



SUPPLEMENT SHEET

<p>AM Stress STRESS \$ 24.95 Energy, stamina, focus, adrenal & stress support</p> <ul style="list-style-type: none"> • 1-2 in AM & 1-2 in afternoon 	<p>DHEA 5/10/25mg STRESS \$9.50-\$17.95 Adrenal/immune support, anti-aging, energy, endurance, sex drive & weight control</p> <ul style="list-style-type: none"> • 1 in AM 	<p>Intestinal Repair Complex GUT \$50.69 Supports a normal gut balance, healthy intestinal lining</p> <ul style="list-style-type: none"> • 2 before meals up to 2x/day
<p>PM Stress STRESS \$29.95 Adrenal, anxiety, sleep- turn off brain for a deep sleep</p> <ul style="list-style-type: none"> • 1-2 in PM & during night if needed 	<p>Digestive Enzymes GUT \$32.00 Supports protein, carb, fat & dairy digestion</p> <ul style="list-style-type: none"> • 2 before meals 	<p>KETO Drops WEIGHT CONTROL \$19.99 Promotes electrolyte balance, relieves muscle cramps and dehydration from “keto flu”</p> <ul style="list-style-type: none"> • 1/2 mL per 8 oz of water
<p>Adrenal Cortex STRESS \$22.50 Adrenal support, energy & stress management with Bovine Adrenal extract increases cortisol optimization</p> <ul style="list-style-type: none"> • 1-2 twice per day 	<p>DIM HORMONE OPTIMIZATION \$24.95 For men & women – Used in all hormone treatments. Aids in estrogen, metabolism, & improves hormone conversion with testosterone</p> <ul style="list-style-type: none"> • 1-2/day 	<p>LipoSlim WEIGHT CONTROL \$22.95 Improves metabolism.</p> <ul style="list-style-type: none"> • 2/day or as directed
<p>Apple Cider Vinegar Gummies WEIGHT CONTROL \$21.95 Glucose support, energy, digestion, cleanse</p> <ul style="list-style-type: none"> • 2 gummies/day 	<p>Elderberry IMMUNE \$28.50 Immune system support</p> <ul style="list-style-type: none"> • 2- 3 before meals 	<p>Liver Detox LIVER \$39.95 Liver detox, gut balance & hormone support</p> <ul style="list-style-type: none"> • 2/day or as directed
<p>Berberine WEIGHT CONTROL \$33.50 Glucose and insulin control, metabolism, weight loss & PCOS</p> <ul style="list-style-type: none"> • 1 before meals 2-3x/day 	<p>Energy ENERGY/ WEIGHT CONTROL \$22.95 Energy & adrenal support, appetite suppression</p> <ul style="list-style-type: none"> • 2 twice per day 	<p>Magnesium SLEEP/ MUSCLES/ BONES \$21.00 Muscle pain, constipation & weight loss, sleep</p> <ul style="list-style-type: none"> • 1-3 in PM
<p>Betaine Hydrochloride GUT \$34.00 Aids in digestion, gut balance, reflux, and IBS</p> <ul style="list-style-type: none"> • 1 before meals 	<p>Fish Oil - Pure Omega VITAMINS/ GENERAL HEALTH \$47.25 Mood, brain, skin, and heart & mood support</p> <ul style="list-style-type: none"> • 2-4/day or as directed 	<p>Metabolism Packs WEIGHT CONTROL \$14.95 Weight loss, metabolism, cravings & sleep</p> <ul style="list-style-type: none"> • Available in daily packets
<p>Brand(X) Pick Up Stix IMMUNE/ FOCUS/ ENERGY \$40.00 Immunity, energy, focus, Pre/Post workout, stamina, inflammation</p> <ul style="list-style-type: none"> • 1-2/day 	<p>GABA ANXIETY/ MOOD \$20.75 Anxiety & mood support</p> <ul style="list-style-type: none"> • 1-3/day or at bedtime 	<p>Mood MOOD/ SLEEP \$29.95 Boosts mood, reduces anxiety and supports sleep</p> <ul style="list-style-type: none"> • 1-2 in PM
<p>Chromium WEIGHT CONTROL \$16.00 Glucose/insulin control</p> <ul style="list-style-type: none"> • 1 before meals 	<p>Gelatin SKIN/ HAIR \$24.95 Estrogen, metabolism, estrogen dominance, weight loss, breast tenderness, skin, hair & nails support</p> <ul style="list-style-type: none"> • 1 TBSP in water (drink fast) 	<p>Pregnenolone SLEEP/ MEMORY \$16.20 Supports immune system, memory, mood & hormones. Aids in testosterone production</p> <ul style="list-style-type: none"> • 1 -2 in PM



<p>Cravings WEIGHT CONTROL \$22.95 Reduce cravings & appetite, stimulates norepinephrine & enhances mood</p> <ul style="list-style-type: none"> • 1-3/day 	<p>Iodoral THYROID \$29.89 Replaces low iodine levels for thyroid production</p> <ul style="list-style-type: none"> • 1-2 in AM (start 1/day, work up to 2/day) 	<p>Probiotic Caps GUT \$32.99 Gut balance, digestive & immune health 30,000 CFU</p> <ul style="list-style-type: none"> • Use as directed
<p>D-Mannose URINARY HEALTH \$32.00 Support for maintaining a healthy urinary tract, and bladder infection prevention.</p> <ul style="list-style-type: none"> • 2-4x/day 	<p>Iron ENERGY \$25.00 Anemia and low ferritin</p> <ul style="list-style-type: none"> • 2 in PM with Vitamin C 	<p>Probiotic Pearls GUT \$17.50 Gut balance & digestive health</p> <ul style="list-style-type: none"> • Use as directed
<p>Progesterone Cream HORMONE BALANCE \$39.95 Prostate, adrenal fatigue, PMS & hormone support</p> <ul style="list-style-type: none"> • 1-2 pumps to skin in PM 	<p>Stamina SEX FUNCTION / PRE-WORKOUT \$33.95 Increases blood flow for heart and pelvis for sexual function and for Pre- or Post-workout</p> <ul style="list-style-type: none"> • 2 scoops in 6-8oz water 	<p>Vitamin D3-5,000u Capsule VITAMINS \$22.95 Immunity, energy, mood & bone health</p> <ul style="list-style-type: none"> • 1/day with food
<p>Sleep SLEEP/ MOOD \$29.95 Support sleep brain chemicals for deep restorative sleep. Enhance Sleep and relax your mind.</p> <ul style="list-style-type: none"> • 1-2 in PM 	<p>Vitamin B Drops VITAMINS/ GENERAL HEALTH \$8.95 B2, B3, B5, B6, B9, & B12. Energy, focus, brain & immunity</p> <ul style="list-style-type: none"> • 1 dropper under tongue before meals 	<p>Vitamin D3-Gummy VITAMINS \$21.95 Immunity, energy, mood & bone health</p> <ul style="list-style-type: none"> • 1/day with food
<p>HCG Rebalance Drops WEIGHT CONTROL/ TESTOSTERONE \$38.00 Weight Loss, testosterone optimization Anti-aging</p> <ul style="list-style-type: none"> • Use as directed 	<p>Vitamin B Complex VITAMINS/ GENERAL HEALTH \$44.10 B1, B2, B6, & B12. Energy, focus, brain& immunity</p> <ul style="list-style-type: none"> • 1-2/day before meals 	<p>Zinc IMMUNE/ HORMONE SUPPORT \$13.80 Immune support, cells, skin, connective tissues, optimization, estrogen & testosterone balance</p> <ul style="list-style-type: none"> • 1-2/day before meals
<p>Red Yeast Rice + CoQ10 LIPIDS \$38.70 Natural Statin - Lowers cholesterol & LDL promotes heart health Protection</p> <ul style="list-style-type: none"> • 1-2 twice a day 	<p>Vitamin C Caps 1000mg VITAMINS/ GENERAL HEALTH \$15.00 Immunity, adrenal & energy support</p> <ul style="list-style-type: none"> • 1-4/day with food 	<p>Vitamin C Powder VITAMINS/ GENERAL HEALTH \$23.95 Immunity, adrenal & energy</p> <ul style="list-style-type: none"> • ½-1 tsp, 1-2x/ day with food
<p>Selenium THYROID \$10.20 Antioxidant, immune support & thyroid function</p> <ul style="list-style-type: none"> • 1-2/day or as directed 		

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Medical grade skincare • Natural body lotions • Protein & Keto Bars