

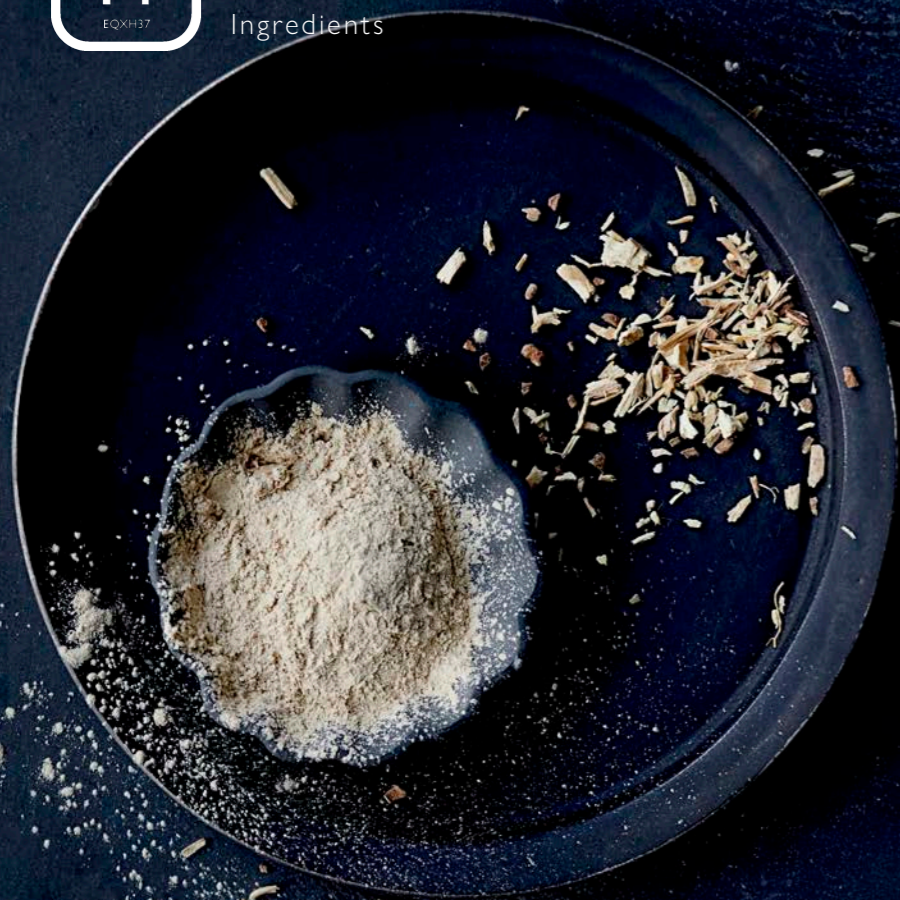


Functional Ingredients

EQUINRX HOTELS



Functional  
Ingredients



**ADAPTOGENS** | Found in our London Fog Superfood Latte

Adaptogens are used to strengthen the immune system and increase overall vitality. These herbs support the body's ability to handle stress, whether it be from fatigue, anxiety, trauma, etc.

**ALGAE-BLUE MAJIK + CHLOROPHYLL + SPIRULINA** | Found in our EQX Cha Cha Matcha Superfood Latte + Regenerate + Repair Supercharged Booster

The deeply hued algae is one of the most nutrient-dense foods that helps detoxify the blood, energize the body and stimulate the immune system with radically high levels of protein + vitamins.

**AMLA** | Found in our Immunity Smoothie

Indian gooseberry, high vitamin-C content, improves heart health, increases metabolic activity, cures sore throat and boosts immunity.

**ASWAGANDHA** | Found in our Golden Milk Latte + Chai Latte + Turmeric Latte + Coffee Super Latte + Brain Fuel Smoothie

An Ayurvedic adaptogen that helps enhance focus and mental stamina while boosting mood and helping the body cope with stress.

**BEE POLLEN** | Found in our Beauty Bowl

Nectar of the gods. Rich in antiviral and antibacterial compounds, and high in vitamins and minerals.

**BEETROOT POWDER** | Found in our Beauty Blend Latte

Beetroot powder contains micronutrient and phytonutrients that may benefit heart, gut, and brain health. Some benefits include reducing inflammation, lowering blood pressure, and improving digestion.

**BLACK SESAME** | Found in our Mushroom Bowl

Loaded with iron and B vitamins these seeds have anti-aging powder. Also abundant in zinc and calcium for stronger bones and healthier skin.

**BUTTERFLY BLUE PEAFLOWER** | Found in our Regenerate Tea

A plant that helps to reduce inflammation, help with common eye issues like conjunctivitis, fight against certain types of cancers, induce brain health, and increase vitality.

**CACAO** | Found in our [Mango Matcha Bowl + Nut Nourishment Smoothie](#)

It's not just a beautiful flavor enhancer, it's also incredibly rich in benefits for your body and mind. Packed with antioxidants (40 times the amount found in blueberries!), heavy in magnesium and a known mood enhancer.

**CALENDULA** | Found in our [Jet Lag Tea](#)

The flower is widely used as a medicinal plant whose antibacterial, anti-fungal, and anti-inflammatory properties, which make it a strong ingredient for healing.

**CAMU CAMU** | Found in our [Immunity Smoothie](#)

A berry from the Amazon rainforest, is considered a superfood as it contains a high content of vitamin C, powerful antioxidants, antimicrobial properties and may help fight inflammation.

**CILANTRO** | Found in our [Mushroom Tacos](#)

Cilantro is a leaf of the coriander plant and eaten as a food or as a spice. It can help remove heavy metals such as mercury, lead and aluminum from the body and can also eliminate certain bacteria that can cause infections.

**CINNAMON** | Found in our [Overnight Oats + Beauty Blend Super Latte](#)

Once upon a time it was more valuable than gold. A powerful antioxidant with many health benefits. Has anti-inflammatory and antimicrobial properties, to fight bacterial and viral infections to help clear up mucus and encourage circulation.

**CHIA SEEDS** | Found in our [Anti-Inflammatory Smoothie + Mango Matcha Latte + Chia Seed Bowl](#)

Considered to be one of the healthiest foods on the planet, expect better digestive health, increased endurance, skin that ages gracefully, stronger bones and reduced inflammation.

**COLOSTRUM** | Found in our [Gut Health Smoothie](#)

A nutrient-dense fluid that is released in breast milk. High in antibodies+ antioxidants. Contribute to a healthy immune system.



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**EQUIP VANILLA BEEF PROTEIN POWDER** | Found in our Gut Health Smoothie

Packed with collagen + micro-n nutrients that help build + repair muscle. Free of soy, dairy, gluten, egg + whey.

**FLAXSEED** | Found in our Brain Fuel Smoothie + Gut Health Smoothie

A plant-based food that provides healthful fat, antioxidants, and fiber. Its benefits are many, from aiding digestion to weight loss and may also lower cancer and diabetes risk.

**GINGER** | Found in our Anti-Inflammatory Smoothie + Brain Fuel Smoothie + Beauty Blend Super Latte + Salmon + Power Up, Jet Lag + Regenerate Teas

A popular spice which is high in gingerol, a substance with powerful anti-inflammatory and antioxidant properties.

**GOCHUJANG** | Found in our Gochujang Tofu

Gochujang is rich in Vitamin A + Vitamin E, which has beneficial bacteria that contributes to anti-inflammation.

**GOJI BERRIES** | Found in our Mango Matcha Bowl

Goji berries contain healthy antioxidants that are known for their immune-boosting qualities and their ability to fight harmful free radicals and inflammation. They also contain large amounts of Vitamins. + C.

**KEFIR** | Found in our Immunity Smoothie

A cultured, fermented dairy beverage that is nutrient rich with many vitamins and minerals. It's also packed with protein and high levels of probiotics. It is used to help improve digestion and treat irritable bowel syndrome.

**KIMCHEE** | Found in our Kimchee Scramble + Kimchee side

Kimchee is fermented, therefore containing probiotics that help regulate the immune system, promote weight loss, de-bloat, fight inflammation + slow the aging process.

**LION'S MANE** | Found in our Coffee Super Latte

A type of mushroom that are rich in vitamins such as thiamine, riboflavin, and niacin. Containing probiotics to support the immune system and promote the growth of healthy bacteria in the digestive system.

**MANUKA HONEY** | Found in our Half Grapefruit + Turmeric Latte

From New Zealand this honey has the highest concentrated antibacterial and antibiotic power more potent than regular honey.

**PROTELICIOUS** | Found in our Parad'ice Ice Creams

Mild and creamy, while naturally low in lactose, Protelicious delivers extensive science backed benefits. Enjoy it today to naturally curb sugar cravings, maximize energy with an effortless digestion, boost the natural defenses, enhance anti-aging process, support healthy body weight, reinforce immunity, reduce inflammation, while improving gut, skin, and hair health.

**PROBIOTICS** | Found in our Chai Latte + Coffee Super Latte + Turmeric Latte + Mixed Berry Smoothie

Live bacteria + Yeasts that offer benefits against a range of health issues, such as, allergies, arthritis, asthma, cancer, depression, heart disease, skin disorders + gastrointestinal problems. They aid in weight loss + help reduce bloating.

**ROOIBOS** | Found in our Jet Lag Tea

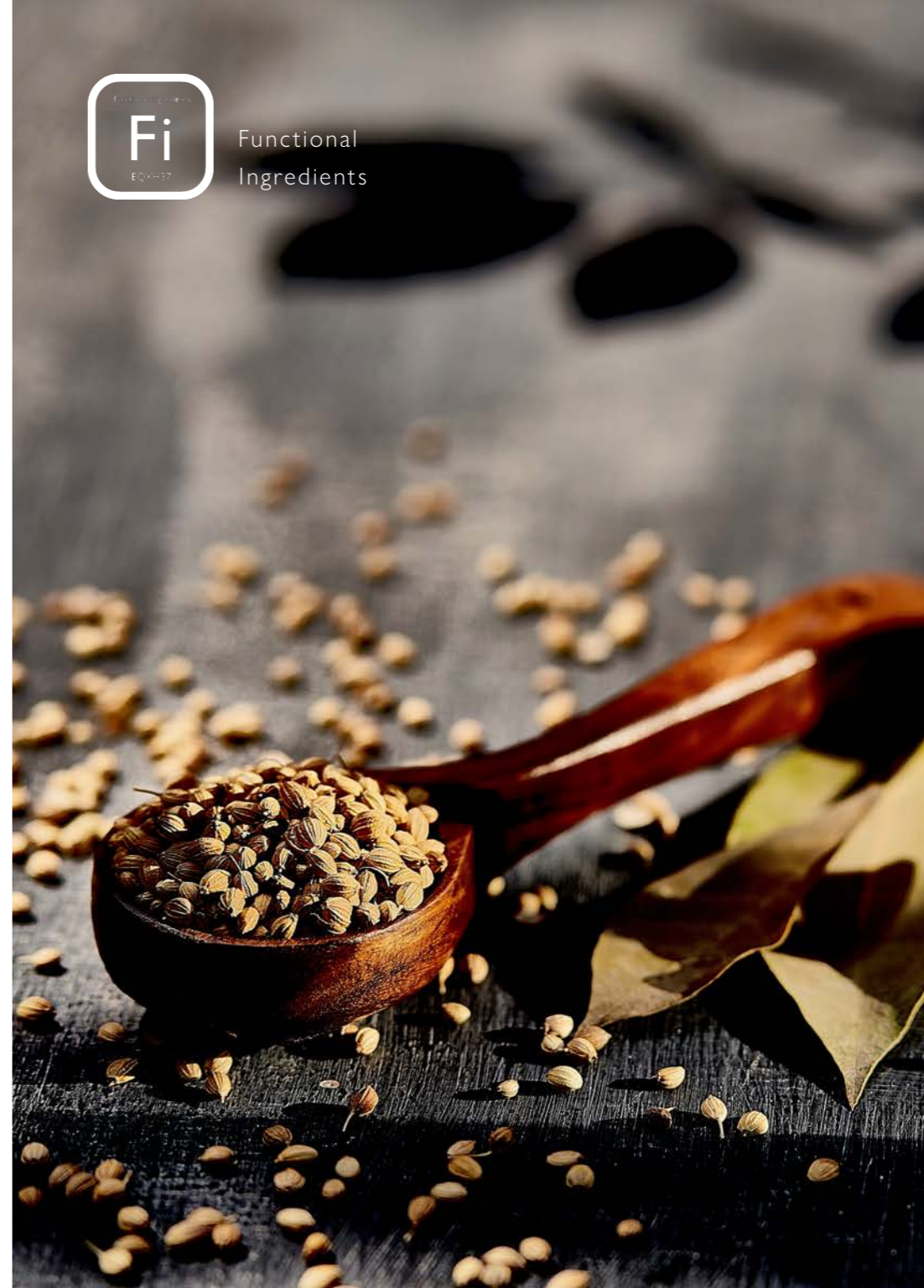
A leaf that contains vital minerals including calcium, iron, magnesium, zinc and high levels of vitamin C along with powerful antioxidants such as aspalathin that offer extensive health benefits.

**REISHI** | Found in our Coffee Super Latte + Turmeric Latte

Reishi mushroom has been used to help enhance immune system, reduce stress, improve sleep and lessen fatigue.



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**ROSE HIP** | Found in our Jet Lag Tea

Rose hip is the fruit that develops from the blossoms of the wild rose plant. Known to help strengthen the immune system, promote circulation, reduce inflammation and heart disease.

**ROSEMARY** | Found in our Power Up + Regenerate Tea

A shrub shown to have antioxidant, anti-inflammatory, and antimicrobial effects. Consuming and inhaling compounds in rosemary have been shown to reduce anxiety, boost mood, and improve concentration and memory.

**SKULLCAP** | Found in our Power Down Tea

From the mint family, Skullcap relieves insomnia, anxiety, nervous tension and inflammation and is used to treat respiratory infections.

**SPELT** | Found in our Breads + Baked Goods

With its mild, nutty flavor, is a popular alternative to wheat. It also provides several essential nutrients, such as iron, magnesium, and zinc.

**TULSI** | Found in our Power Down Tea

A medicinal herb used in Ayurveda from India. It is known to help combat respiratory infections, mercury poisoning, assist in keeping cholesterol in check and relieve anxiety.

**TURMERIC** | Found in our Jet Lag Tea + Turmeric Latte + Golden Milk Latte + Anti-Inflammatory Smoothie + Tofu Scramble

Native to India, curcumin is the main active ingredient in turmeric. It is a powerful, anti-inflammatory antioxidant. Linked to improved brain function and can prevent cancer.

**VALERIAN ROOT** | Found in our Power Down Tea

A herb native to Europe and parts of Asia. Aids with stress, insomnia and improving sleep quality without any side effects.