegan foods, high-end supplements and vitamins, superfoods, sweets and treats, along with consultations on nutrition, health and fitness. Our private cleanses are tailored to your individual nutritional goals to help you reach your optimal level of health, well being and vitality.

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Enhancers

Agave

Agave is a raw organic cactus sweetener. Agave is high in vitamins and minerals and has a low glycemic index. Agave tastes somewhere between local farmed honey and unprocessed maple syrup. The natural color of pure raw blue agave is clear. We use 100% pure agave nectar with no added colors. Agave is considered to be a SuperFood.

Aloe Vera

Aloe Vera juice helps cleanse and soothe the intestines for better nutrient absorption enabling a greater feeling of health and well being. 2-4 ounces of Aloe Vera a day taken regularly should do the trick. Aloe Vera is sold per 2 ounces. We also carry Pure Aloe Vera, which can be used as a dietary supplement.

Astragalus

Astragalus enhances the function of the skin to eliminate toxins. Astragalus is commonly used to help sores in the skin. Astragalus is sold per 2 drops. We also carry Astragalus droplet bottles, which can be used as a dietary supplement.

Bee Pollen

Bee pollen is produced by flowering plants, which clings to bees as they gather nectar. Bee pollen contains many vitamin and minerals and flavonoids such as rutin and quercitin. Bee pollen can act to desensitize various people from pollen allergies.

Brown Rice Protein Powder

Brown Rice Protein Powder is easily digested, hypoallergenic and is a source of vegan protein. We use Raw Brown Rice Protein Powder. We also carry different brands of Raw Brown Rice Protein Powder, which is a high protein alternative to soy.

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Enhancers

Cacao Powder and Cacao Nibs

Cacao is raw organic chocolate in its purest form. Cacao is the richest food source of magnesium of any common food. Magnesium is a crucial mineral that supports healthy cardiovascular functioning. We use fresh and raw cacao powder and cacao nibs. Cacao is considered to be a SuperFood.

Cell Food

Cell Food enhances the body's ability to absorb nutrients at a cellular level. Cell Food assists in oxygenating, nourishing and detoxifying your cells while balancing pH levels. Cell Food is sold per drop. We also carry droplet bottles of Cell Food.

Chia Seeds

Chia Seeds are a vegetable source with the most omega-3 content, specifically alpha-linolenic acid (ALA). Chia Seeds also contain antioxidants and a variety of vitamins, minerals and fiber.

Crystal Manna

Crystal Manna is from Klamath Lake and is a blue green algae. Crystal Manna is an ancient wild food containing a plethora of nutrients and energetics. Crystal Manna is considered to be a SuperFood.

E3 Live

E3 Live is fresh water blue green algae and E3 Live is considered a "primordial food". E3 Live contains large quantities of minerals, AFA, PEA and 5 times the amount of Chlorophyll as does Wheatgrass. E3 Live is alkalizing and energizing to the body and the mind. E3 Live is sold per ounce. We also carry E3 Live in droplet bottles that can be used as a dietary supplement. E3 Live is considered to be a SuperFood.

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Enhancers

Flax Meal

Flax Meal is ground up flax seeds. Flax seeds contain high amounts of lignans and omega-3 fatty acids. The lignans and omega-3 fatty acids contained in Flax Meal may provide a supportive role to the cardiovascular system and may possess anti-cancer properties. Flax Meal is high in dietary fiber.

Flax Oil

Flax Oil is a quality mix of essential fatty acids with a light nutty flavor. Our bodies require essential fats to increase energy, strengthen immune function, lower risk factors for cardiovascular disease, aid in weight reduction, help to improve mood, intelligence and brain function, produce healthy skin, hair and nails and to improve digestion. We carry different brands of Flax Oil, including Udo's and Barlean's Flax Oil, which is 100% organic, pure and unfiltered Flax Oil that is cold pressed daily.

Hemp Protein Powder

Hemp Protein Powder is made from the seeds of a plant strain that does not contain THC. Hemp Protein Powder is high in amino acid 3 and essential fatty acids including GLA. Hemp Protein Powder is a great source of vegetarian protein. We stock different brands of Organic Hemp Protein.

Goji Berries

Goji Berries are a Chinese anti-aging berry. The Goji Berry has been used in Chinese medicine for over 3,000 years. Goji Berries may increase fertility and hormones levels and have powerful antioxidant properties. The health benefits of Goji Berries are vast and may include immune system regulation, improved eyesight, building blood and balancing blood sugar. Goji Berries are a mainstay in many homeopathic treatment regimens. Goji Berries are considered to be a SuperFood.

Ho Shou Wu

Ho Shou Wu is a Chinese herb believed to enhance fertility and virility. Ho Shou Wu is used by many people to obtain a sense of rejuvenation. Ho Shou Wu helps to restore hair color.

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L-Glutamine

L-Glutamine is an amino acid found in the muscles of the body. L-Glutamine promotes a healthy digestive tract and is involved in several metabolic processes. L-Glutamine may be good for mental alertness, mood and memory. L-Glutamine may boost immune function and fight infection.

Olive Leaf

Olive Leaf was first used medicinally in Ancient Egypt. Olive Leaf is a powerful defender against sickness. Olive Leaf may support the immune system, cardiovascular system and is great for energy.

Maca Powder

Maca Powder is a raw organic root. Maca Powder is an ancient Peruvian super yam. Maca Root and Maca Powder was taken as a longevity food by the Peruvian royal family. Maca Root and Maca Powder was also used by warriors before going into battle. Maca Powder may balance hormones and strengthen sexual functions. Maca Powder contains many essential minerals. Maca is considered to be a SuperFood.

MSM

MSM may help increase energy and may help our bodies absorb nutrients, may increase oxygen availability to the body, may help to relieve muscular aches and pains and may help to reduce recuperation time in the body. MSM may also assist the body to eliminate toxins, including lactic acid build up. MSM may also reduce pains and cramps associated with post menstrual syndrome.

Probiotics +FOS

Probiotics contain strains of friendly lactic acid bacteria. A ¼ teaspoon of probiotics includes a minimum of 12 billion probiotic organisms. Probiotics +FOS is a natural fiber that enhances the growth of beneficial probiotic bacteria.

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Enhancers

Reishi

Reishi is an ancient Chinese mushroom believed to promote calmness, balance and spiritual insight. Reishi may be ideal for the reduction of stress, depression and may help to support immunity, cardiovascular strength and liver health.

Spirulina

Spirulina is believed to be a cancer preventative. Spirulina is a blue green algae from the ocean that is thought to play an assistive role with the immune system. Spirulina has high levels of B vitamins, calcium, iron, magnesium, manganese, potassium and zinc. Spirulina is 70% protein and an excellent source of amino acids for vegans.

Tocotrienols

Tocotrienols are a raw super Vitamin E from whole rice bran. Tocotrienols are an excellent source of many nutrients with over 100 antioxidants and contain naturally occurring selenium, CoQ10, flavonoids, EFA'S vitamins and enzymes. Tocotrienols are easily digestible and may improve skin.

Turmeric

Turmeric is an Ayurvedic root. Turmeric may help to lower cholesterol, protect the liver, alleviate pains associated with rheumatoid arthritis. Turmeric is also used to alleviate sore throat pain and is also used as an antiseptic to heal sores.

Vitaforce

Vitaforce is the only green food powder that provides all your daily vitamins and minerals from real food. Vitaforce consists of Vitamin B-12, Vitamin D, Vitamin E, Calcium, Folic Acid, Zinc, 21 organic ingredients. Vitaforce also contains spirulina, chlorella, wheatgrass, barley grass, oat grass, goji berries, mangosteen, 2 billion live probiotics per serving, EFA sterols, amino acids and co -Q10. Vitaforce is most certainly considered to be a SuperFood.

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Enhancers

Organic Whey Protein

Organic Whey Protein contains the full range of naturally occurring glutathione precursors: Covalent bonded cytosine, lactoferrin, immunoglobulin, and active peptides. The full range of native proteins assist in antioxidant production, complete amino acid supplementation, healthy immune function, cellular repair and muscle growth. Whey Protein contains lactose.

Xylitol

Xylitol is believed to be a safe sweetener that has little impact insulin levels. Xylitol is a naturally occurring sugar with antimicrobial properties believed to prevent dental caries and ear infections.

Yacon Syrup

Yacon Syrup is a raw plant that acts as a natural low calorie vegan sweetener with a low glycemic index. Yacon Syrup is a probiotic and feeds the good bacteria in the colon that help with digestion and to boost the immune system. Yacon Syrup is an antioxidant rich in minerals that tastes like something between a rich unprocessed molasses and an authentic caramel.

Ph9 Alkaline Ice Cubes

Our fresh organic juices are served chilled with 4 or 5 Ph9 alkaline ice cubes.

Vegan and Vegetarian SuperFoods

Real Raw Live services delicious vegan and vegetarian superfoods and healthy drinks, juices, smoothies, shakes wellness shots, food, sweets and treats made from fine organic produce.

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