

STA NUTRITION

HOURS:

MONDAY-FRIDAY 7AM-7PM

SATURDAY 8AM-4PM

SUNDAY 9AM-1PM

ADDRESS:

2457 US Highway 1 S

Saint Augustine, Florida

Caffeine-Free Favs

KIDS BOBA DRINK

Boba, Aloe & today's LIT Special

SPORTS DRINK

Hydration & Electrolytes

COLLAGEN REFRESHER

Hair, Skin, Nails & Hydration

POWDERED DONUT SHOT

Belly Fat Reducer Shot



Workout

PRE-WORKOUT

Nitric Oxide Precursor & Creatine

POST-WORKOUT RECOVERY SHAKE

Whey Protein, Casein Protein, BCAA,
Glutamine, Glucosamine

BCAA

Branch Chain Amino Acid To
Support Lean Muscle Growth

CR7

Electrolytes



Build YOUR OWN Bev!



Step 1: Energy

LIT TEA

Extra Energy & Focus

BEAUTY BOMB

Collagen, Green Tea & Energy

PINK DRINK

Collagen, Energy + 15g Protein

KRIMOSA

Collagen, Energy & Belly Fat Burner

HYDRATE

Citrus, Energy & Hydration

DÉJÀ BREW

Protein Coffee w/ Belly Fat Burner

ICED PROTEIN COFFEE

High Protein, Mocha or House Flavor

ICED CHAI LATTE

Protein Chai Tea

HERBAL TEA

Metabolism Booster & Aloe

Raspberry, Peach, Lemon,
Chai, Cinnamon & Original

GET WELL SOON

Immune Booster, Zinc, Vitamin C,
Antioxidants & Aloe

Step 2: Enhance

BOBA

Juice-Filled Ball w/ Seaweed Casing

ALOE

Supports Digestion
Cranberry, Mandarin or Mango

H3O

Hydration

COLD FIGHTER

Vitamin C, Zinc & Echinacea

PROBIOTIC

Promotes Gut Health

COLLAGEN

Hair, Skin & Nails



Step 3: Make it a combo

ADD A SHAKE TO ANY BEVERAGE TO MAKE IT A COMBO

Cake Batter
Brownie Batter
Puppy Chow
Fat Elvis
Mint Oreo
Snickers

Mocha Latte
Orange Cream
Snickerdoodle
Captain Crunch
Banana Caramel
Death By Chocolate

Turtle Cheesecake
Strawberry Cheesecake
Frosted Animal Cracker
Cinnamon Toast Crunch

PROLESSA
Reduces Belly Fat

FIBER
Digestion Support

