

LEVEL UP YOUR HYDRATION GAME



MOUS
intenza

LEVEL UP YOUR HYDRATION GAME
INTENZA X MOUS GOING ZERO, TOGETHER

Every step taken “today” can have a positive impact “tomorrow”/ Intenza and Mous fitness bottles have joined forces to highlight two important issues— movement + sustainability/

There's no denying the benefits of a reusable drinks bottle: it's long—lasting, will keep you hydrated at home, in the gym or on the go, and it's much more eco—friendly than its disposable alternative. Enter the ultra stylish Mous fitness bottle to help the eco—warrior in all of us make a positive impact on the environment whilst topping up our fluid levels.

Good hydration helps us feel energetic and alert: water is fuel for muscles, aids digestion and flushes toxins from the body. But if you associate hydration with only plain old H₂O think again! Intenza and Mous have teamed up to inspire you with our irresistible collection of delectable drinks, loaded with fit flavours, to level up your hydration game! We invite the Intenza Collective to join us for drinks, pre or post—workout (and any time in between) and together let's “Gear Up to Level Up!”



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FROM YOUR PANTRY



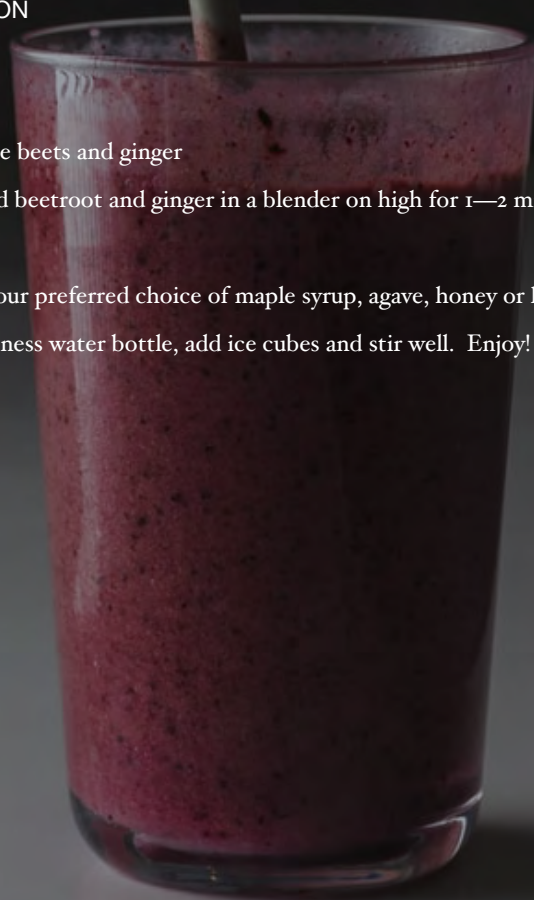
NO JUICER REQUIRED. EARTHY BEETROOT AND APPLE JUICE
VEGAN • VEGETARIAN • GLUTEN—FREE • FAT—FREE

Beetroot And Apple Juice/

A natural de—toxer, beetroot is fantastic for supporting overall liver health. Not only does it contain betaine which prevents excess fatty deposits in the liver, it also protects from toxins. Full of vitamins and minerals, including calcium, iron, magnesium, zinc, selenium, potassium and Vitamin C, there have been studies to show that beetroot juice can help those with high blood pressure to lower it with the nitrates in the juice helping to “relax” blood vessels and improve blood flow. The nitrates also help to increase exercise stamina/levels and boost physical performance.

HOW TO LOAD UP YOUR BODY WITH A TON OF NUTRIENTS

- 2 CUPS APPLE JUICE
 - 1 CUP BEETROOT, PEELED AND CUT INTO SMALL PIECES
 - 1 CHUNK FRESH GINGER, PEELED. INCREASE/DECREASE QUANTITY ACCORDING TO YOUR PREFERENCE
 - THE JUICE OF 1 LEMON
 - 1 CUP ICE
-
- Wash, peel and chop the beets and ginger
 - Put apple juice, chopped beetroot and ginger in a blender on high for 1—2 minutes until all the pieces are mixed thoroughly
 - Add the lemon juice
 - Sweeten to taste with your preferred choice of maple syrup, agave, honey or liquid stevia
 - Pour into your Mous fitness water bottle, add ice cubes and stir well. Enjoy!





BEETROOT AND APPLE JUICE

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FROM YOUR PANTRY



YOUR SECRET WEAPON TO HELP FIGHT A COLD, SORE THROAT OR SINUS INFECTION
VEGAN • VEGETARIAN • GLUTEN—FREE

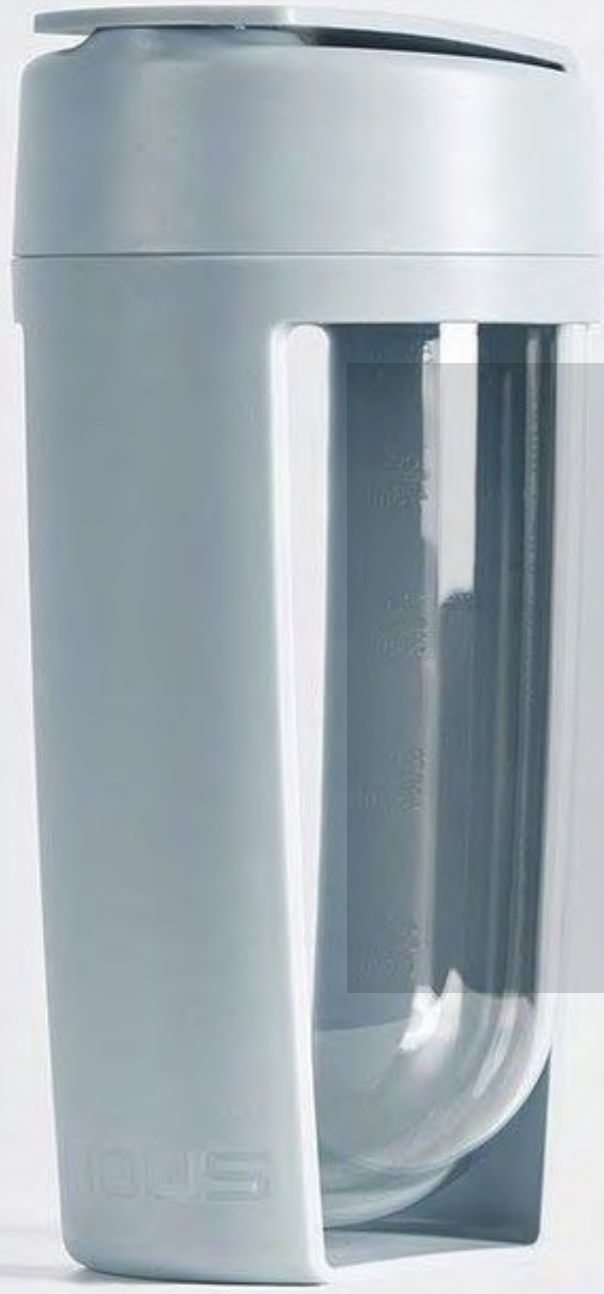
Ginger Turmeric Tisane/

A caffeine—free, detox drink combining ginger, turmeric and lemons which is suitable for any time during the day to boost your immune system, help fight infection as well as improve digestion and gut health. Both ginger and turmeric have been proven to be incredibly potent sources of disease fighting antioxidants and anti—inflammatory compounds— ginger increases the speed at which food empties from the stomach into the intestines therefore helping with indigestion, acid reflux, bloating and gas and; turmeric with its powerful ingredient, curcumin, has been shown to be a robust scavenger of oxygen free radicals, which are chemically active molecules that cause damage to the body's cells.

HOW TO BREW SUNSHINE IN A BOTTLE

- 3 CUPS WATER
 - 1 CHUNK FRESH GINGER. SIZE ACCORDING TO YOUR PERSONAL PREFERENCE
 - 1 TEASPOON GROUND TURMERIC
 - THE JUICE OF 1 LEMON
 - MAPLE SYRUP, LIQUID STEVIA, AGAVE, HONEY OR PREFERRED SWEETNER OF CHOICE
-
- Peel the ginger and cut into thin slices
 - Add the ginger slices to a small saucepan with 1 cup of water and bring to a boil
 - Add the turmeric and turn to a low heat, simmer for approximately 10 minutes stirring occasionally
 - Remove from heat, let cool and strain
 - Add 2 cups of water and lemon juice to the turmeric concentrate. Stir to combine
 - Sweeten to taste with your preferred choice of maple syrup, agave, honey or liquid stevia
 - You can drink your Ginger Turmeric Tisane either warm or cold. Enjoy!





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FROM YOUR PANTRY



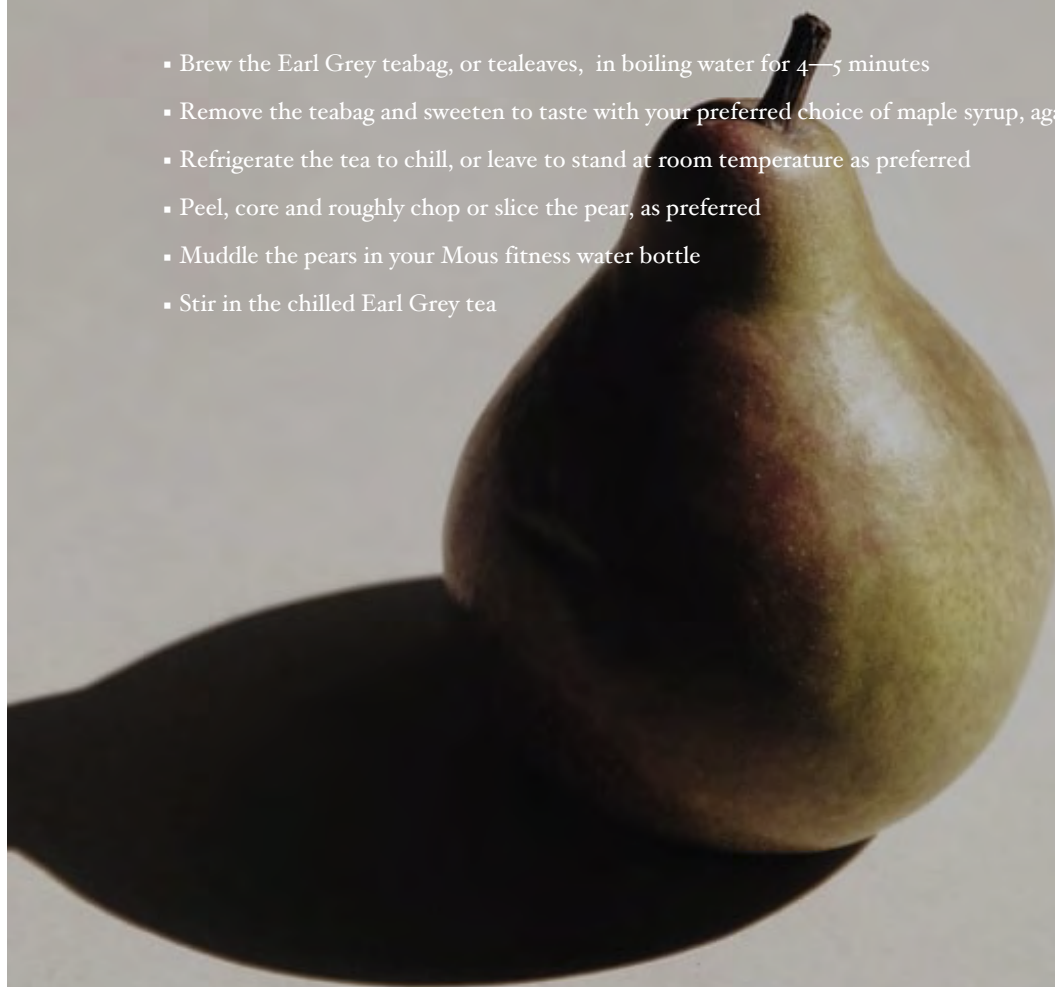
A BEAUTIFULLY BOTTLED INFUSION
VEGAN • VEGETARIAN • GLUTEN—FREE

Earl Grey Pear Infusion/

It may not have as much of a kick as coffee, but tea does contain enough caffeine to give you a nice little afternoon boost without keeping you up all night and, unlike the effects of coffee, Earl Grey tea relaxes and soothes the body almost instantly. It also has a stress relief effect, whilst simultaneously providing the same clarity and focus as coffee, making it the perfect alternative for those who don't want to get overly wired.

HOW TO STEP UP YOUR ICED TEA GAME

- 1 EARL GREY TEABAG OR EQUIVALENT SERVING IN LOOSE TEALEAVES
- 2 1/2 CUPS BOILING WATER
- 1 PEAR, PEELED AND CORED
- 1 TEASPOON MAPLE SYRUP, LIQUID STEVIA, AGAVE, HONEY OR PREFERRED SWEETNER OF CHOICE
- Brew the Earl Grey teabag, or tealeaves, in boiling water for 4—5 minutes
- Remove the teabag and sweeten to taste with your preferred choice of maple syrup, agave, honey or liquid stevia
- Refrigerate the tea to chill, or leave to stand at room temperature as preferred
- Peel, core and roughly chop or slice the pear, as preferred
- Muddle the pears in your Mous fitness water bottle
- Stir in the chilled Earl Grey tea



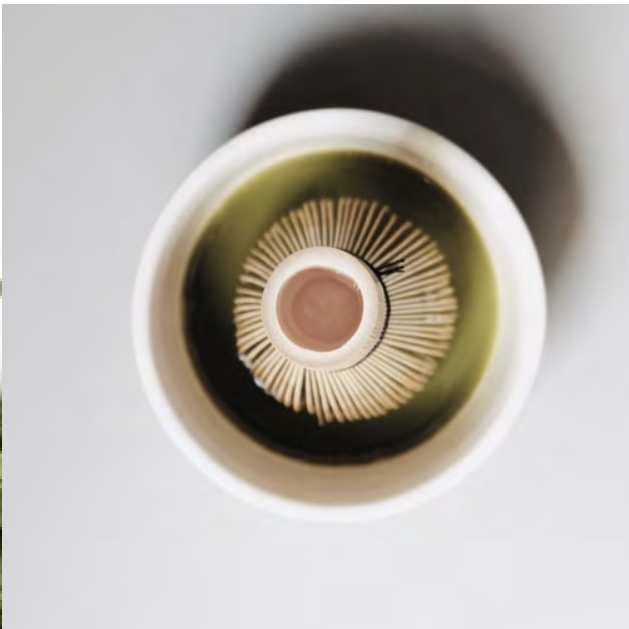


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FROM YOUR PANTRY



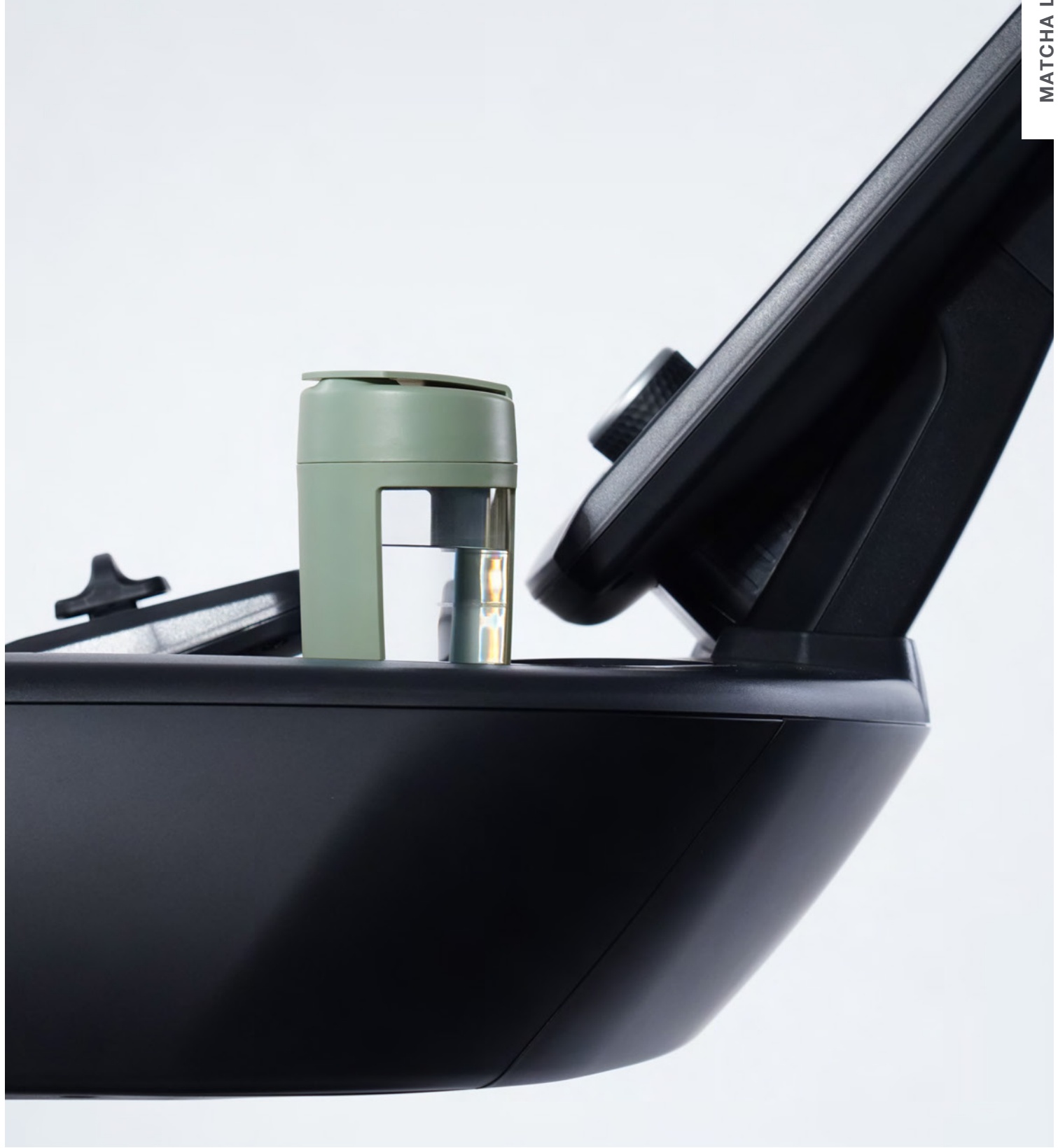
WHEN GREEN IS THE COLOUR OF HEALTH
VEGAN • VEGETARIAN • GLUTEN—FREE

Matcha Latte Ice Cubes/

An antioxidant powerhouse, one of the major health benefits of matcha tea is that it delivers a mega dose of antioxidants in every sip. As the body's defense agents, they are chemical compounds that prevent aging and chronic diseases and very simply, the more you have, the better equipped your body is in the fight against infections and disease. Matcha helps to safely cleanse and purge the body of harmful elements. Chlorophyll which is the element that gives green tea its verdant colour is also a powerful detoxifier, helping to eliminate both chemicals and heavy metals from the body. And because matcha is carefully shade—grown, it is substantially richer in chlorophyll than other green teas, making it a superior daily detox.

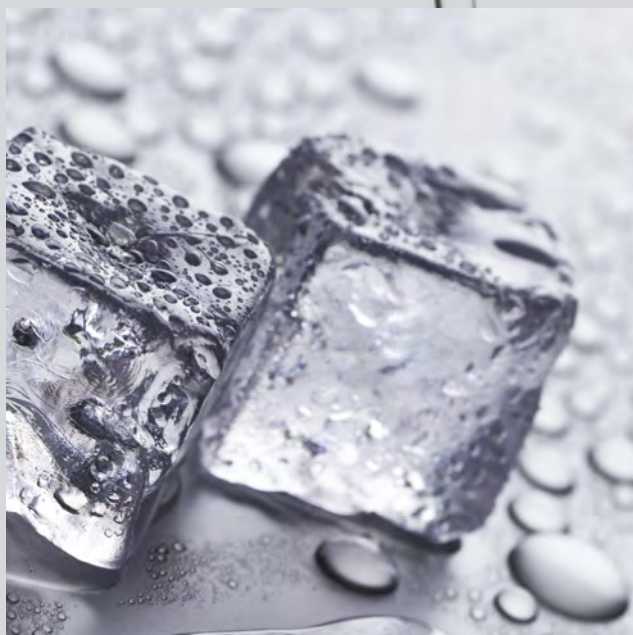
TO MAKE A MATCHA MADE IN HEAVEN

- 1 $\frac{3}{4}$ CUPS WATER
- 1 TABLESPOON MATCHA
- MAPLE SYRUP, LIQUID STEVIA, AGAVE, HONEY OR PREFERRED SWEETNER OF CHOICE
- 1 CUP ALMOND MILK, OR NON—DAIRY MILK OF YOUR CHOICE
- Pour the water into a mixing jug, then add the matcha— this will prevent clumping. Stir well to combine
- Mix thoroughly for around 15 seconds
- Pour mixture into ice cube trays and freeze for 3—4 hours, depending on the size of the ice cubes
- Add 4—6 frozen matcha cubes to your Mous Fitness Bottle
- Top up with almond milk or dairy—free preferred alternative
- Sweeten to taste with your preferred choice of maple syrup, agave, honey or liquid stevia. Enjoy!





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FROM YOUR PANTRY



TART, YET SWEET THIS IS VITAMIN C IN A GLASS
VEGAN • VEGETARIAN • GLUTEN—FREE

Cranberry Crush/

Cranberries are rich in antioxidants and vitamin C and help in flushing out all the excess water from the body, as well as protecting the body's cells from damage caused by toxins and free radicals which are produced by your body during the metabolising process. And, noteworthy is a 2016 study published in the American Journal of Clinical Nutrition which found that drinking an 8—ounce glass of cranberry juice a day reduces symptomatic UTIs (Urinary Tract Infections) by nearly 40% in women with recurrent UTIs, which suggests a reduction in the need for antibiotics.

HOW TO GET YOUR CRANBERRY CRUSH ON

- 1 CUP WATER
 - 1 CUP FROZEN CRANBERRIES
 - JUICE OF 1 ORANGE
 - 2 CUP CRANBERRY JUICE
 - MAPLE SYRUP, LIQUID STEVIA, AGAVE, HONEY OR PREFERRED SWEETNER OF CHOICE
 - 1/2 CUP CRUSHED ICE
-
- In a saucepan combine the water, frozen cranberries and juice of 1 orange juice
 - Bring to a boil then reduce the heat to a simmer to soften the cranberries
 - Sweeten to taste with your preferred choice of maple syrup, agave, honey or liquid stevia and let cool completely
 - Transfer the cranberry mixture to a blender. Purée until smooth
 - Add the crushed ice to your Mous Fitness Bottle and pour over the cranberry mixture
 - Add the cranberry juice
 - Close the lid, shake and enjoy!



CRANBERRY CRUSH



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FROM YOUR PANTRY



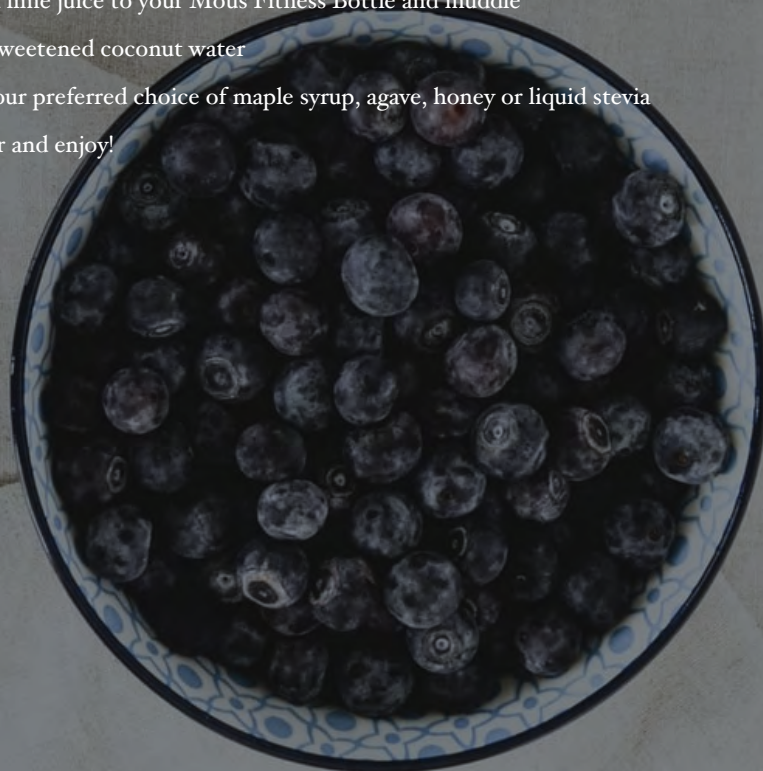
JAM—PACKED WITH SUPERHERO NUTRITION
VEGAN • VEGETARIAN • GLUTEN—FREE • FAT—FREE

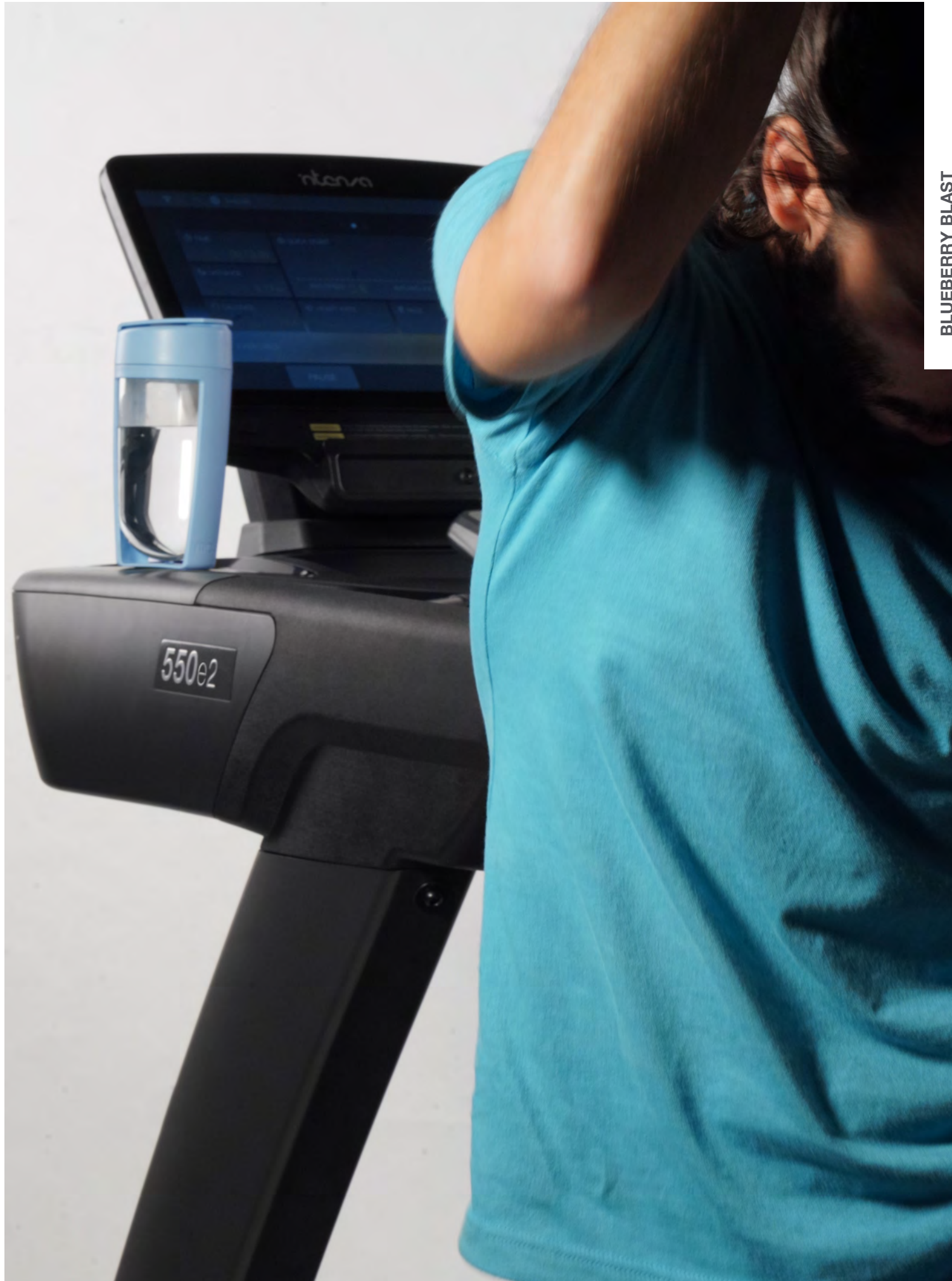
Blueberry Blast/

Often referred to as a superfood, blueberries are low in calories and incredibly good for you and as the king of antioxidant foods protect your body from free radicals, which are unstable molecules that can damage your cells and contribute to aging and diseases, such as cancer. Blueberries contain iron, phosphorous, calcium, magnesium, manganese, zinc and vitamin K— each of these is a component of bone. Adequate intake of these minerals and vitamins contributes to building and maintaining bone structure and strength. One cup of blueberries provides 24% of the recommended daily allowance of vitamin C.

HOW TO GET YOUR BLAST OF BLUEBERRIES

- 1 CUP OF BLUEBERRIES
 - THE JUICE OF 1/2 A LIME
 - 2 CUPS CHILLED COCONUT WATER
 - MAPLE SYRUP, LIQUID STEVIA, AGAVE, HONEY OR PREFERRED SWEETNER OF CHOICE
 - 1/2 CUP CRUSHED ICE
-
- Add the blueberries and lime juice to your Mous Fitness Bottle and muddle
 - Top up with chilled unsweetened coconut water
 - Sweeten to taste with your preferred choice of maple syrup, agave, honey or liquid stevia
 - Add the crushed ice, stir and enjoy!







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FROM YOUR PANTRY



LIQUID GOLD IN YOUR CUP OF JOE
PALEO • GLUTEN—FREE • DAIRY—FREE

Tahini Iced Coffee/

Aside from its culinary uses, tahini offers several health benefits. Made from a paste of toasted ground sesame seeds, it has a light, nutty flavour and whilst it's best known as an ingredient in hummus it offers several health benefits. Full of healthy fats, vitamins and minerals, just 1 tablespoon provides more than 10% of the Daily Value for some nutrients. It's also great source of phosphorus and manganese, both of which play vital roles in bone health and it's also high in thiamine (vitamin B1) and vitamin B6, which are important for energy production. Additionally, about 50% of the fat in tahini comes from monounsaturated fatty acids. These have anti-inflammatory properties and have been linked to a decreased risk of chronic disease.

HOW TO GET YOUR DAILY DOSE OF CAFFEINE WITH AN ADDED NUTTY TAHINI FLAVOUR

- 3 TABLESPOONS TAHINI
 - 3 TABLESPOONS HOT WATER
 - 3 TABLESPOONS COCONUT CREAM
 - MAPLE SYRUP, LIQUID STEVIA, AGAVE, HONEY OR PREFERRED SWEETENER OF CHOICE
 - 1 CUP CRUSHED ICE
 - 2 CUPS COFFEE, HOT OR COLD AS PREFERRED
 - A PINCH OF SALT TO BOOST THE FLAVOUR
-
- Brew coffee and leave to chill in the fridge
 - Whisk together tahini, coconut milk and hot water until smooth and dissolved
 - Sweeten to taste with your preferred choice of maple syrup, agave, honey or liquid stevia
 - Add crushed ice into your Mous fitness water bottle and pour in the coffee
 - Pour over the tahini "liquid gold"
 - Add a pinch of salt, stir well and enjoy!



TAHINI ICED COFFEE

Intenza Brand Boutique/

Welcome to our world where we invite you to discover lifestyle and the art of wellness Intenza style. Immerse yourself in the luxe spirit of our brand, shop our signature style edits and embrace movement with our curated collection of chic fitness accessories.

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