
Flavoring Suggestions for Nutrition Supplements

Extracts

- Add ½ tsp. of your favorite extract to a single 8 fl. oz. supplement of choice.
- Try blending flavors to make your own combination like vanilla, orange, raspberry, pineapple, cherry, maple, cinnamon, coconut, banana, almond, or mint.

Syrups

- Add 1 tbsp. of your favorite flavor to a single 8 fl. oz. carton of supplement of choice:
 - Caramel, chocolate, strawberry, or maple syrup (add 2 drops almond or black walnut extract for a maple nut flavor)
- Add 2 tsp. of the following to a single 8 fl. oz. carton of supplement of choice:
 - Irish cream, hazelnut, raspberry, caramel, mint
- Others:
 - Liquid coffee creamers (1-3 tsp.)
 - Agave nectar (1-3 tsp.)
 - Honey (1-3 tsp.)
- Note: Sugar-free syrups may be a good choice for those individuals with Diabetes Mellitus

Powders

- Add any of the following to a single 8 fl. oz. carton of supplement of choice:
 - 1/8– 1/4 tsp. powdered drink mix
 - Instant coffee powder or espresso (1-3 tsp.)
 - Cocoa powder (1 tbsp.)
 - Cacao nibs (up to 3 tbsp.)
 - Powdered peanut butter (2 tbsp.)

Others Flavoring Ideas

- Chocolate hazelnut spread (1-2 tbsp.)
- Nut Butters (1-2 tbsp.)
- Spices
 - Stevia, brown sugar, sugar, pumpkin spice, cinnamon, nutmeg, ginger, cardamom