

VITA · HUSTLE®

ONE

SUPERFOOD



The superdrink that does it all.

HOW TO | RECIPES | TIPS

Welcome to VitaHustle



Welcome to Team VitaHustle. We created the ONE as our everyday, feel-good fuel for energy, brain power and good health. We hope you enjoy it as much as we do.

Cheers!

Kevin & Eniko Hart



You've just found The ONE.



GLUTEN
FREE



NO ARTIFICIAL
SWEETENERS



NO SUGAR
ALCOHOLS



SOY
FREE



NO ARTIFICIAL
COLORS



DAIRY
FREE

The ONE is an all-in-one superfood shake that nourishes you, fuels you, lifts you up, and cheers you on. It's packed with a daily boost of vitamins and minerals, protein, probiotics & adaptogens to energize your body and feed your soul.



30 Seconds to a Healthier You.

The ONE takes just 30-seconds to fuel the 6 vital functions that drive all-day peak performance.*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



Energy

Vitality

Immunity

Cognition

Mood

Digestion



Get Started in 3 Simple Steps

SCOOP

2 Scoops of The ONE



SHAKE

Add 8-12 oz of ice-cold water or plant-based milk. Shake vigorously, or for best results use a blender.



GO

Add ice and drink immediately to absorb optimal nutrient content.

Hint: Use less liquid or add a little extra powder if you like a sweeter drink.

Ready to Spice it Up?

The ONE is perfect as is, but this is a long-term commitment to your health. You'll want to add some variety to your daily routine to keep it fresh. Try some of these delicious recipes to stay motivated.

ENERGY BOOSTERS



Matcha Green Tea

- 2 Scoops VH ONE Vanilla
- 1 Tsp Matcha Powder
- 12 oz Ice-Cold Water

This Matcha Green Tea Smoothie adds balanced and focused energy when you need an extra boost. Combine all the ingredients in a blender and blend until smooth. Serve over ice. Add a dash of plant-based milk if desired.



Iced Espresso Mocha

- 2 Heaping Scoops
VH ONE Chocolate
- 1 Espresso Shot
- 12 oz Ice-Cold Water

Get an instant boost of pure adrenaline by starting your day with an Iced Espresso Mocha. Combine all the ingredients in a blender and blend until smooth. Serve over ice. Add a dash of plant-based milk if desired.

SEASONAL DRINKS



Oatmeal Cookie

- 2 Scoops VH ONE Vanilla
- 1 Cup Vanilla Oat Milk
- 1 Cup Water
- 1 Cup Ice
- 1 Medium Apple
(cored & chopped)
- 1 Tbsp Cinnamon

This too good to be healthy recipe, combines the crisp flavor of fresh apples with cinnamon and oat milk. Apple and cinnamon support blood sugar control with antioxidants and soluble fiber. Combine all the ingredients in a blender and blend until smooth.



Pumpkin Spice

- 2 Scoops VH ONE Vanilla
- 1 Cup Vanilla Oat Milk
- 1 Cup Water
- 1 Cup Ice
- 1 Cup Canned Pumpkin
- 2 Tsp Pumpkin Spice

Do you love the pumpkin latte flavor but don't love all the added sugar that comes with it? This smoothie gives you that rich creamy taste plus antioxidants and fiber from real pumpkin. Combine all the ingredients in a blender and blend until smooth.

MUSCLE BUILDERS



Chocolate Peanut Butter Cup

- 2 Heaping Scoops
VH ONE Chocolate
- 1 Cup Soy or Almond Milk
- ½ Banana
- 1 Cup Ice
- 2 Heaping Tbsp Almond Butter

What is better than chocolate + peanut butter? How about sneaking in even more protein and nutrients for the perfect muscle building treat. For more omega-3 fats and a slightly nuttier flavor add 1-2 Tsp of ground flaxseeds. Combine all the ingredients in the blender until smooth.



Banana Split

- 2 Scoops VH ONE Vanilla
- 1 Cup Soy or Almond Milk
- 1 Banana
- 3 Large Strawberries

Healthy, creamy, and nutritious, this smoothie adds fiber, potassium, folate, and antioxidants, such as vitamin C. Combine all the ingredients in the blender until smooth. Serve over ice.



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@getvitahustle