



INSIDE MY SMOOTHIE CUPBOARD

Mary's Smoothie Upgrade

The products I choose. What makes the cut.
Why they earn a place in my smoothie.

By:

MARY MARTIN

Hormone & Aging Specialist Naturopath

Welcome to Mary's Smoothie Upgrade

If you already love a smoothie, this is where we take it a little further. And if smoothies are newer to you, you are in the right place too.

Over the years, I've become quite particular about what earns a place in mine.

Not because everything needs to be expensive, fancy or bought from a health food shop.

Far from it.

There are plenty of everyday supermarket ingredients I use all the time.

But there are also some products where **quality, ingredients, dose and what is actually inside the packet really matter.**

That is what this Upgrade is about.

I'm opening my kitchen cupboards and showing you the products, nutrients and extras I personally use, what I look for when choosing them, and why I think some are worth being a little more selective about.

You'll also get a fresh collection of smoothie recipes using some of the combinations and extras I personally reach for.

This is about using the most effective brands, nutrients, combinations and dosages to make the biggest impact to your bones, hormones, energy, libido, brain and aging.

It is about knowing **what deserves a place in it, and why.**

Because good nutrition works best when it is simple enough to keep doing.

So let's upgrade YOUR smoothie.

Love Mary

Hormone & Aging Specialist Naturopath



HORMONE QUEENS

Mary's Smoothie Upgrade

Everything needs to earn its place

That is probably the simplest way to describe how I build mine.

I want every ingredient doing a job.

And in the pages ahead, I'll show you what I personally use, what I look for, and where I think it is worth upgrading.



What Makes an Upgrade an Upgrade?

A good smoothie does not need twenty ingredients or a cupboard full of expensive powders.

But some ingredients deserve a closer look.

Over the years, I have learnt where I am perfectly happy to keep things simple, and where I am much more particular about quality, ingredients, dose and what is actually in the product.

That is the difference with an upgrade.

It is not about adding more for the sake of it.

It is about making better choices with the things you are already adding.

I keep the basics simple

Fruit, vegetables, chia, flaxseed, avocado and other whole foods do not need to be complicated. Your local supermarket can do a very good job here.

I am more selective with certain products

Protein powders, collagen, greens and specialised nutritional products can vary enormously.

This is where I look more closely at the label, the ingredients, the amount you are actually getting and whether it deserves a place in my smoothie.

More is not always better

A crowded smoothie is not necessarily a better smoothie.

I would much rather choose a handful of ingredients that have a clear reason for being there.

INSIDE MARY'S SMOOTHIE CUPBOARD

These are some of the products and nutrients I personally reach for when I am building my smoothies. I am not interested in adding something just because it has a healthy-looking label.

Everything needs a reason for being there. For each one, I will show you what I use, why I choose it, and what I look for when I am comparing products.

PRODUCT 1

What I use:

BioMedica
BioActivated Calcium



Why it earns a place in my smoothie:

Bone health becomes increasingly important through peri menopause, menopause and healthy ageing, and I want more than calcium on its own. **I want the whole team of bone matrix nutrients.** BioActivated Calcium combines several forms of calcium with **magnesium, vitamin D, vitamin K, zinc, manganese, boron, silica and lysine** to support bones, muscles and connective tissue.

What I look for:

I look for well absorbed forms of calcium, together with the nutrients that help the body use it. I also like BioMedica's low excipient approach and that it uses glycine and thaumatin for sweetness rather than artificial sweeteners.

How I use it:

I add **1 teaspoon** straight into my smoothie each day.



Mary's note:

I prefer a professionally formulated combination rather than simply grabbing a basic calcium tablet. (which most often has CALCIUM CARBONATE...a very poorly absorbed form of calcium)

I am not just thinking about calcium. I am thinking about the team of nutrients around it, and my future strength and mobility. Strong bones are something I want women thinking about in midlife, not waiting until later.

Want to order?

Practitioner only product. Reach out for Smoothie Queen access and current pricing.
mary@hormonequeens.com

PRODUCT 2

What I use:

BioClinic Naturals DetoxClear



Why it earns a place in my smoothie:

Your liver plays an important role in processing and clearing hormones, so consistent liver support is part of how I think about peri menopause, menopause and healthy ageing.

DetoxClear combines **TrueBroc broccoli seed extract, chlorella, milk thistle and targeted nutrients** that support natural liver and detoxification pathways.

What I look for:

I want more than a vague green “detox powder” with 80 ingredients all of such low doses they are doing nothing. Pet peeve!

I look for meaningful amounts of ingredients with a clear purpose, including **broccoli seed extract, milk thistle, chlorella, spirulina, glutamine and activated B vitamins**.

How I use it:

I add **1 tablespoon** to a smoothie or water daily.



Mary's note:

I'm a big believer in consistent liver support. Keeping your foot on the pedal can make a real difference to **hormones, energy and healthy ageing**.

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PRODUCT 3

What I use:

Orthoplex Collagen Clinical



Why it earns a place in my smoothie:

How confusing can brands of Collagen be? There are a lot of poor-quality collagens out there, and for so many important jobs it does in our body, we really need a good quality one.

Collagen Clinical combines four specialised hydrolysed collagen peptides, each chosen for a different area of the body.

VERISOL supports skin elasticity, hydration and integrity.

FORTIGEL supports joint cartilage.

TENDOFORTE supports tendons and ligaments.

FORTIBONE supports postmenopausal bone density.

It also includes vitamin C to support collagen formation.

What I look for:

I want a meaningful dose of collagen, not a token amount added to a pretty powder.

The current formula provides **17.5 g of hydrolysed collagen per 18 g serve**, using all four GELITA collagen peptides, plus 100 mg vitamin C. It is also gluten free, dairy free and soy protein free.

How I use it:

I add one scoop (included) to my smoothie for my bones, skin, hair, joints, connective tissue and healthy ageing.



Mary's note:

Collagen is not just about skin. It also matters for **joints, tendons, ligaments and bone**, which is why I see it as a healthy ageing nutrient, not a beauty extra.

Want to order?

This is a practitioner only product, chosen for its quality and therapeutic dosing. If you would like to purchase it, I can set up a Smoothie Queen practitioner account for you, with repeat ordering available. Please reach out at mary@hormonequeens.com if you would like me to set this up for you.

PRODUCT 4

What I use:

BioActiv Healthcare Creatine Monohydrate, Micronized



Why it earns a place in my smoothie:

Creatine is one of my favourite healthy ageing nutrients for women

As oestrogen declines through menopause, maintaining **muscle mass, strength and physical capacity** becomes increasingly important. Research in postmenopausal women shows creatine is particularly useful alongside resistance training for supporting lean muscle and strength.

What I look for:

I keep this one simple. **Pure creatine monohydrate**, the form with the strongest research behind it.

This product is micronised so it mixes easily and contains no added colours, flavours, sweeteners, preservatives or fillers.

How I use it:

I add it to my smoothie daily. Around **5 g per day** is the amount most consistently supported for muscle and strength benefits in postmenopausal women, particularly alongside resistance exercise.



Mary's note:

I think of creatine as a **healthy ageing nutrient for women, not just a sports supplement**. Protecting muscle and strength now has a huge bearing on how well we age.

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PRODUCT 4

What I use:

Orthoplex MagCalm



Why it earns a place in my smoothie:

If I could take only one product to a desert island, this would be it. Ahhh magnesium...the right forms of magnesium at the right dose works magic for my nervous system!

MagCalm gives me **300 mg of magnesium**, plus glycine, taurine, passionflower and lemon balm, making it a beautiful combination for **nervous system support, muscle relaxation, stress and sleep**. Passionflower and lemon balm are traditionally used to calm the nerves and support sleeplessness, while glycine supports healthy sleeping patterns.

What I look for:

I love that the magnesium is **magnesium glycinate**, a form I use frequently, but this is not magnesium on its own. Each serve also provides **3.9 g glycine and 3 g taurine**, alongside passionflower and lemon balm, two of my favourite nervous system support herbs

How I use it:

I take 2 scoops at night before bed to **settle my nervous system and support a good night's sleep** but if particularly stressed I will add 1 scoop to my smoothie as well

Mary's note:

My desert island product! Magnesium is involved in hundreds of processes in the body, but I particularly love this combination for **calming the nervous system, relaxing muscles and helping the body wind down for sleep**.

Want to order?

This is a practitioner only product, chosen for its quality and therapeutic dosing. If you would like to purchase it, I can set up a Smoothie Queen practitioner account for you, with repeat ordering available. Please reach out at mary@hormonequeens.com if you would like me to set this up for you.

SPEND HERE. SAVE HERE

Not every smoothie ingredient needs to come with a premium price tag. There are plenty of basics I am very happy to buy from the supermarket. Then there are a few things where I look much more closely at quality, ingredients, dose and what I am actually paying for. This is where I personally spend a little more, and where I think you can happily keep things simple

SPEND HERE

Collagen

Quality and dose matter. I want to know what I am actually getting in each serve.

Greens powders

There can be a huge difference between products. I look at what is actually in the blend and whether the ingredients are there in meaningful amounts.

Specialised nutrients and supplements

This is where I am much more selective. If I am adding something for a specific reason, I want it to earn its place.



SAVE HERE

Protein powder

This is one I am fussy about. I look at the protein content, ingredients, sweeteners, fillers and what else has been added. Be sure to choose ones that have no fillers or artificial sweeteners. Coles brand PerForm is a clean plant based protein that is reasonably priced.

Fruit and vegetables

Fresh or frozen both have a place in my kitchen. Buy what is easy, available and affordable.

Chia seeds and flaxseed

Simple pantry staples do the job beautifully.

Avocado and healthy fats

No need to make these complicated.

Unsweetened plant milks

There are plenty of perfectly good supermarket options. I simply check the label and choose one without a long list of extras.

Herbs, spices and everyday whole foods

Cinnamon, ginger, parsley, coriander, cacao and similar ingredients do not need fancy packaging to be useful.

MY RULE OF THUMB

Spend where quality makes a meaningful difference. Save where simple food already does the job beautifully.

You do not need the most expensive smoothie in town.

You need to know where quality matters, and where it does not.

Reading Beyond the Front of the Packet



A packet can say **natural, healthy, high protein, keto, gut friendly or no added sugar** on the front. That is marketing. I want to know what is actually inside.

When I am choosing a protein powder, collagen, greens powder or smoothie addition, I turn the packet around and look at a few key things.

How Much Protein Am I Actually Getting?

If I am buying a protein powder, I want protein to be doing the heavy lifting.

I generally look for around **20 to 25 grams of protein per serve**, then I check the serving size.

A huge scoop does not necessarily mean you are getting a good amount of protein. For a breakfast smoothie, I usually aim for the **whole smoothie to provide around 25 to 30 grams of protein**, once everything is counted.

That tells me far more than the words “high protein” on the front.

What Has Been Added to Make It Sweet?

This is a big one for me.

When I want sweetness in a product, I generally prefer options such as:

- **Stevia**, which may appear as steviol glycosides or sweetener 960.
Monk fruit, which may appear as monk fruit extract or luo han guo extract.

You may also see:

- **Xylitol**, sweetener 967.
Erythritol, sweetener 968.

Xylitol and erythritol are sugar alcohols and can upset digestion for some people, particularly in larger amounts, so your own tolerance matters.

Other approved sweeteners you may see include:

950 Acesulphame potassium

951 Aspartame

952 Cyclamates

954 Saccharin

955 Sucralose

961 Neotame

969 Advantame

These are approved food additives in Australia, but they are **not the sweeteners I personally choose for something I am using regularly.**

And remember, a number does not automatically mean something is “bad”.

960 is stevia.

967 is xylitol.

968 is erythritol.

I want to know **what the number represents and why it is there.**



How Long Is the Ingredient List?

I like to know what I am paying for. If the ingredient I want is buried amongst flavours, gums, thickeners, sweeteners, colours, fillers and a long list of extras, I start asking questions. Some of those ingredients may have a genuine purpose. But I still want the ingredient I am buying the product for to be **the star of the show**.

Watch for Hidden Sugars

"No added sugar" does not necessarily mean unsweetened.

I check the ingredient list for sugars, syrups and sweeteners, then look at the nutrition panel as well.



Check Dairy and Gluten

If you are sensitive to dairy or gluten, do not assume a health product is free from them.

Protein powders in particular may contain milk based proteins such as whey or casein.

I always check the **ingredient list and allergen statement**, particularly when choosing a product for someone with known sensitivities.

What Is the Actual Dose?

This one really matters. A beautiful ingredient list means very little if the ingredients you are buying the product for are only there in tiny amounts.

The longer and more impressive the ingredient list, the more closely I look at **how much of the important ingredients I am actually getting**.

I want to know what is in there, how much I am getting, and whether that amount earns its place in my smoothie.

MY RULE OF THUMB

Ignore the promises on the front for a minute. Turn the packet around.

That is where the real story usually begins.

The Mary Smoothie Formula

After years of making smoothies for myself and talking nutrition with women in clinic, I rarely follow a recipe exactly.

Instead, I build my smoothies around a simple formula.

It keeps the nutritional foundations covered while giving me plenty of room to change the flavours, ingredients and extras.

1

Base



2

Plants



3

Protein



4

Fibre



5

Healthy Fat



6

Upgrade With Intention



1 The Base

Start with the liquid.

Water, coconut water or unsweetened plant milk are my usual choices. Keep it simple. Add ice if you want a thicker smoothie.



2 The Plants

Bring in colour and variety.

Fruit, leafy greens, herbs, avocado, cucumber and other whole plant foods bring vitamins, minerals, antioxidants and valuable plant compounds. Different colours bring different nutrients, so mix things up.



3 The Protein

This one is non-negotiable for me.

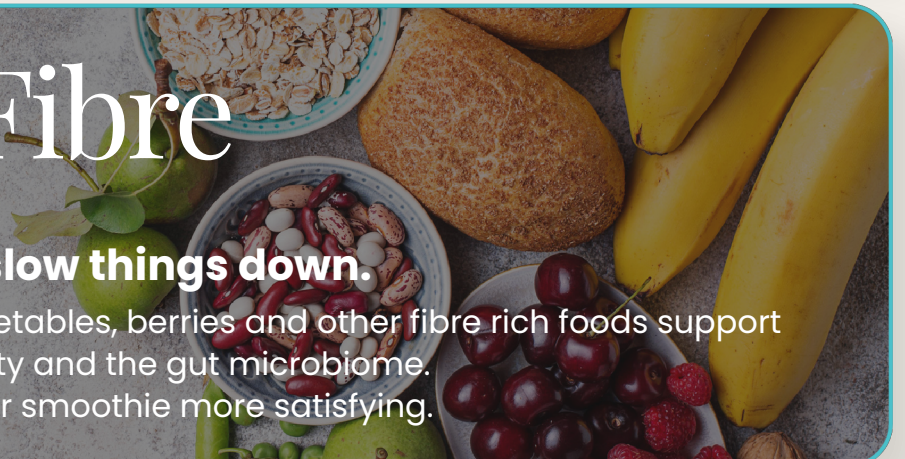
A smoothie that is mostly fruit and liquid can leave you hungry again very quickly. I generally aim for the finished smoothie to provide around **25 to 30 grams of protein**. Protein supports muscle, strength, recovery and satisfaction, all increasingly important as we age.



4 The Fibre

Feed the gut and slow things down.

Chia, flaxseed meal, vegetables, berries and other fibre rich foods support digestion, bowel regularity and the gut microbiome. They also help make your smoothie more satisfying.



5 The Healthy Fat



A little goes a long way.

Avocado, chia, flaxseed, nuts, seeds or a quality oil can bring healthy fats into the mix. They help with satisfaction and provide important nutrients for the brain, hormones and healthy ageing. You do not need them all. Choose what suits the smoothie.

6 The Cinnamon

One teaspoon goes into almost every smoothie I make

Cinnamon gives natural warmth and sweetness without adding sugar, but I use it for more than flavour. It is rich in plant compounds and has been studied for its role in supporting healthy **blood sugar and glucose metabolism**, something I am always thinking about when building a smoothie for steadier energy.

For regular use, I prefer **Ceylon cinnamon** rather than the more common Cassia variety. It naturally contains much less coumarin, so it is the variety I choose when cinnamon is going into my smoothie most days.

7 The Upgrade



This is where I get more particular.

This might include protein powder, collagen, greens, targeted nutrients, herbs or other extras I have chosen for a specific reason. It is not about adding every powder in the cupboard.

The upgrade has to earn its place.

I want to know why it is there, what it is contributing and whether the quality is good enough for something I am using regularly.



Keeping the Sugar Down

Fruit absolutely has a place in a smoothie, but if you want to keep sugars lower, a few simple changes can help.

Use **half a banana instead of a whole one.**

Choose **berries more often.**

Use **water or unsweetened plant milk** rather than fruit juice.

Skip honey, maple syrup or other added sweeteners unless you really need them.

And include **protein, fibre and healthy fats**, rather than making the smoothie mostly fruit.

You do not need to remove fruit. Just be a little more intentional with how much you use.

You do not need the same ingredients every day.

You just need a structure that makes it easier to build a smoothie with purpose.



Mary's Rule

Start with the foundations.

Then upgrade with intention.



The Upgraded Smoothie Collection

Seven new blends using the ingredients, combinations and extras I personally love to use.



1. Hormone Queens Classic, Upgraded

Ingredients:

- ½ to 1 banana
- 1 cup baby spinach
- ½ cup blueberries, fresh or frozen
- 1 cup unsweetened almond milk
- 1 cup water
- 1 tablespoon maca powder
- 1 tablespoon flaxseed meal
- 1 teaspoon cinnamon
- 1 teaspoon MCT oil
- 1 teaspoon chia seeds
- Your chosen protein powder, enough to bring the finished smoothie to around 25 to 30 grams of protein
- Ice as desired

Practitioner Products

- 1 tablespoon **BioClinic Naturals DetoxClear**
- 1 to 2 scoops **Orthoplex MagCalm**
- 1 scoop **Orthoplex Collagen Clinical**
- 1 teaspoon **BioActiv Healthcare Creatine Monohydrate**
- 1 teaspoon **BioMedica BioActivated Calcium**

The Upgraded Smoothie Collection

Seven new blends using the ingredients, combinations and extras I personally love to use.



2. Berry Beet Beauty

Ingredients:

- ½ cup mixed berries, fresh or frozen
- ½ small cooked beetroot
- ½ avocado
- 1 cup unsweetened almond milk
- ½ to 1 cup water
- Juice of ½ lemon
- 1 tablespoon chia seeds
- 1 tablespoon flaxseed meal
- 1 teaspoon cinnamon
- Your chosen protein powder
- Ice as desired

Practitioner Products

- 1 tablespoon **BioClinic Naturals DetoxClear**
- 1 to 2 scoops **Orthoplex MagCalm**
- 1 scoop **Orthoplex Collagen Clinical**
- 1 teaspoon **BioActiv Healthcare Creatine Monohydrate**
- 1 teaspoon **BioMedica BioActivated Calcium**

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3. Pear Ginger Green

Ingredients:

- 1 small pear, skin on and chopped
- 1 cup baby spinach
- ½ small zucchini
- 1 to 2 cm fresh ginger
- Juice of ½ lemon
- 1 cup unsweetened almond milk
- 1 cup water
- 1 tablespoon chia seeds
- 1 tablespoon flaxseed meal
- 1 teaspoon cinnamon
- Your chosen protein powder
- Ice as desired

Practitioner Products

- 1 tablespoon **BioClinic Naturals DetoxClear**
- 1 to 2 scoops **Orthoplex MagCalm**
- 1 scoop **Orthoplex Collagen Clinical**
- 1 teaspoon **BioActiv Healthcare Creatine Monohydrate**
- 1 teaspoon **BioMedica BioActivated Calcium**

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4. Coffee Cacao Kick

Ingredients:

- 1 shot espresso, cooled
- ½ frozen banana
- 1 cup unsweetened almond milk
- ½ cup water
- 1 tablespoon raw cacao powder
- 1 tablespoon almond butter
- 1 teaspoon cinnamon
- 1 tablespoon chia seeds
- Your chosen protein powder
- Ice as desired

Practitioner Products

- 1 tablespoon **BioClinic Naturals DetoxClear**
- 1 to 2 scoops **Orthoplex MagCalm**
- 1 scoop **Orthoplex Collagen Clinical**
- 1 teaspoon **BioActiv Healthcare Creatine Monohydrate**
- 1 teaspoon **BioMedica BioActivated Calcium**

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5. Tropical Gold

Ingredients:

- ½ cup frozen mango
- ½ cup fresh or frozen pineapple
- 1 cup coconut water
- ½ cup water
- Juice of ½ lime
- 1 to 2 cm fresh ginger
- ½ teaspoon turmeric
- 1 tablespoon chia seeds
- 1 teaspoon cinnamon
- Your chosen protein powder
- Ice as desired

Practitioner Products

- 1 tablespoon **BioClinic Naturals DetoxClear**
- 1 to 2 scoops **Orthoplex MagCalm**
- 1 scoop **Orthoplex Collagen Clinical**
- 1 teaspoon **BioActiv Healthcare Creatine Monohydrate**
- 1 teaspoon **BioMedica BioActivated Calcium**

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6. Cherry Almond

Ingredients:

- $\frac{3}{4}$ cup frozen cherries
- 1 cup unsweetened almond milk
- $\frac{1}{2}$ to 1 cup water
- 1 tablespoon almond butter
- 1 teaspoon cinnamon
- $\frac{1}{2}$ teaspoon vanilla extract
- 1 tablespoon chia seeds
- 1 tablespoon flaxseed meal
- Your chosen protein powder
- Ice as desired

Practitioner Products

- 1 tablespoon **BioClinic Naturals DetoxClear**
- 1 to 2 scoops **Orthoplex MagCalm**
- 1 scoop **Orthoplex Collagen Clinical**
- 1 teaspoon **BioActiv Healthcare Creatine Monohydrate**
- 1 teaspoon **BioMedica BioActivated Calcium**



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Seven new blends using the ingredients, combinations and extras I personally love to use.



7. Creamy Vanilla Spice

Ingredients:

- ½ cup frozen cauliflower
- ½ small pear
- ½ avocado
- 1 cup unsweetened almond milk
- ½ to 1 cup water
- 1 teaspoon vanilla extract
- 1 teaspoon cinnamon
- 1 tablespoon flaxseed meal
- Your chosen protein powder
- Ice as desired

Practitioner Products

- 1 tablespoon **BioClinic Naturals DetoxClear**
- 1 to 2 scoops **Orthoplex MagCalm**
- 1 scoop **Orthoplex Collagen Clinical**
- 1 teaspoon **BioActiv Healthcare Creatine Monohydrate**
- 1 teaspoon **BioMedica BioActivated Calcium**

More Than Smoothies

Your nutrients do not have to live in a blender.

Smoothies are one of my favourite ways to get a lot of nutritional goodness into one easy meal, but they are certainly not the only way.

Many of the ingredients we have talked about can easily find their way into the rest of your day too. Your original Smoothie Reset already encourages using these nutrients in foods such as oats, salads, soups and nourish bowls.

Try adding your favourites to:

Other Places to Put Smoothie Stuff

ALL THOSE GOOD THINGS AREN'T JUST FOR SMOOTHIES!



Oats

Stir through chia, flaxseed, protein, collagen, cinnamon or berries.



Yoghurt

Add seeds, berries, nuts, protein or some of your favourite extras.



Chia bowls

A great place for protein, healthy fats, berries and whatever upgrades suit you.



Soups

Greens, herbs, seeds and other nutrient rich additions can disappear beautifully into a soup.



Salads and nourish bowls

Think avocado, seeds, herbs, colourful plants and a good protein source.



Snacks

Bliss balls, protein balls, choccy bites or other nutrient rich snacks are a great way to get more of the good stuff in.

Your smoothie ingredients do not have to stay in the blender. Use them across breakfasts, snacks and meals so you get more mileage from what is already in your cupboard.

Keep It Going

Consistency will always beat perfection.

You do not need the perfect smoothie every morning, or every nutrient in every glass.

Keep coming back to the foundations and notice what your body responds well to. Your energy, digestion, cravings, sleep, hormones, skin, mood and simply how you feel.

The magic was never one smoothie. It is what happens when good nutrition becomes part of what you do regularly.

Keep the combinations you love, use what works for you, and keep it simple enough that you actually keep doing it.

Want to Order the Practitioner Products I Use?

Several of the products throughout this guide are **practitioner only**.

If you would like to purchase any of them, **reach out to me and I can set up your Smoothie Queen practitioner account**, giving you access to order directly and arrange repeat orders when you need them. **Reach out for current pricing and practitioner access.**

Not sure which product, or have a question about anything in the guide? *Just ask.*

I am very happy to help.

Love Mary

Hormone & Aging Specialist Naturopath



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