

YOUR
SUPER[®]
.COM



MOON BALANCE

BALANCE YOUR HORMONES, *naturally!*



YOUR
SUPER
ZONE

MOON BALANCE

ORGANIC SUPERFOOD MIX

SABAL, MACA, HIRSCHE,
AMLA, REETROOT & SHAKUJI

NET WT 250g (8.8oz)

Hi health lover!

I'm Kristel the co-founder of Your Super.

Each month, I am faced with pain in my uterus, a cramping back, and mood swings. So, I started to learn more about female hormone health and discovered that I am not alone in my struggle.

In the US, PMS affects 75% of menstruating women and 27 million women are battling fatigue, hot flashes, and exhaustion from menopause.

Hormones influence your mood, quality of sleep, ability to focus, sex drive, skin & hair health, weight, and cognitive function. Simply put, they're essential for your health. I turned to superfoods to find a solution and focused on sourcing the best organic ingredients to support female hormone health for women of all ages.

After taste testing and sourcing across the globe, I created Moon Balance, a mix that can help you fight symptoms of PMS and menopause naturally.

Moon Balance is made using two powerful adaptogens-- shatavari and maca. Shatavari has the amazing ability to fight symptoms of PMS and increase libido, while the ancient maca root helps to support healthy energy and support hormonal balance.

But, I didn't stop there.

Next, I added baobab, which can help stabilize your mood and balance hormones, amla berry to balance your body's estrogen levels, beetroot to fight symptoms of PMS and menopause, and hibiscus to reduce mood swings and alleviate PMS pain.

When it comes to your overall health, balancing your hormones is essential for your body to function properly. Every week our hormones are different, and honestly every day is a surprise.

I believe everyone should have empathy for women's bodies and emotions, both inside and outside of the workplace. After all, this miraculous cycle brings life to earth. Let's all remember that without periods - we wouldn't exist! With this in mind, we've decided to implement Moon Balance Days at Your Super. This day gives our female employees the opportunity to take time off of work to focus on their hormone health.

Just like the moon, we all go through phases. So be kind to yourself and take care of your body.

xo Kristel

MOON BALANCE

Moon Balance is a powerful blend of Ayurvedic herbs, adaptogens, and superfoods, that support hormonal balance, fight pms and menopause symptoms, and, may even, increase your libido. Bring harmony to your hormones with this blend of 6 hormone-supporting superfoods.



BAOBAB from Ghana

Harvested from the "Tree of Life," baobab is a vitamin and nutrient-rich fruit that keeps your mood stable and your hormones balanced.



HIBISCUS from Egypt

This superpowered plant is as practical as it is pretty, thanks to its ability to reduce mood swings while helping to alleviate PMS pain.



MACA from Peru

This ancient superfood from Peru is a powerful adaptogen that was used hundreds of years ago by the Incas for more energy and hormonal balance.



SHATAVARI from India

Loved for its ability to fight symptoms of PMS and increase libido, this adaptogenic herb is the 'MVP' of hormone health.



ORGANIC AMLA BERRY from India

Used in Ayurvedic medicine, this ancient fruit--also known as Indian Gooseberries-- balances your body's estrogen levels.



ORGANIC BEETROOT from Canada

Cherished by the Ancient Romans, this ruby-colored vegetable reigns supreme when it comes to fighting symptoms of PMS and menopause.



YOUR
SUPER
.COM

MOON BALANCE

ORGANIC SUPERFOOD MIX

BAOBAB, MACA, HIBISCUS,
AMLA, BEETROOT & SHATAVARI

200g e

SMOOTHIES & DRINKS



YOUR
SUPER
COM

**MOON
BALANCE**

ORGANIC SUPERFOOD MIX

BAOBAB, MACA, HIBISCUS,
AMLA, BEETROOT & SHATAVARI

NET WT 7.05oz (200g)

MOON BALANCE LEMONADE

Serves 1

INGREDIENTS:

1 tsp Moon Balance mix
25g strawberries
½ lemon, juiced
250ml sparkling water
1 tbsp maple syrup or coconut
sugar
Ice cubes

DIRECTIONS:

1. Crush or blend strawberries until smooth.
2. Add the remaining ingredients and mix well.
3. Serve over ice and enjoy!



SUPER TIP: Substitute raspberries or blueberries for strawberries when you want to mix things up!

SPA INFUSED WATER

Serves 1

INGREDIENTS:

1 tsp Moon Balance mix
1 small lime, sliced
1 handful of fresh mint
750ml filtered water
50g strawberries, diced
40g watermelon chunks
Ice cubes

DIRECTIONS:

1. Put all ingredients in a tall glass
2. Stir well and enjoy!



SUPER TIP: Add 1 tsp Forever Beautiful for an extra serving of Vitamin C!

MOON BERRY SMOOTHIE

Serves 1

INGREDIENTS:

1 tsp Moon Balance mix
1 banana
100g frozen mixed berries
250ml plant-based milk

DIRECTIONS:

1. Place all of the ingredients in a high-speed blender and blend until smooth.
2. Pour into a glass and enjoy.



SUPER TIP: Add 1 tsp Energy Bomb for an extra energy boost!



YOUR
SUPER
GOM

MOON BALANCE

ORGANIC SUPERFOOD MIX

BAOBAB, MACA, HIBISCUS,
AMLA, BEETROOT & SHATAVARI

NET WT 7.05oz (200g)

GREEN BALANCE SMOOTHIE

Serves 1

INGREDIENTS:

1 tsp Moon Balance mix
1 tsp Super Green
1 handful spinach
1 handful fresh mint
3-4 dates, pitted
½ avocado
250ml water
1 tsp lemon juice
Ice cubes

DIRECTIONS:

1. Place all of the ingredients in a high-speed blender and blend until smooth.
2. Pour into a glass and enjoy.

 SUPER TIP: Add 2 tbsp Skinny Protein mix for an added boost of greens and plant protein!

FRUIT PUNCH SMOOTHIE

Serves 1

INGREDIENTS:

1 tsp Moon Balance mix
1 orange
½ apple, peeled and chopped
250ml water
50g frozen mango
50g strawberries

DIRECTIONS:

1. Place all of the ingredients in a high-speed blender and blend until smooth.
2. Pour into a glass and enjoy.

 SUPER TIP: Add 1 tsp of Mellow Yellow to reduce inflammation and reduce stress!



MOON BALANCE LATTE

Serves 1

INGREDIENTS:

1 tsp Moon Balance
350ml plant-based milk
1-2 tsp maple syrup or coconut
sugar
½ tsp vanilla extract (optional)
1 tsp rose water (optional)

DIRECTIONS:

1. Heat the milk in a small pot.
2. Turn off the heat, add the remaining ingredients and whisk until frothy.
3. Transfer to a mug and enjoy.

STRAWBERRY BANANA MILKSHAKE

Serves 1

INGREDIENTS:

1 tsp Moon Balance mix
1 banana
350ml plant-based milk
50g frozen strawberries
60g (coconut) yogurt
½ tsp vanilla extract
Ice cubes

DIRECTIONS:

1. Place all of the ingredients in a high-speed blender and blend until smooth.
2. Pour into a glass and enjoy.



SUPER TIP: Add 2 tbsp Muscle Power or Chocolate Protein for an extra serving of plant

BREAKFAST



STRAWBERRY VANILLA OATMEAL

Serves 1

INGREDIENTS:

1 tsp Moon Balance mix
250ml plant-based milk
40g rolled oats
50g strawberries, diced
1 tbsp almond butter
1 tsp vanilla extract
Toppings (optional)

DIRECTIONS:

1. Combine all of the ingredients, except the Moon Balance mix, in a small pot.
2. Cook over medium heat, stirring often to prevent burning or sticking.
3. Remove from heat and stir in the Moon Balance mix.
4. Serve in a bowl, add your favourite toppings (if desired) and enjoy!



SUPER TIP: Add Forever Beautiful, Energy Bomb or Muscle Power as an extra boost!

APPLE PIE OVERNIGHT OATS

Serves 1

INGREDIENTS:

1 tsp Moon Balance mix
2 tbsp Muscle Power
1 apple, peeled and grated
250ml plant-based milk
60g rolled oats
30g walnuts, chopped
1-2 tbsp maple syrup
½ tsp vanilla extract
½ tsp cinnamon
Toppings (optional)

DIRECTIONS:

1. Combine all of the ingredients in a jar.
2. Cover and refrigerate overnight.
3. When ready to eat, add toppings and enjoy!

MOON BERRY CHIA PUDDING

Serves 1

INGREDIENTS:

1 tsp Moon Balance mix
1 tsp Forever Beautiful
250ml plant-based milk
50g mixed berries
2 tbsp chia seeds
2 tbsp maple syrup or coconut sugar
2 tbsp (coconut) yogurt
1 tsp vanilla extract (optional)
toppings (optional)

DIRECTIONS:

1. Combine all of the ingredients in a jar or bowl.
2. Cover and refrigerate for at least 3 hours or overnight.
3. Add more berries or toppings, if desired, and enjoy cold!

PEACH PARFAIT

Serves 1

INGREDIENTS:

1 tsp Moon Balance mix
250g (coconut) yogurt
3 ripe peaches, cubed
1 tbsp maple syrup
toppings (optional)

DIRECTIONS:

1. Add Moon Balance mix to the yogurt and mix well.
2. Transfer peaches to a small saucepan and cook on low heat for 3 minutes.
3. Add the maple syrup and simmer for 1 more minute.
4. Remove peach mixture from heat and let cool.
5. Layer with the yogurt mixture in a glass or bowl. Enjoy!



SUPER TIP: Sprinkle 1 tsp Chocolate Lover on top as a delicious topping.



BAOBAB, MACA, HIBISCUS,
AMLA, BEETROOT & SHATAVARI

RASPBERRY MANGO BOWL

Serves 1

INGREDIENTS:

1 tsp Moon Balance mix
100g frozen mango
200ml plant based milk
50g frozen raspberries
120g (coconut) yogurt
toppings (optional)

DIRECTIONS:

1. Place all of the ingredients in a high-speed blender and blend until smooth and creamy.
2. Pour into a bowl.
3. Add your toppings of choice and enjoy!

 SUPER TIP: Add 1 tsp Super Green to an extra serving of greens!

BLUEBERRY ALMOND BOWL

Serves 1

INGREDIENTS:

1 tsp Moon Balance mix
1 frozen banana
100g frozen blueberries
200ml plant-based milk
2 tbsp almond butter
toppings (optional)

DIRECTIONS:

1. Place all of the ingredients in a high-speed blender and blend until smooth and creamy.
2. Pour into a bowl.
3. Add your toppings of choice and enjoy!

 SUPER TIP: Add Chocolate Lover or Magic Mushroom to add some healthy chocolate to this recipe!

STRAWBERRY CHIA JAM

Makes 1 jar

INGREDIENTS:

2 tsp Moon Balance mix
2 tsp Forever Beautiful
200g strawberries
3 tbsp chia seeds
3 tbsp maple syrup (or sweetener of choice)

DIRECTIONS:

1. Roughly mash strawberries with a fork in a large bowl.
2. Heat strawberries in a saucepan and stir until they soften.
3. Add maple syrup, stirring for two minutes or until simmer.
4. Take off the heat, stir in the chia seeds and Moon Balance & Forever Beautiful mix.
5. Transfer to an airtight jar and store in the fridge. Enjoy!

SNACKS



CHERRY NUT BARS

Makes 8-9 bars

INGREDIENTS:

2 tsp Moon Balance mix
 150g dried cherries
 100g pitted dates
 50g almonds
 30g walnuts
 60g cashews
 ½ tsp vanilla extract (optional)

DIRECTIONS:

1. Line the baking sheet with parchment paper.
2. Add all ingredients, except for the cherries, in a blender or food processor and blend until well combined. The mixture should feel sticky.
3. Add the cherries and pulse again - leaving some small chunks for a chewy texture.
4. Transfer the mixture onto a baking sheet and roll into a thick rectangle. Cover it with plastic wrap or parchment paper and press into shape so the bars don't crumble when you cut them.
5. Refrigerate for 1 hour and cut into even bars.
Enjoy!



SUPER TIP: Store these in the fridge for up to one week or freeze them for later!

TROPICAL BLISS BALLS

Makes 9-10 balls

INGREDIENTS:

3 tsp Moon Balance mix
 130g cashews
 100g pitted dates
 40g dried mango
 50g dried pineapple
 20g shredded coconut
 1 tbsp coconut oil

DIRECTIONS:

1. Place all of the ingredients in a blender and blend until sticky.
2. Using your hands, roll the mixture into balls.
3. Roll the balls in shredded coconut, if desired.
4. Store in an airtight container in the fridge for up to 5 days.

BETROOT HUMMUS

Serves 1

INGREDIENTS:

2 tsp Moon Balance mix
 2 tbsp Muscle Power
 1 can chickpeas, drained and rinsed
 1 garlic clove
 150g beetroot, cooked
 2 tbsp tahini
 2 tbsp olive oil
 ½ lemon, juiced
 Salt and pepper, to taste

DIRECTIONS:

1. Place all of the ingredients in a high speed blender or food processor and blend until smooth and creamy.
2. Transfer to a bowl and enjoy veggies or crackers!

STRAWBERRY FRUIT ROLL-UPS

Serves 4

INGREDIENTS:

2 tsp Moon Balance mix
 300g strawberries, washed and stemmed
 4 tbsp coconut sugar
 3 tbsp lemon juice

DIRECTIONS:

1. Blend the strawberries in a high-speed blender or food processor until smooth.
2. Transfer to a pot and add the coconut sugar and lemon juice.
3. Let simmer over low to medium heat for about 10 minutes until the mixture thickens, stirring constantly.
4. Line a baking sheet with parchment paper and preheat your oven to 80°C
5. Spread out the fruit mixture thinly and as evenly as possible
6. Dehydrate in the oven for 3-4 hours, until the fruit no longer feels sticky.
7. Let cool, cut into strips (works great with a pizza roller!) and roll them up. Enjoy!



SUPER TIP: Roll them up with strips of wax or parchment paper so the roll ups don't stick together!



MUSCLE
POWDER

MOON
BALANCE
ORGANIC SUPERFOOD MILK

APPLE LOAF

Makes 1 loaf

INGREDIENTS:

3 tsp Moon Balance mix
2 tbsp Muscle Power
140g oat flour
100g ground almonds
3 tbsp cornstarch

1 tbsp baking powder
150ml maple syrup
70ml melted coconut oil
1 tsp vanilla extract
125ml plant based milk
3 tbsp (coconut) yogurt
3 apples, peeled and grated

DIRECTIONS:

1. Preheat the oven to 180°C.
2. Add the dry ingredients to a medium sized bowl and whisk until combined.
3. Add in the liquids one by one and mix well.
4. Fold in the grated apples.
5. Add batter to a greased loaf pan.
6. Bake for 40 minutes or until golden brown and firm.
7. Let cool before slicing. Enjoy!

SNICKERDOODLE POPCORN

Serves 4

INGREDIENTS:

2 tsp Moon Balance mix
2 tbsp coconut oil
125g popcorn kernels
2 tbsp maple syrup
1 tsp ground cinnamon
1 tsp vanilla extract (optional)

DIRECTIONS:

1. Melt the coconut oil in a large pot.
2. Add the popcorn and stir to coat.
3. Cover and wait for the kernels to pop, then shake the pot every 10 seconds.
4. Once the popping starts to slow down, remove from heat, and wait until all the kernels pop.
5. Transfer the popcorn to a bowl, add the remaining ingredients and stir to combine.

SWEETS



COCONUT BLUEBERRY POPSICLES

Makes about 10 popsicles

INGREDIENTS:

2 tsp Moon Balance mix
2 tsp Forever Beautiful
1 can full-fat coconut milk
100g blueberries
3 tbsp maple syrup
1 tbsp lemon juice

DIRECTIONS:

1. Add all ingredients to a high-speed blender and blend until smooth.
2. Pour the mixture into popsicle molds and insert the popsicle sticks. Freeze until set, for around 6 hours.
3. Enjoy!



SUPER TIP: Swap out blueberries for your favorite fruit - make sure to try strawberries!

PINEAPPLE SORBET

Serves 1

INGREDIENTS:

1 tsp Moon Balance mix
110g frozen pineapple
3 tbsp (coconut) yogurt

DIRECTIONS:

1. Place all of the ingredients in a high-speed blender and blend until smooth.
2. Scoop into a bowl. Enjoy!



SUPER TIP: Add 1 tsp Mellow Yellow for an extra fresh ginger kick and to reduce stress.

WHITE CHOCOLATE BARK

Makes 1 sheet

INGREDIENTS:

2 tsp Moon Balance mix
 100g cocoa butter, melted
 50g cashew butter
 3 tbsp maple syrup
 ¼ tsp ground vanilla

Toppings:

50g dried raspberries or
 strawberries
 25g almonds, chopped
 20g shredded coconut

DIRECTIONS:

1. Place all ingredients, except the toppings, in a blender and blend until smooth.
2. Line a baking sheet with parchment paper and pour the white chocolate mixture onto it, spreading it out evenly.
3. Sprinkle on your toppings.
4. Place in the freezer for about an hour so the white chocolate can harden.
5. Once set, roughly chop it with a knife or break apart with your hands and enjoy!



SUPER TIP: Add 4 tsp Chocolate Lover to make it a fruity dark chocolate!

BERRY CRISP

Serves 4

INGREDIENTS:

2 tsp Moon Balance mix
 2 tsp Forever Beautiful
 400g mixed fresh berries
 2 tbsp maple syrup
 1 tbsp cornstarch
 70g almond meal
 75g roughly chopped walnuts
 20g shredded coconut
 50ml coconut oil
 50g coconut sugar
 1 tsp vanilla extract

DIRECTIONS:

1. Preheat your oven to 180°C.
2. Add the berries, Moon Balance and Forever Beautiful mix, maple syrup, and cornstarch to a large bowl. Toss to combine. Transfer to a baking dish.
3. Mix the remaining ingredients with your hands until you're left with a crumbly dough. Add more coconut oil if too dry. Distribute the crisp evenly over the berries.
4. Bake for 45 minutes or until the crisp is golden brown. Let cool for 5 minutes before serving. Enjoy!



RAW RASPBERRY VANILLA CHEESECAKE

Serves 9-10

INGREDIENTS:

CRUST:

1 tsp Moon Balance mix
 195g pitted dates
 80 g almonds
 45g oats
 ¼ tsp vanilla extract
 A pinch of salt

CREAM:

4 tsp Moon Balance mix
 330g soaked cashews
 80g fresh raspberries
 100ml coconut oil
 250ml plant-based milk
 250ml maple syrup
 125g coconut yogurt
 ½ lemon, juice and zest
 1 tsp vanilla extract
 raspberries, coconut chips, cacao
 nibs (optional for topping)

DIRECTIONS:

1. Line a cake pan with parchment paper. Set aside.
2. Prepare the crust: In a food processor, pulse all of the ingredients until it forms a sticky dough.
3. Press it down evenly in the pan.
4. Prepare the cream: Place all of the ingredients in a food processor and blend until completely smooth.
5. Pour over the cream into the pan and freeze for 5-6 hours or overnight.
6. Garnish with your favorite toppings and store in the fridge until serving.



SUPER TIP: Add 4 tsp Forever Beautiful to the cream for an even stronger berry taste and extra Vitamin c!

WOMEN CODE

Just like the moon, women go through phases. Our hormones and bodies are constantly changing. It's important to learn how to adapt to these changes in order to support your overall health. Luckily, there are amazing resources to help you. Here are a few of our favourites...

SOCIAL

@megsmonpause
@statusflow.co
@naydaokamoto founder of the @periodmovement
@femmeinternational

PODCASTS

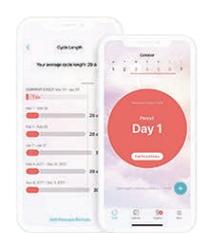
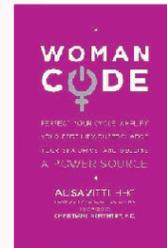
Project Body Love
Power Hour from Adrienne Herbert
Healing Hormones
Periods and Power Moves
Almost 30

BOOKS

Woman Code by Alisa Vitti
In the Flo by Alisa Vitti
Healthy Hormones by Ainsley Johnstone
and Belinda Kirkpatrick

APPS

Flo Period & Ovulation Tracking
Clue
Natural Cycle



LEARN MORE:

Download the Your Super app to find hormone balancing recipes, helpful videos, and informative blog articles. Don't forget to join our exclusive facebook group to share your story and connect with other women around the globe.



Track Your Daily MOON BALANCE Use:



Hormones influence your mood, quality of sleep, ability to focus, sex drive, skin & hair health, weight, and cognitive function. Simply put, they're essential for your health. Using 6 powerful, superfood ingredients, **this female-focused blend helps to naturally balance hormones and reduce symptoms of PMS and menopause.**

GIVING BACK

Your Super is B Corp certified — the highest standard for social corporate responsibility. The driving force behind Your Super is to create change and improve people's health across the globe. Our customers, our employees, our suppliers, our community, and the environment will always come before our bottom line.

DID YOU KNOW?

Every year 2.6 million children around the world die from severe malnutrition. That's one child every 12 seconds. Life-threatening conditions currently affect 20 million children worldwide, but this can be prevented!

WHAT WE GIVE

The most recent innovation in the fight against hunger are the effective Ready-to-Use Therapeutic Foods (RUTF) called the Plumpy'Nut® packages. This powerful package contains an extremely nutrient-rich paste made predominantly from peanuts and enhanced with a mixture of vitamins and minerals. This revolutionary product requires no refrigeration, clean water or cooking and has a shelf life of two years. By consuming three Plumpy'Nuts® a day for seven weeks, a child can recover from near death to certain survival.

HOW WE GIVE

We're honored to have partnered with Action Against Hunger to coordinate the delivery of our Plumpy'Nut® donations. Action Against Hunger has pursued its vision of a world without hunger for over three decades by combating hunger in emergency situations of conflict, natural disaster and chronic food insecurity. Their reach extends to over 45 countries and their innovative programs in nutrition, food security, livelihoods, water,



SOURCING

We believe that you should know where your (super)food comes from. That's why we created a 100% transparent supply chain.

We source all of our ingredients directly, we visit the farmers to see how our superfoods are grown and we try to have a positive impact on the local communities where they're sourced.

Your Super mixes contain 5-6 naturally dried superfoods. Every ingredient is organically grown and tested by third-party labs for pesticides, glyphosate, heavy metals, and microbiology.

All of our mixes are USDA Certified Organic, Non-GMO certified, Glyphosate-Free, plant-based, and gluten-free. You'll never find any sweeteners, stevia, artificial flavors, fillers, preservatives, or additives.





JUST LIKE THE
MOON
I GO THROUGH
Phases
#yoursuper

Now it's your turn - we want to see your favourite Your Super creations!
Tag us on instagram @yoursuperfoods and #yoursuper. We always love to hear from you :)



+49 (0) 30 3982023-00
hello@yoursuper.com
Your Superfoods GmbH
Richardstr. 85/86, 12043 Berlin