ideally you

SUPPLEMENT PACK OPTIONS

WHY PROFESSIONAL SUPPLEMENT PACKS?

SKIP THE SUPPLEMENT AISLE—AND THE CABINET FULL OF BOTTLES.

OUR SUPPLEMENT PACKS COMBINE CAREFULLY SELECTED NUTRIENTS INTO CONVENIENT, PRE-PORTIONED DAILY PACKETS DESIGNED AROUND SPECIFIC WELLNESS GOALS.

QUALITY YOU CAN TRUST
MANUFACTURED IN CGMP-CERTIFIED FACILITIES WITH THIRD-PARTY TESTING FOR PURITY AND POTENCY.

PURPOSEFUL FORMULATIONS
RATHER THAN CHOOSING INDIVIDUAL SUPPLEMENTS ON YOUR OWN, COMPLEMENTARY NUTRIENTS ARE GROUPED TOGETHER BASED ON SPECIFIC WELLNESS GOALS.

ONE SIMPLE DAILY PACK
NO SORTING BOTTLES OR TRYING TO REMEMBER MULTIPLE SUPPLEMENTS. YOUR DAILY NUTRIENTS ARE CONVENIENTLY PACKAGED TOGETHER.

PROVIDER-GUIDED OPTIONS
IDEALLY YOU CAN HELP CLIENTS SELECT THE PACK THAT BEST ALIGNS WITH THEIR GOALS, MEDICATIONS, AND OVERALL WELLNESS PLAN.

DISCLAIMER:
DIETARY SUPPLEMENTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT DISEASE. INDIVIDUAL NEEDS VARY. CERTAIN SUPPLEMENTS MAY INTERACT WITH MEDICATIONS OR MAY NOT BE APPROPRIATE FOR EVERYONE. PROVIDER REVIEW IS RECOMMENDED, PARTICULARLY FOR HORMONE-SUPPORT PRODUCTS AND CLIENTS TAKING PRESCRIPTION MEDICATIONS.

GLP-1 & METABOLIC

GLP-1 MICRONUTRIENT PACK — $110
FOUNDATIONAL NUTRITION • ENERGY • HAIR, SKIN & BONE SUPPORT

DESIGNED TO HELP FILL NUTRITIONAL GAPS THAT CAN OCCUR WHEN APPETITE AND OVERALL FOOD INTAKE DECREASE DURING GLP-1 WEIGHT LOSS.

WHAT'S INSIDE
- VITAMINS A, D, E & K — SUPPORTS BONE HEALTH, SKIN HEALTH AND ANTIOXIDANT PROTECTION.
- MAGNESIUM — SUPPORTS MUSCLE FUNCTION, RELAXATION AND DIGESTIVE REGULARITY.
- METHYL B-COMPLEX — SUPPORTS ENERGY METABOLISM, BRAIN FUNCTION AND THE NERVOUS SYSTEM.
- MULTIVITAMIN — PROVIDES BROAD NUTRITIONAL COVERAGE WHEN FOOD INTAKE IS REDUCED.
- OMEGA-3 FATTY ACIDS — SUPPORTS HEART HEALTH, HEALTHY CELL MEMBRANES AND OVERALL WELLNESS.
- TRACE MINERALS — PROVIDES ZINC, CHROMIUM, SELENIUM, IODINE AND OTHER MINERALS THAT SUPPORT METABOLISM, THYROID FUNCTION AND IMMUNE HEALTH.

BEST FOR: CLIENTS WHO WANT COMPREHENSIVE DAILY NUTRITIONAL SUPPORT WHILE LOSING WEIGHT.

GLP-1 MUSCLE SUPPORT PACK — $89
LEAN MUSCLE • STRENGTH • ENERGY • PERFORMANCE

DESIGNED TO HELP SUPPORT LEAN TISSUE, STRENGTH AND PHYSICAL PERFORMANCE WHILE CALORIES AND PROTEIN INTAKE MAY BE LOWER.

WHAT'S INSIDE
- BCAAS — ESSENTIAL AMINO ACIDS THAT SUPPORT MUSCLE PROTEIN SYNTHESIS AND LEAN TISSUE.
- L-CARNITINE — SUPPORTS FATTY-ACID TRANSPORT AND CELLULAR ENERGY PRODUCTION.
- CORDYCEPS — SUPPORTS ENERGY, STAMINA AND EXERCISE PERFORMANCE.
- CREATINE — HELPS SUPPORT STRENGTH, MUSCLE PERFORMANCE AND CELLULAR ENERGY DURING RESISTANCE TRAINING.
- DHEA — A HORMONE PRECURSOR THAT MAY SUPPORT VITALITY AND HORMONAL BALANCE WHEN CLINICALLY APPROPRIATE.

BEST FOR: CLIENTS FOCUSED ON MAINTAINING STRENGTH AND LEAN MUSCLE DURING WEIGHT LOSS.
- IMPORTANT: BECAUSE THIS PACK CONTAINS DHEA, IT REQUIRES MEDICAL REVIEW/APPROVAL

GLP-1 SUPPORT PACK — $130
DIGESTION • METABOLIC SUPPORT • BLOOD SUGAR • GUT HEALTH

DESIGNED TO SUPPORT DIGESTIVE COMFORT AND HEALTHY GLUCOSE METABOLISM WHILE COMPLEMENTING A GLP-1 WEIGHT-MANAGEMENT PROGRAM.

WHAT'S INSIDE
- 10 BILLION CFU PROBIOTIC — SUPPORTS A HEALTHY GUT MICROBIOME, DIGESTION AND REGULARITY.
- ALPHA-LIPOIC ACID (ALA) — PROVIDES ANTIOXIDANT SUPPORT AND HELPS SUPPORT HEALTHY GLUCOSE METABOLISM.
- BERBERINE — SUPPORTS HEALTHY GLUCOSE AND LIPID METABOLISM; SHOULD BE REVIEWED WITH THE PRESCRIBING CLINICIAN WHEN USED WITH GLUCOSE-LOWERING MEDICATIONS.
- CHROMIUM — SUPPORTS NORMAL INSULIN FUNCTION AND MACRONUTRIENT METABOLISM.
- GINGER ROOT — SUPPORTS DIGESTIVE COMFORT AND MAY HELP WITH OCCASIONAL NAUSEA.
- L-GLUTAMINE — SUPPORTS INTESTINAL CELLS, GUT-BARRIER HEALTH AND RECOVERY.
- SOOTHING FIBER FORMULA — SUPPORTS REGULARITY, FULLNESS AND BENEFICIAL GUT BACTERIA.

BEST FOR: CLIENTS WANTING ADDITIONAL DIGESTIVE AND METABOLIC SUPPORT DURING THEIR GLP-1 PROGRAM.

MIND & SLEEP

BRAIN PACK - $96
FOCUS • MENTAL CLARITY • STRESS SUPPORT • HEALTHY AGING

A THOUGHTFULLY SELECTED COMBINATION OF NUTRIENTS AND ADAPTOGENS DESIGNED TO SUPPORT COGNITIVE FUNCTION, MENTAL ENERGY, FOCUS AND A HEALTHY RESPONSE TO EVERYDAY STRESS.

WHAT'S INSIDE

- ASHWAGANDHA — AN ADAPTOGENIC HERB THAT SUPPORTS A HEALTHY STRESS RESPONSE, RELAXATION AND OVERALL MENTAL WELL-BEING.
- LION'S MANE — A FUNCTIONAL MUSHROOM STUDIED FOR ITS POTENTIAL TO SUPPORT COGNITIVE FUNCTION, MEMORY AND HEALTHY NERVE FUNCTION.
- METHYL B-COMPLEX — SUPPORTS CELLULAR ENERGY PRODUCTION, BRAIN FUNCTION AND A HEALTHY NERVOUS SYSTEM.
- RESVERATROL — PROVIDES ANTIOXIDANT SUPPORT THAT HELPS PROTECT CELLS FROM OXIDATIVE STRESS AND SUPPORTS HEALTHY AGING.
- L-THEANINE — PROMOTES A RELAXED YET ALERT STATE AND MAY SUPPORT FOCUS WITHOUT CAUSING DROWSINESS.

BEST FOR: CLIENTS LOOKING TO SUPPORT FOCUS, MENTAL CLARITY, MEMORY, STRESS MANAGEMENT AND LONG-TERM BRAIN HEALTH.

FOCUS PACK - $99
FOCUS • CONCENTRATION • MENTAL CLARITY • CALM ALERTNESS

A TARGETED BLEND OF ADAPTOGENS, AMINO ACIDS, AND NUTRIENTS DESIGNED TO SUPPORT SUSTAINED ATTENTION, MENTAL CLARITY, AND PRODUCTIVE FOCUS—WITHOUT RELYING HEAVILY ON STIMULANTS.

WHAT'S INSIDE

- LION'S MANE — A FUNCTIONAL MUSHROOM STUDIED FOR ITS POTENTIAL TO SUPPORT COGNITIVE FUNCTION, MEMORY, AND HEALTHY NERVE FUNCTION.
- MAGNESIUM — SUPPORTS NORMAL NERVOUS-SYSTEM FUNCTION, RELAXATION, AND HUNDREDS OF PROCESSES INVOLVED IN CELLULAR ENERGY AND BRAIN HEALTH.
- RHODIOLA — AN ADAPTOGENIC HERB THAT MAY HELP REDUCE MENTAL FATIGUE AND SUPPORT CONCENTRATION AND PERFORMANCE DURING PERIODS OF STRESS.
- L-THEANINE — PROMOTES A RELAXED YET ALERT STATE, HELPING SUPPORT CONCENTRATION WITHOUT CAUSING DROWSINESS.
- L-TYROSINE — AN AMINO ACID USED TO MAKE NEUROTRANSMITTERS INVOLVED IN ATTENTION, MOTIVATION, AND MENTAL PERFORMANCE, PARTICULARLY DURING STRESSFUL OR DEMANDING SITUATIONS.

BEST FOR: CLIENTS LOOKING FOR BETTER CONCENTRATION, SUSTAINED ATTENTION, MENTAL CLARITY, AND CALM PRODUCTIVITY DURING BUSY OR DEMANDING DAYS.

MIND & SLEEP

MOOD SUPPORT PACK - $99
STRESS SUPPORT • CALM • EMOTIONAL WELLNESS • RESILIENCE

A THOUGHTFULLY SELECTED BLEND OF ADAPTOGENS, MINERALS, AMINO ACIDS, AND B VITAMINS DESIGNED TO SUPPORT A HEALTHY STRESS RESPONSE, CALM FOCUS, RELAXATION, AND OVERALL EMOTIONAL WELL-BEING.

WHAT'S INSIDE

- ASHWAGANDHA — AN ADAPTOGENIC HERB THAT SUPPORTS THE BODY'S RESPONSE TO EVERYDAY STRESS AND MAY PROMOTE FEELINGS OF CALM AND RELAXATION.
- MAGNESIUM — SUPPORTS NORMAL NERVOUS-SYSTEM FUNCTION, MUSCLE RELAXATION, AND PROCESSES INVOLVED IN HEALTHY MOOD AND STRESS RESPONSE.
- METHYL B-COMPLEX — PROVIDES BIOAVAILABLE B VITAMINS THAT SUPPORT ENERGY METABOLISM, NERVOUS-SYSTEM FUNCTION, AND NORMAL NEUROTRANSMITTER SYNTHESIS.
- RHODIOLA — AN ADAPTOGENIC HERB STUDIED FOR ITS POTENTIAL TO SUPPORT RESILIENCE TO STRESS, MENTAL ENERGY, AND OCCASIONAL FATIGUE.
- L-THEANINE — AN AMINO ACID NATURALLY FOUND IN TEA THAT PROMOTES A RELAXED YET ALERT STATE WITHOUT TYPICALLY CAUSING DROWSINESS.
- ZINC — AN ESSENTIAL MINERAL INVOLVED IN NORMAL BRAIN FUNCTION, IMMUNE HEALTH, CELLULAR SIGNALING, AND NUMEROUS ENZYMATIC PROCESSES.

BEST FOR: CLIENTS LOOKING FOR SUPPORT WITH EVERYDAY STRESS, RELAXATION, EMOTIONAL WELL-BEING, AND CALM MENTAL ENERGY.

SLEEP PACK - $90
RESTFUL SLEEP • RELAXATION • SLEEP QUALITY • NIGHTTIME SUPPORT

A TARGETED NIGHTTIME BLEND DESIGNED TO SUPPORT RELAXATION, HEALTHY SLEEP PATTERNS, AND MORE RESTFUL, RESTORATIVE SLEEP.

WHAT'S INSIDE

- HERBAL SLEEP BLEND — A COMBINATION OF CALMING BOTANICALS FORMULATED TO PROMOTE RELAXATION AND SUPPORT HEALTHY SLEEP. FOR THE FINAL CATALOG, I'D VERIFY THE INDIVIDUAL HERBS BEFORE LISTING MORE SPECIFIC BENEFITS.
- MAGNESIUM — SUPPORTS NERVOUS-SYSTEM FUNCTION, MUSCLE RELAXATION, AND THE BODY'S NATURAL PROCESSES INVOLVED IN REST AND RELAXATION.
- SUSTAINED-RELEASE MELATONIN — HELPS SUPPORT THE BODY'S NATURAL SLEEP-WAKE CYCLE. A SUSTAINED-RELEASE FORMULATION IS DESIGNED TO RELEASE MELATONIN GRADUALLY THROUGHOUT THE NIGHT.
- L-THEANINE — PROMOTES A RELAXED MENTAL STATE AND MAY HELP SUPPORT SLEEP QUALITY WITHOUT TYPICALLY CAUSING NEXT-DAY DROWSINESS.

BEST FOR: CLIENTS LOOKING TO SUPPORT RELAXATION, HEALTHY SLEEP PATTERNS, AND MORE CONSISTENT, RESTFUL SLEEP.

MIND & SLEEP

SLEEP PACK — MELATONIN-FREE - $75
RESTFUL SLEEP • RELAXATION • CALM • NIGHTTIME SUPPORT

A GENTLE, MELATONIN-FREE NIGHTTIME FORMULA DESIGNED TO SUPPORT RELAXATION, RESTFUL SLEEP, AND A CALM TRANSITION INTO BEDTIME WITHOUT SUPPLEMENTAL MELATONIN.

WHAT'S INSIDE

- HERBAL SLEEP BLEND — A COMBINATION OF CALMING BOTANICALS FORMULATED TO PROMOTE RELAXATION AND SUPPORT HEALTHY SLEEP.
- MAGNESIUM — SUPPORTS NORMAL NERVOUS-SYSTEM FUNCTION, MUSCLE RELAXATION, AND THE BODY'S NATURAL PROCESSES INVOLVED IN REST AND RELAXATION.
- L-THEANINE — PROMOTES A RELAXED MENTAL STATE AND MAY HELP SUPPORT SLEEP QUALITY WITHOUT TYPICALLY CAUSING DROWSINESS.

BEST FOR: CLIENTS WHO WANT NATURAL NIGHTTIME RELAXATION AND SLEEP SUPPORT WITHOUT MELATONIN, OR THOSE WHO PREFER TO AVOID SUPPLEMENTAL MELATONIN.

STRESS SUPPORT PACK - $99
STRESS SUPPORT • CALM • RESILIENCE • RELAXATION

A COMPREHENSIVE BLEND OF ADAPTOGENS, ESSENTIAL NUTRIENTS, AND CALMING COMPOUNDS DESIGNED TO SUPPORT THE BODY'S HEALTHY RESPONSE TO EVERYDAY STRESS WHILE PROMOTING CALM, MENTAL BALANCE, AND RESILIENCE.

WHAT'S INSIDE

- ASHWAGANDHA — AN ADAPTOGENIC HERB THAT SUPPORTS A HEALTHY STRESS RESPONSE AND PROMOTES FEELINGS OF CALM AND RELAXATION.
- CORDYCEPS — A FUNCTIONAL MUSHROOM TRADITIONALLY USED TO SUPPORT ENERGY, STAMINA, AND RESILIENCE DURING PERIODS OF PHYSICAL OR MENTAL DEMAND.
- MAGNESIUM — SUPPORTS NORMAL NERVOUS-SYSTEM FUNCTION, MUSCLE RELAXATION, AND THE BODY'S NATURAL STRESS-RESPONSE PROCESSES.
- METHYL B-COMPLEX — PROVIDES BIOAVAILABLE B VITAMINS THAT SUPPORT ENERGY METABOLISM, NERVOUS-SYSTEM HEALTH, AND NORMAL NEUROTRANSMITTER PRODUCTION.
- OMEGA-3 FATTY ACIDS — SUPPORTS BRAIN AND CARDIOVASCULAR HEALTH, HEALTHY CELL MEMBRANES, AND A BALANCED INFLAMMATORY RESPONSE.
- L-THEANINE — PROMOTES A RELAXED YET ALERT MENTAL STATE AND SUPPORTS CALM WITHOUT TYPICALLY CAUSING DROWSINESS.

BEST FOR: CLIENTS EXPERIENCING BUSY OR DEMANDING LIFESTYLES WHO WANT DAILY SUPPORT FOR STRESS MANAGEMENT, RELAXATION, MENTAL WELL-BEING, AND RESILIENCE.

EVERYDAY WELLNESS

IMMUNE PACK - $99
IMMUNE DEFENSE • ANTIOXIDANT SUPPORT • GUT HEALTH • RESILIENCE

A TARGETED BLEND OF VITAMINS, MINERALS, PROBIOTICS, AND FUNCTIONAL MUSHROOMS DESIGNED TO SUPPORT HEALTHY IMMUNE FUNCTION, ANTIOXIDANT DEFENSES, AND EVERYDAY RESILIENCE.

WHAT'S INSIDE

- 10 BILLION CFU PROBIOTIC — SUPPORTS A BALANCED GUT MICROBIOME AND HEALTHY IMMUNE FUNCTION. BECAUSE MUCH OF THE BODY'S IMMUNE ACTIVITY IS ASSOCIATED WITH THE GASTROINTESTINAL SYSTEM, GUT HEALTH PLAYS AN IMPORTANT ROLE IN OVERALL IMMUNE WELLNESS.
- VITAMINS A, D, E & K (ADEK) — FAT-SOLUBLE VITAMINS THAT SUPPORT IMMUNE FUNCTION, ANTIOXIDANT PROTECTION, BONE HEALTH, AND HEALTHY CELLULAR FUNCTION.
- CORDYCEPS — A FUNCTIONAL MUSHROOM TRADITIONALLY USED TO SUPPORT VITALITY, ENERGY, AND THE BODY'S NATURAL RESPONSE TO PHYSICAL STRESS.
- VITAMIN C — AN ESSENTIAL ANTIOXIDANT THAT SUPPORTS NORMAL IMMUNE-CELL FUNCTION, COLLAGEN PRODUCTION, AND PROTECTION FROM OXIDATIVE STRESS.
- ZINC — AN ESSENTIAL MINERAL INVOLVED IN NORMAL IMMUNE FUNCTION, WOUND HEALING, CELLULAR REPAIR, AND ANTIOXIDANT DEFENSES.

BEST FOR: CLIENTS LOOKING FOR DAILY IMMUNE SUPPORT, ANTIOXIDANT PROTECTION, GUT-HEALTH SUPPORT, AND OVERALL WELLNESS AND RESILIENCE.

METHYLATION SUPPORT PACK - $110
CELLULAR HEALTH • ENERGY • ANTIOXIDANT SUPPORT • NUTRIENT METABOLISM

A COMPREHENSIVE BLEND OF METHYLATED B VITAMINS, ESSENTIAL MINERALS, HEALTHY FATS, AND ANTIOXIDANT NUTRIENTS DESIGNED TO SUPPORT NORMAL METHYLATION PATHWAYS, CELLULAR ENERGY, DETOXIFICATION PROCESSES, AND OVERALL WELLNESS.

WHAT'S INSIDE

- VITAMINS A, D, E & K (ADEK) — SUPPORTS IMMUNE FUNCTION, BONE HEALTH, ANTIOXIDANT PROTECTION, AND HEALTHY CELLULAR FUNCTION.
- MAGNESIUM — AN ESSENTIAL MINERAL INVOLVED IN HUNDREDS OF ENZYMATIC REACTIONS, INCLUDING ENERGY PRODUCTION, MUSCLE AND NERVE FUNCTION, AND PROCESSES INVOLVED IN HEALTHY METHYLATION.
- METHYL B-COMPLEX — PROVIDES BIOAVAILABLE FORMS OF KEY B VITAMINS, SUCH AS METHYLFOLATE AND METHYLCOBALAMIN, THAT SUPPORT METHYLATION, ENERGY METABOLISM, NERVOUS-SYSTEM FUNCTION, AND HEALTHY RED BLOOD CELL PRODUCTION.
- NAC (N-ACETYL CYSTEINE) — PROVIDES CYSTEINE NEEDED TO PRODUCE GLUTATHIONE, ONE OF THE BODY'S PRIMARY ENDOGENOUS ANTIOXIDANTS, SUPPORTING CELLULAR ANTIOXIDANT DEFENSES AND NORMAL LIVER FUNCTION.
- OMEGA-3 FATTY ACIDS — SUPPORTS CARDIOVASCULAR AND BRAIN HEALTH, HEALTHY CELL MEMBRANES, AND A BALANCED INFLAMMATORY RESPONSE.
- TRACE MINERALS — PROVIDES ESSENTIAL MINERAL COFACTORS THAT SUPPORT ENZYME ACTIVITY, THYROID FUNCTION, ANTIOXIDANT DEFENSES, AND NORMAL METABOLISM.

BEST FOR: CLIENTS LOOKING FOR COMPREHENSIVE SUPPORT FOR HEALTHY METHYLATION, CELLULAR ENERGY, ANTIOXIDANT DEFENSES, AND OVERALL METABOLIC WELLNESS.

LONGEVITY & CELLULAR WELLNESS

NAD+
ENERGY • VITALITY • CELLULAR HEALTH • HEALTHY AGING

NAD+ IS A NATURALLY OCCURRING COENZYME ESSENTIAL FOR CELLULAR ENERGY AND METABOLISM.

- CELLULAR ENERGY — SUPPORTS THE BODY'S NATURAL ENERGY-PRODUCTION PROCESSES.
- HEALTHY AGING — SUPPORTS NORMAL CELLULAR MAINTENANCE AND FUNCTION.
- METABOLIC WELLNESS — PLAYS AN ESSENTIAL ROLE IN CELLULAR METABOLISM.

BEST FOR: ENERGY, VITALITY, CELLULAR WELLNESS & HEALTHY AGING.
2-MONTH SUPPLY | $60 + TAX & SHIPPING

GHK-CU
SKIN • HAIR • CELLULAR WELLNESS • HEALTHY AGING

GHK-CU IS A NATURALLY OCCURRING COPPER PEPTIDE KNOWN FOR ITS ROLE IN SKIN AND CELLULAR HEALTH.

- SKIN QUALITY — SUPPORTS HEALTHY-LOOKING, RESILIENT SKIN.
- HEALTHY AGING — SUPPORTS SKIN QUALITY AS IT CHANGES WITH AGE.
- HAIR & SCALP — SUPPORTS HEALTHY-LOOKING HAIR AND SCALP.

BEST FOR: SKIN QUALITY, HAIR WELLNESS & HEALTHY AGING.
2-MONTH SUPPLY | $48 + TAX & SHIPPING

GLUTATHIONE

ANTIOXIDANT • CELLULAR PROTECTION • SKIN RADIANCE • HEALTHY AGING
GLUTATHIONE IS A POWERFUL ANTIOXIDANT NATURALLY PRODUCED BY THE BODY THAT HELPS PROTECT CELLS FROM OXIDATIVE STRESS.

- ANTIOXIDANT DEFENSE — SUPPORTS THE BODY'S NATURAL PROTECTION AGAINST OXIDATIVE STRESS.
- CELLULAR WELLNESS — HELPS MAINTAIN HEALTHY CELLULAR FUNCTION.
- SKIN RADIANCE — SUPPORTS HEALTHY, RADIANT-LOOKING SKIN.

BEST FOR: ANTIOXIDANT SUPPORT, CELLULAR WELLNESS & SKIN RADIANCE.
2-MONTH SUPPLY | $35 + TAX & SHIPPING

BUNDLE = $143 PLUS TAX & SHIPPING
THESE ARE SHIPPED FROM IDEALLY YOU

PERFORMANCE & MOBILITY

ENERGY PACK - $115
ENERGY • STAMINA • FOCUS • STRESS SUPPORT

A TARGETED BLEND OF ADAPTOGENS, NUTRIENTS, AND ENERGY-SUPPORTING INGREDIENTS DESIGNED TO PROMOTE STEADY ENERGY, MENTAL FOCUS, PHYSICAL STAMINA, AND RESILIENCE TO EVERYDAY STRESS—WITHOUT POSITIONING IT AS SIMPLY ANOTHER STIMULANT.

WHAT'S INSIDE

- ASHWAGANDHA — AN ADAPTOGENIC HERB THAT SUPPORTS A HEALTHY STRESS RESPONSE AND MAY HELP REDUCE FEELINGS OF STRESS AND FATIGUE.
- CORDYCEPS — A FUNCTIONAL MUSHROOM USED TO SUPPORT CELLULAR ENERGY, STAMINA, OXYGEN UTILIZATION, AND EXERCISE PERFORMANCE.
- GREEN COFFEE EXTRACT — PROVIDES NATURALLY OCCURRING CAFFEINE AND CHLOROGENIC ACIDS TO SUPPORT ALERTNESS, ENERGY, AND ANTIOXIDANT ACTIVITY.
- METHYL B-COMPLEX — SUPPORTS CELLULAR ENERGY PRODUCTION AND HELPS THE BODY CONVERT CARBOHYDRATES, FATS, AND PROTEINS INTO USABLE ENERGY.
- RHODIOLA — AN ADAPTOGENIC HERB THAT MAY HELP SUPPORT MENTAL AND PHYSICAL ENDURANCE WHILE REDUCING FEELINGS OF FATIGUE DURING PERIODS OF STRESS.
- L-TYROSINE — AN AMINO ACID USED TO PRODUCE IMPORTANT NEUROTRANSMITTERS INVOLVED IN ATTENTION, MOTIVATION, AND MENTAL PERFORMANCE, PARTICULARLY DURING STRESSFUL OR DEMANDING SITUATIONS.

BEST FOR: CLIENTS LOOKING FOR MORE CONSISTENT ENERGY, BETTER STAMINA, IMPROVED FOCUS, AND SUPPORT DURING MENTALLY OR PHYSICALLY DEMANDING DAYS.

GUT & DETOX

GUT PACK - $110
DIGESTION • REGULARITY • GUT BARRIER • MICROBIOME SUPPORT

A COMPREHENSIVE BLEND OF PROBIOTICS, FIBER, AMINO ACIDS, AND BOTANICALS DESIGNED TO SUPPORT A HEALTHY GUT MICROBIOME, COMFORTABLE DIGESTION, REGULARITY, AND INTESTINAL HEALTH.

WHAT'S INSIDE

- 10 BILLION CFU PROBIOTIC — HELPS MAINTAIN BENEFICIAL GUT BACTERIA AND SUPPORTS HEALTHY DIGESTION, REGULARITY, AND MICROBIOME BALANCE.
- L-GLUTAMINE — AN AMINO ACID THAT SERVES AS AN IMPORTANT FUEL SOURCE FOR INTESTINAL CELLS AND SUPPORTS THE INTEGRITY OF THE GUT BARRIER.
- QUERCETIN — A PLANT-DERIVED FLAVONOID WITH ANTIOXIDANT PROPERTIES THAT SUPPORTS A HEALTHY INFLAMMATORY RESPONSE AND INTESTINAL HEALTH.
- SOOTHING FIBER FORMULA — SUPPORTS BOWEL REGULARITY AND HEALTHY STOOL CONSISTENCY WHILE PROVIDING PREBIOTIC NOURISHMENT FOR BENEFICIAL GUT BACTERIA.
- TRIPHALA — A TRADITIONAL AYURVEDIC BOTANICAL BLEND USED TO SUPPORT DIGESTION AND GENTLE, HEALTHY BOWEL REGULARITY.

BEST FOR: CLIENTS LOOKING TO SUPPORT DIGESTIVE COMFORT, REGULARITY, MICROBIOME BALANCE, AND OVERALL GUT HEALTH.

WOMEN'S HEALTH

WOMEN'S HEALTH — PERIMENOPAUSAL SUPPORT PACK - $90
HORMONE SUPPORT • ENERGY • VITALITY • MENOPAUSAL WELLNESS

A TARGETED BLEND OF NUTRIENTS, BOTANICALS, AND HORMONE SUPPORT DESIGNED TO SUPPORT WOMEN'S OVERALL WELLNESS, ENERGY, HEALTHY HORMONE METABOLISM, AND RESILIENCE DURING THE PERIMENOPAUSAL TRANSITION.

WHAT'S INSIDE

- CORDYCEPS — A FUNCTIONAL MUSHROOM TRADITIONALLY USED TO SUPPORT CELLULAR ENERGY, STAMINA, AND PHYSICAL RESILIENCE.
- DHEA — A NATURALLY OCCURRING ADRENAL HORMONE THAT SERVES AS A PRECURSOR TO ESTROGEN AND TESTOSTERONE. DHEA SUPPLEMENTATION SHOULD BE INDIVIDUALIZED AND MEDICALLY SUPERVISED.
- DIM (DIINDOLYLMETHANE) — A COMPOUND DERIVED FROM CRUCIFEROUS VEGETABLES THAT SUPPORTS HEALTHY ESTROGEN METABOLISM AND HORMONE BALANCE.
- FENUGREEK — A BOTANICAL STUDIED FOR ITS POTENTIAL ROLE IN SUPPORTING FEMALE SEXUAL WELLNESS, VITALITY, AND QUALITY OF LIFE DURING THE MENOPAUSAL TRANSITION.
- MAGNESIUM — SUPPORTS NORMAL NERVOUS-SYSTEM AND MUSCLE FUNCTION, RELAXATION, BONE HEALTH, AND HUNDREDS OF ENZYMATIC PROCESSES THROUGHOUT THE BODY.

BEST FOR: WOMEN NAVIGATING PERIMENOPAUSE WHO ARE LOOKING FOR ADDITIONAL SUPPORT FOR ENERGY, VITALITY, HEALTHY HORMONE METABOLISM, AND OVERALL WELL-BEING.

IMPORTANT: CONTAINS DHEA: NOT APPROPRIATE FOR EVERYONE. AVOID DURING PREGNANCY/BREASTFEEDING OR WITH HORMONE-SENSITIVE CONDITIONS. IF YOU TAKE PRESCRIPTION MEDICATIONS OR HORMONE THERAPY, CONSULT YOUR HEALTHCARE PROVIDER BEFORE USE

WOMEN'S HORMONE PACK - $95
HORMONE SUPPORT • VITALITY • LIBIDO • WOMEN'S WELLNESS

A TARGETED BLEND OF NUTRIENTS, BOTANICALS, AND HORMONE SUPPORT DESIGNED TO PROMOTE HEALTHY HORMONE METABOLISM, VITALITY, SEXUAL WELLNESS, AND OVERALL WELL-BEING.
WHAT'S INSIDE

- CORDYCEPS — A FUNCTIONAL MUSHROOM TRADITIONALLY USED TO SUPPORT ENERGY, STAMINA, AND PHYSICAL RESILIENCE.
- DHEA — A NATURALLY OCCURRING ADRENAL HORMONE THAT SERVES AS A PRECURSOR TO ESTROGEN AND TESTOSTERONE. SUPPLEMENTATION SHOULD BE INDIVIDUALIZED AND MEDICALLY SUPERVISED.
- DIM (DIINDOLYLMETHANE) — A COMPOUND DERIVED FROM CRUCIFEROUS VEGETABLES THAT SUPPORTS HEALTHY ESTROGEN METABOLISM AND OVERALL HORMONE BALANCE.
- FENUGREEK — A BOTANICAL STUDIED FOR ITS POTENTIAL ROLE IN SUPPORTING FEMALE SEXUAL WELLNESS, VITALITY, AND QUALITY OF LIFE.
- OMEGA-3 FATTY ACIDS — SUPPORTS CARDIOVASCULAR AND BRAIN HEALTH, HEALTHY CELL MEMBRANES, AND A BALANCED INFLAMMATORY RESPONSE.

BEST FOR: WOMEN LOOKING FOR TARGETED SUPPORT FOR HEALTHY HORMONE METABOLISM, ENERGY, VITALITY, LIBIDO, AND OVERALL WOMEN'S WELLNESS.

IMPORTANT: CONTAINS DHEA: NOT APPROPRIATE FOR EVERYONE. AVOID DURING PREGNANCY/BREASTFEEDING OR WITH HORMONE-SENSITIVE CONDITIONS. IF YOU TAKE PRESCRIPTION MEDICATIONS OR HORMONE THERAPY, CONSULT YOUR HEALTHCARE PROVIDER BEFORE USE

WOMEN'S HEALTH

WOMEN'S WELLNESS PACK - $109
DAILY NUTRITION • ENERGY • IMMUNE HEALTH • GUT & WHOLE-BODY WELLNESS

A COMPREHENSIVE DAILY FOUNDATION DESIGNED TO SUPPORT WOMEN'S NUTRITIONAL NEEDS, IMMUNE HEALTH, DIGESTIVE WELLNESS, STRESS RESILIENCE, AND HEALTHY AGING IN ONE CONVENIENT PACK.

WHAT'S INSIDE

- 10 BILLION CFU PROBIOTIC — SUPPORTS A BALANCED GUT MICROBIOME, HEALTHY DIGESTION, REGULARITY, AND NORMAL IMMUNE FUNCTION.
- VITAMINS A, D, E & K (ADEK) — SUPPORTS BONE HEALTH, IMMUNE FUNCTION, ANTIOXIDANT DEFENSES, AND HEALTHY CELLULAR FUNCTION.
- ASHWAGANDHA — AN ADAPTOGENIC HERB THAT SUPPORTS A HEALTHY RESPONSE TO EVERYDAY STRESS AND PROMOTES OVERALL WELL-BEING.
- MULTIVITAMIN — PROVIDES BROAD VITAMIN AND MINERAL COVERAGE TO HELP FILL COMMON NUTRITIONAL GAPS IN THE DAILY DIET.
- OMEGA-3 FATTY ACIDS — SUPPORTS CARDIOVASCULAR AND BRAIN HEALTH, HEALTHY CELL MEMBRANES, AND A BALANCED INFLAMMATORY RESPONSE.
- VITAMIN C — PROVIDES ANTIOXIDANT SUPPORT AND CONTRIBUTES TO NORMAL IMMUNE FUNCTION AND COLLAGEN FORMATION.

BEST FOR: WOMEN LOOKING FOR AN ALL-IN-ONE DAILY NUTRITIONAL FOUNDATION TO SUPPORT GUT HEALTH, IMMUNITY, STRESS RESILIENCE, HEART AND BRAIN HEALTH, AND OVERALL WELLNESS.

MEN'S HEALTH

MEN'S HORMONE PACK - $90
HORMONE SUPPORT • VITALITY • PERFORMANCE • MEN'S WELLNESS

A TARGETED BLEND OF NUTRIENTS AND BOTANICALS DESIGNED TO SUPPORT HEALTHY HORMONE BALANCE, VITALITY, ENERGY, AND OVERALL MALE WELLNESS.

WHAT'S INSIDE

- BORON — A TRACE MINERAL INVOLVED IN BONE AND MINERAL METABOLISM AND STUDIED FOR ITS POTENTIAL ROLE IN SUPPORTING HEALTHY HORMONE FUNCTION.
- DHEA — A NATURALLY OCCURRING ADRENAL HORMONE THAT SERVES AS A PRECURSOR TO TESTOSTERONE AND ESTROGEN. SUPPLEMENTATION SHOULD BE INDIVIDUALIZED BASED ON MEDICAL HISTORY AND CLINICAL GUIDANCE.
- DIM (DIINDOLYLMETHANE) — A COMPOUND DERIVED FROM CRUCIFEROUS VEGETABLES THAT SUPPORTS HEALTHY ESTROGEN METABOLISM AND OVERALL HORMONE BALANCE.
- FENUGREEK — A BOTANICAL STUDIED FOR ITS POTENTIAL TO SUPPORT MALE VITALITY, LIBIDO, AND HEALTHY TESTOSTERONE LEVELS.
- TRIBULUS — TRADITIONALLY USED TO SUPPORT MALE VITALITY, LIBIDO, AND PHYSICAL PERFORMANCE; EVIDENCE FOR INCREASING TESTOSTERONE IS LIMITED, SO I WOULD NOT MARKET IT AS A "TESTOSTERONE BOOSTER."
- ZINC — AN ESSENTIAL MINERAL THAT SUPPORTS NORMAL TESTOSTERONE PRODUCTION, REPRODUCTIVE HEALTH, IMMUNE FUNCTION, AND CELLULAR REPAIR. ADEQUATE ZINC IS PARTICULARLY IMPORTANT WHEN DIETARY INTAKE IS INSUFFICIENT.

BEST FOR: MEN LOOKING TO SUPPORT HEALTHY HORMONE BALANCE, VITALITY, LIBIDO, AND OVERALL WELLNESS.

- IMPORTANT: CONTAINS DHEA: NOT APPROPRIATE FOR EVERYONE. AVOID DURING PREGNANCY/BREASTFEEDING OR WITH HORMONE-SENSITIVE CONDITIONS. IF YOU TAKE PRESCRIPTION MEDICATIONS OR HORMONE THERAPY, CONSULT YOUR HEALTHCARE PROVIDER BEFORE USE

MEN'S WELLNESS PACK - $120
ENERGY • HEART HEALTH • STRESS SUPPORT • FOUNDATIONAL NUTRITION

A COMPREHENSIVE DAILY WELLNESS PACK DESIGNED TO SUPPORT MEN'S ENERGY, CARDIOVASCULAR HEALTH, STRESS RESILIENCE, DIGESTIVE HEALTH, AND OVERALL NUTRITIONAL NEEDS IN ONE CONVENIENT FORMULA.

WHAT'S INSIDE

- 10 BILLION CFU PROBIOTIC — SUPPORTS A BALANCED GUT MICROBIOME, HEALTHY DIGESTION, REGULARITY, AND NORMAL IMMUNE FUNCTION.
- VITAMINS A, D, E & K (ADEK) — SUPPORTS BONE HEALTH, IMMUNE FUNCTION, ANTIOXIDANT DEFENSES, AND HEALTHY CELLULAR FUNCTION.
- ASHWAGANDHA — AN ADAPTOGENIC HERB THAT SUPPORTS A HEALTHY STRESS RESPONSE, RELAXATION, AND OVERALL VITALITY.
- COQ10 — SUPPORTS CELLULAR ENERGY PRODUCTION AND CARDIOVASCULAR HEALTH AND PROVIDES ANTIOXIDANT PROTECTION.
- METHYL B-COMPLEX — SUPPORTS ENERGY METABOLISM, BRAIN AND NERVOUS-SYSTEM FUNCTION, AND HEALTHY RED BLOOD CELL PRODUCTION.
- MULTIVITAMIN — PROVIDES BROAD NUTRITIONAL COVERAGE TO HELP FILL COMMON GAPS IN THE DAILY DIET.
- OMEGA-3 FATTY ACIDS — SUPPORTS CARDIOVASCULAR HEALTH, BRAIN FUNCTION, HEALTHY INFLAMMATORY BALANCE, AND HEALTHY CELL MEMBRANES.

BEST FOR: MEN LOOKING FOR AN ALL-IN-ONE DAILY FOUNDATION FOR ENERGY, HEART HEALTH, NUTRITION, DIGESTION, AND OVERALL HEALTHY AGING.