

The BEEHIVE HEALTH & Wellness

WHAT WE OFFER:

Healthy Shakes
Energy Teas
Protein Lattes
Pre/Post workout
Good vibes

LOCATED:

111th North
Market
Street
Knoxville
Illinois Suite
F



@thebeehive
healthandwellness



HEALTHY SHAKES

● 250 CALORIES OR LESS, 24-30G PROTEIN,

● 24 VITAMINS AND MINERALS

● FULL MEAL REPLACEMENT

● SAME AMOUNT OF SUGAR IN A BANANA

★ ALL THE NUTRIENTS YOUR BODY NEEDS FOR THE DAY! ★

16OZ (\$), 24OZ (\$), 32OZ (\$)

CANDY

ANDES
MINT

COOKIE DOUGH

DIRT CAKE

MONSTER COOKIE

NUTTER BUTTER

PUMPKIN CHEESECAKE

FRUITY

BANANA BERRY

BANANA SPLIT

ORANGE DREAM

TROICAL BANANA SPLIT

DESSERT

CARAMEL JAVA CHIP

DRUMSTICK

ELVIS

OREO TRUFFLE CHEESECAKE

SALTED CARAMEL CHEESECAKE

BAKERY

BANANA BREAD

BANANA FOSTER

BROWNIE BATTER

CARAMEL
BROWNIE

CINNAMON TOAST
CRUNCH

RED VELVET OREO

BIRTHDAY CAKE

CHUNKY MONKEY





PROTEIN LATTES/COFFEES

THE PERFECT BLEND OF COFFEE & PROTEIN

● REGULAR OR MINI - 15G PROTEIN & 100 CALORIES

● MEGA - 30 G PROTEIN & 200 CALORIES

☆ MAKE IT SKINNY ADD A FAT REDUCTION SHOT TO IT TO CURB HUNGER AND REDUCE FAT! ☆

16OZ (\$) 24OZ (\$) 32OZ (\$)

BROWNIE BATTER

CARAMEL DELIGHT
(CARAMEL AND VANILLA)

CARAMEL
MACCHIATO

CINNAMON ROLL

COOKIE CRUMBLE
FRAPPE

FRENCH VANILLA



MOCHA

PEPPERMINT
MOCHA

PUMPKIN MOCHA

SUGAR COOKIE

WHITE CHOC
MOCHA

CHOCOLATE CARAMEL

SKINNY SHOTS

● DUAL HUNGER CONTROL

● TARGETS BELLY FAT THATS ALREADY ON YOUR BODY!

● MAKES YOU FEEL FULLER FOR LONGER!

● ADD TO YOUR SHAKE, OR COFFEE OR DRINK IT AS A SHOT!



DONUT

CARAMEL

CINNAMON

HOT COCO

BANANA CREAM PIE

EATING OUT LATER?

FAT RELEASE!

REDUCES A PORTION OF FAT
CALORIES FROM BEING

● ABSORBED WHEN TAKEN WITH
MEALS CONTAINING FATS!

● ENHANCES THE ELIMINATION OF
DIETARY FAT FROM THE BODY!!!



BOOSTED ENERGY TEAS

● CLEAN CAFFIENE, BOOST METABOLISM, NO SUGAR, & HELPS WITH MENTAL CLARITY & ALERTNESS, BRAIN FOCUS REVITALIZES YOU, SOOTHES DIGESTION!

● HALF CAFF- 75MG CAFFIENE ● REGULAR -160MG CAFFIENE ● MEGA 245-290MG CAFFIENE ●

16OZ () 24OZ () 32OZ ()

POM /BLACKBERRY LIFTOFF

BOMB POP

(CHERRY, POM LIFTOFF, BLUE RASPBERRY, RAINBOW)

SUMMER NIGHT

(PINK STARBURST, GRAPE, BLACKBERRY LIFTOFF, BLUEBERRY)

SHARK WEEK

(BLUE BLAST, BLUE RASPBERRY, LEMONADE, POM LIFTOFF)

LEMON BOMB

(WATERMELON, RASPBERRY, LEMON BERRY, BLACKBERRY LIFTOFF)

PIXIE STICK

(POM LIFTOFF, BLACKBERRY, RASPBERRY, PINK STARBURST)

RING POP

(BLACKBERRY LIFTOFF, PINK STARBURST, WATERMELON, RAINBOW, STRAWBERRY)

COTTON CANDY

(POMEGRANATE LIFTOFF, PINK STARBURST AND POLAR BLAST)

ORANGE LIFTOFF

SUMMER BERRY

(PEACH, STRAWBERRY)

MERMAID

(ORANGE, BLUE RASPBERRY, WATERMELON)

PEACH ON

THE BEACH

(PINEAPPLE, AND PEACH)

PEACH RING

(PEACH, ORANGE LIFTOFF)

SKITTLES

(RAINBOW CANDY)

SUNNY D

(ORANGE, PINEAPPLE)

SOUR PUNCH

(GRAPE, RAINBOW)

TROPICAL LIFTOFF

FRUIT ROLL UP

(FRUIT PUNCH TROPICAL LIFTOFF)

CORAL REEF

(MANGO, POLAR BLAST, PINK LEMONADE, TROPICAL LIFTOFF)

BAHAMA MAMA

(PEACH, COCONUT, PINEAPPLE, WATERMELON, TROPICAL LIFTOFF)

LIME LIFTOFF

BUTTERFLY

(GRAPE, STRAWBERRY, BLUE RASP)

BABY YODA

(BLUE RASPBERRY, PINEAPPLE, LEMONADE)

SHARK BAIT

(POLAR BLAST, BLUE BLAST, STRAWBERRY)

SUMMER VACATION

(POLAR BLAST, PINK STARBURST, WATERMELON)

BLUE WAVE

(BLUE BLAST, POLAR BLAST, BLUE RASPBERRY)

STARFISH

(BLUE RASPBERRY, POLAR BLAST, BLUE BLAST, PINK STARBURST)

SOUR GUMMY WORM

(ORANGE, WATERMELON, BLUE BLAST)

LIZARD LIPS

(GREENBERRY, POLAR BLAST, PINEAPPLE)

HEARTBREAKER

(PINK STARBURST, WATERMELON, STRAWBERRY)

HARLEY QUINN

(BLUE RAZ, RASPBERRY, LEMONADE)



SPECIAL-TEAS



- CLEAN CAFFIENE, BOOST METABOLISM, NO SUGAR, & HELPS WITH MENTAL CLARITY & ALERTNESS, BRAIN FOCUS REVITALIZES YOU, SOOTHES DIGESTION!
 - COLLAGEN FOR HAIR, SKIN, AND NAILS, 15G PROTEIN, PROBIOTIC FOR GUT HEALTH
 - MEGA 245-290MG CAFFIENE
- 32OZ ONLY

BEAU-TEAS

COLLAGEN ONLY!!!

BANANA BLAST

(PINK STARBURST, WHIP, BLUE BLAST, BANANA, LIME LIFTOFF)

HOTTIE

(STRAWBERRY, WATERMELON, CHERRY, ORANGE LIFTOFF)

LOVERS LANE

(LEMONADE, PINK STARBURST, PEACH, FRUIT PUNCH, POMEGRANATE LIFTOFF)

PRO-TEAS

PROTEIN ONLY

MAI TAI

(TROPICAL LIFTOFF, PEACH MANGO, PEACH)

ROSE' ALL DAY

(POMEGRANATE LIFTOFF, WILDBERRY, STRAWBERRY, WATERMELON, RAINBOW)

STRAWBERRYBLONDE (WHIP)

(ORANGE LIFTOFF, WILDBERRY, PINA COLADA, STRAWBERRY, CHERRY)

BEAUTY BOMB

PROTEIN & COLLAGEN

BIKINI BABE

(PEACH MANGO, WHITE GRAPE, PINK STARBURST, PEACH, TROPICAL LIFTOFF)

PRETTY IN PINK

(RASPBERRY, COTTON CANDY, POM LIFTOFF, WILDBERRY, WHIP)

STRUGGLE BUS

(PEACH, PINK STARBURST, MELON, PEACH MANGO PROTEIN, TROPICAL LIFTOFF)

PIG TAILS

(WHIP, ORANGE LIFTOFF, PINK STARBURST, PINEAPPLE, STRAWBERRY, WILDBERRY)

IMMUNI-TEAS

IMMUNE SUPPOT, ZINC AND VITAMINS C AND HYDRATION

SPRING FEVER

(STRAWBERRY, ORANGE, PINK STARBURST, TROPICAL LIFTOFF)

FRUITY TUTTI

(POMEGRANATE LIFTOFF, STRAWBERRY, CHERRY, ORANGE, WATERMELON)

CITRUS BLAST

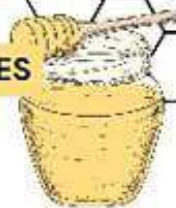
(LIME LIFTOFF, BLUE RASPBERRY, BLUE BLAST)



REFRESHERS

- PACKED WITH ELECTROLYTES ● CAFFEINE FREE,
- HELPS WITH SOOTHING DIGESTIVE SYSTEM!! ● NO ASPARTAME
- COLLAGEN, HELPS WITH FINE LINES AND WRINKLES, SKIN ELASTICITY, REDUCES CELLULITE ● PROBIOTIC, HELPS WITH GUT HEALTH

16OZ () 24OZ (\$) 32OZ (\$)



ADVENTURE

(STRAWBERRY, WATERMELON, PINK STARBURST)

BARBIE

(PINK STARBURST, RAINBOW)

BEACH BUM

(COCONUT, PINEAPPLE, CHERRY)

BERRY REFRESHER

(STRAWBERRY, BLUEBERRY, PINK STARBURST)

BLUES CLUES

(BLUE BLAST)

BUBBLEGUM

(LEMONBERRY, RASPBERRY, GRAPE)

ELSA

(BLUEBERRY, AND LEMONADE)

GUMMY BEAR

(WATERMELON, STRAWBERRY, RAINBOW, PINK STARBURST)

IRON MAN

(RAINBOW AND LEMONADE)

NEMO

(PEACH AND LEMONADE)

BEACH BLAST

(RASPBERRY, LEMON, BLUE RASPBERRY)

BLUE REFRESHER

(BLUE RASPBERRY, PINA COLADA, PINK STARBURST)

BOMB POP

(RAINBOW, CHERRY, BLUE RASPBERRY)

COCONUT ISLAND

(PINA COLADA, PINEAPPLE, COCONUT)

INTERNATIONAL HARVESTER

(RASPBERRY, STRAWBERRY)

JOHN DEERE

(GREEN APPLE AND MANGO)

MERMAID

(WATERMELON, ORANGE, BLUE BLAST)



AREA 51

(BLUE BLAST, AND PINEAPPLE)

ANGEL DELIGHT

(GRAPE AND PINK STARBURST)

AQUAMAN

(PINA COLADA, BLUE RASPBERRY)

BLUE RAZ LEMONADE

(BLUE RASPBERRY AND LEMONADE)

BOMB SQUAD

(GRAPE, PINK STARBURST, BLUE RASPBERRY)

DROP IN THE OCEAN

(BLUE BLAST, BLUE RASPBERRY, AND PINK STARBURST)

FUN DIP

(WATERMELON, GREENAPPLE)

HULK

(GRAPE, GREENBERRY, LIME)

INCREDIBLES

(ORANGE, VANILLA, WHIP)

MONSTER TRUCK



WHAT ELSE DO WE OFFER?

MAKING YOUR FAVE
PRODUCTS AT HOME
FOR A DISCOUNT

CUSTOMIZABLE
MEAL PLANS

21 DAY
TRANSFORMATION
CHALLENGES

WELLNESS
COACHING
FOR EVERYBODY

INCOME
OPPORTUNITIES

SUPPORTING THE
COMMUNITY

WORKOUTS AND
FITNESS PLANS

POSITIVE VIBES
ALWAYS

ADD ONS

ADD A BOOST TO YOUR SHAKE OR TEA, OR
COFFEE, FOR INCREASED HEALTH BENEFITS!

PROLESSA DUO:

THE ULTIMATE FAT BURNER! HELPS CONTROL HUNGER AND
TARGET THE FAT THAT'S ALREADY ON YOUR BODY!!



SIMPLY PROBIOTIC:

1 BILLION ACTIVE PROBIOTIC CULTURE, FORMULATED WITH A POWERFUL
STRAIN THAT SURVIVES THE GASTRIC JOURNEY TO GET TO WHERE IT COUNTS,
HELPING YOU FEEL YOUR BEST EVERYDAY!!



BEVERAGE MIX:

ENJOY AN ENERGY MIX WITH THIS DELICIOUS AND NUTRITIOUS PROTEIN
SNACK THAT HELPS SATISFY HUNGER CRAVINGS BETWEEN MEALS!
15G PROTEIN, 0 SUGAR, LESS THAN 70 CAL.



COLLAGEN:

SUPPORTS SKIN ELASTICITY AND REDUCTION OF WRINKLES AND CELLULITE
CONTAINS VITAMINS A,C AND E AND SUPPORTS STRONG NAILS AND HEALTHY HAIR
WITH SELENIUM, ZINC, AND BIOTIN



H3O:

RAPID HYDRATION, IMMEDIATE ENERGY, VITAMINS C AND E FOR
ANTIOXIDANT SUPPORT, NO ADDED CAFFEINE, ALLOWS FOR BETTER
ABSORPTION OF WATER.



PREWORKOUT:

PUMPS YOU UP FOR YOUR WORKOUT!
100MG OF CAFFEINE, NITRIC OXIDE PRECURSOR AND CREATINE SUPPLEMENT
SYSTEM, SUPPORTS HEALTHY BLOOD FLOW, ENHANCE FAST TWITCH
MUSCULAR CONTRACTIONS, MAINTAIN FOCUS AND PERFORMANCE.



BEST DEFENSE:

SUPPORT YOUR IMMUNE SYSTEM WHEN YOU NEED IT MOST!
FORMULATED WITH ECHIACEA, 1,000 MG OF VITAMIN C AND 8MG OF
ZINC

