

4:8 PHYSIO

SUPPLEMENT

GUIDE

SCIENCE-BACKED SUPPLEMENTS DESIGNED TO HELP YOUR BODY RESTORE BALANCE, HEAL NATURALLY, AND PERFORM AT ITS BEST. FROM CELLULAR REPAIR TO ENHANCED RECOVERY AND VITALITY, HARMONIFY FOCUSES ON OPTIMIZING WELLNESS FROM THE INSIDE OUT WITH PREMIUM, RESEARCH-DRIVEN FORMULATIONS.

BPC-157



What It Is:

A powerful peptide known for its ability to support tissue repair and reduce inflammation — often called the “body protection compound.”

Who It's For:

Perfect for active individuals or anyone recovering from injury, strain, or inflammation who wants to enhance natural healing.

What It Does:

- Promotes faster recovery of muscles, ligaments, and tendons
- Supports gut lining integrity and digestive health
- Helps reduce inflammation and joint discomfort

Why We Love It:

Our clients notice quicker recovery times and less soreness after tough sessions — a real game-changer for staying consistent with training.

NAD+



What It Is:

A vital coenzyme that supports cellular energy, metabolism, and longevity — think of it as fuel for your cells' powerhouse.

Who It's For:

Ideal for those feeling low on energy or looking to support cognitive health, anti-aging, and overall vitality.

What It Does:

- Boosts natural energy production at the cellular level
- Supports brain clarity and focus
- Promotes healthy aging and recovery

Why We Love It:

We love how NAD+ helps maintain steady energy throughout the day — no jitters, just natural vitality and focus.

METHYLENE BLUE GUMMIES



What It Is:

A convenient, great-tasting way to boost mitochondrial function and brain performance using pharmaceutical-grade methylene blue.

Who It's For:

Great for high performers, busy professionals, or anyone seeking improved focus, mental clarity, and cellular resilience.

What It Does:

- Supports cognitive performance and focus
- Enhances mitochondrial energy output
- Acts as a neuroprotective antioxidant

How to Take It:

Enjoy one gummy as directed — start slow to gauge your response.

Why We Love It:

They're delicious, easy to take, and provide a noticeable mental lift without the crash.

METHYLENE BLUE TINCTURE



What It Is:

A fast-absorbing tincture that supports brain health, energy, and cellular repair — designed for precision dosing and rapid effect.

Who It's For:

Perfect for those who prefer flexible dosing or are focused on optimizing brain and cellular function.

What It Does:

- Enhances focus and cognitive clarity
- Supports mitochondrial energy and recovery
- Offers antioxidant and anti-aging benefits

How to Take It:

Use as directed — a few drops under the tongue or in water, depending on your tolerance and practitioner guidance.

Why We Love It:

We love how customizable it is — great for those who want to fine-tune their dosage and results.

GLP 1 PATCHES



What It Is:

A convenient, transdermal patch designed to support appetite regulation, blood sugar balance, and weight management through GLP-1 activation.

Who It's For:

Ideal for individuals focused on sustainable weight management and metabolic support.

What It Does:

- Helps control appetite and cravings
- Supports healthy glucose metabolism
- Aids in weight management and energy balance

How to Take It:

Apply one patch as directed — typically to clean, dry skin. Rotate sites with each use.

Why We Love It:

We love the simplicity — no needles or pills, just consistent, steady support for your metabolism.

Dr. Venessa's Formulas

ROOTED IN CLINICAL EXPERTISE AND NATURAL SCIENCE, DR. VENESSA'S FORMULAS DELIVER TARGETED NUTRITIONAL SUPPORT FOR LONGEVITY, BEAUTY, AND VITALITY. EACH PRODUCT IS CAREFULLY CRAFTED TO HELP YOUR BODY REPAIR, REJUVENATE, AND AGE GRACEFULLY — BACKED BY YEARS OF RESEARCH AND HOLISTIC INNOVATION.

ANTI-AGING COLLAGEN



What It Is:

A premium collagen formula designed to support youthful skin, strong joints, and overall vitality from within. This blend provides essential building blocks for connective tissue health and cellular rejuvenation.

Who It's For:

Ideal for anyone looking to improve skin elasticity, joint comfort, or recovery — whether you're active, aging gracefully, or just want to feel your best.

What It Does:

- Supports firm, hydrated, and youthful-looking skin
- Promotes joint and ligament health
- Enhances recovery and reduces signs of aging from the inside out

How to Take It:

Mix one scoop daily into water, coffee, or your favorite smoothie. For best absorption, take consistently each day.

Why We Love It:

We love how visible the results are — smoother skin, stronger nails, and joints that keep up with an active lifestyle. It's a client favorite for a reason!



GOLDEN MIND

What It Is:

An advanced nootropic blend that supports focus, memory, and long-term brain health — your daily mental performance boost.

Who It's For:

Perfect for busy professionals, students, or anyone looking to enhance cognitive clarity and focus.

What It Does:

- Improves focus, concentration, and alertness
- Supports long-term brain health and memory
- Enhances mood and mental energy

Why We Love It:

We love the clean, steady focus it delivers — no crash, just calm, productive energy all day.

VITAMIN C

What It Is:

A liposomal vitamin C formula for superior absorption and immune support — essential for overall wellness and recovery.

Who It's For:

Great for anyone looking to boost immunity, support skin health, or recover faster from workouts and stress.

What It Does:

- Strengthens immune defense
- Promotes collagen production for skin and joints
- Acts as a powerful antioxidant for cellular health

Why We Love It:

We notice fewer colds and faster recovery — plus, it tastes amazing and blends easily into daily routines.

SUPERGREENS

What It Is:

A nutrient-dense blend of organic greens, herbs, and enzymes to nourish your body and support daily detoxification.

Who It's For:

Perfect for those who want to boost energy, improve digestion, or fill nutritional gaps in a busy lifestyle.

What It Does:

- Promotes natural energy and vitality
- Supports digestion and gut health
- Aids in gentle detox and pH balance

How to Take It:

Mix one scoop with water, juice, or a smoothie daily.

Why We Love It:

We love the fresh, light taste — it's an easy way to get your greens in and start your day feeling energized.

ELDERBERRY

What It Is:

A potent blend of elderberry, echinacea, and vitamin C designed to fortify the immune system naturally.

Who It's For:

Ideal for anyone who wants to stay resilient through seasonal changes or high-stress periods.

What It Does:

- Strengthens immune response
- Helps reduce duration and severity of colds
- Provides antioxidant protection

Why We Love It:

This one's our go-to during cold and flu season — immune support that actually tastes good!



HEART HEALTH

What It Is:

A synergistic formula featuring CoQ10, PQQ, and other heart-supportive nutrients that enhance cardiovascular and mitochondrial function.

Who It's For:

Ideal for those focused on heart health, endurance, or healthy aging.

What It Does:

- Supports healthy circulation and heart rhythm
- Boosts mitochondrial energy production
- Provides antioxidant protection for cardiovascular tissue

Why We Love It:

We love how it supports energy and endurance while taking care of your heart — a foundational health favorite.

ACTIVATED CHARCOAL

What It Is:

A natural detoxifier that helps bind and eliminate toxins, gas, and impurities from the body.

Who It's For:

Great for anyone focused on gut health, detox support, or reducing occasional bloating.

What It Does:

- Supports digestive comfort
- Assists in natural detoxification
- Helps reduce gas and bloating

How to Take It:

Use as directed, ideally away from food or other supplements for best results.

Why We Love It:

It's our go-to for travel, gut reset days, or after a rich meal — gentle and effective detox support.

MAGNESIUM L-THREONATE

What It Is:

A highly bioavailable form of magnesium that supports brain health, relaxation, and better sleep.

Who It's For:

Ideal for those dealing with stress, poor sleep, or mental fatigue.

What It Does:

- Enhances sleep quality and relaxation
- Supports memory and cognitive function
- Promotes calm, balanced mood

Why We Love It:

This is our favorite nighttime supplement — we sleep deeper and wake up refreshed, not groggy.

GLUTATHIONE

What It Is:

A powerful antioxidant blend designed to support detoxification, skin clarity, and cellular health.

Who It's For:

Perfect for those focused on longevity, skin health, and supporting the body's natural detox pathways.

What It Does:

- Promotes radiant skin and cellular repair
- Supports liver detoxification
- Protects against oxidative stress

Why We Love It:

We love the glow and energy boost that comes from consistent use — true inside-out wellness support.

Green Compass

HARNESSING THE POWER OF HEMP, BOTANICALS, AND CLEAN INGREDIENTS TO SUPPORT RECOVERY, RELAXATION, AND WHOLE-BODY BALANCE — NATURALLY.

MIND BLOOM CAPSULES 1190MG



What It Is:

A synergistic blend of hemp cannabinoids, adaptogens, and botanicals crafted to promote mental clarity, focus, and emotional balance.

Who It's For:

Perfect for those seeking natural support for mood, focus, and stress management throughout busy days.

What It Does:

- Promotes calm focus and emotional balance
- Supports cognitive clarity and alertness
- Helps the body adapt to daily stress

Why We Love It:

We love how grounded and centered we feel — no fog, just steady clarity and calm productivity.

REDUCE PAIN RELIEF CREAM 300MG CBG

REDUCE PAIN RELIEF ROLL ON 300MG CBG



What It Is:

A fast-absorbing topical cream and roll-on infused with CBG and soothing botanicals to ease muscle tension and joint discomfort.

Who It's For:

Ideal for active individuals, athletes, or anyone experiencing soreness, stiffness, or localized pain.

What It Does:

- Provides targeted pain and inflammation relief
- Supports muscle recovery and relaxation
- Offers cooling comfort right where you need it

How to Take It:

Apply directly to the affected area as needed — perfect pre- or post-workout.

Why We Love It:

We love its instant soothing effect — it's a must-have for recovery days and overworked muscles.

TERPENE ESSENTIAL OIL BOOST - SLEEP



What It Is:

A terpene-rich essential oil blend formulated to calm the mind and promote restful, restorative sleep.

Who It's For:

Perfect for anyone who struggles to unwind or wants to enhance nighttime relaxation naturally.

What It Does:

- Encourages deep, restful sleep
- Calms the mind and body before bed
- Enhances bedtime routines and relaxation rituals

How to Take It:

Diffuse before bedtime or apply a few drops to pulse points or pillow.

Why We Love It:

It transforms any evening routine into a peaceful wind-down ritual — sleep comes easier, and mornings feel better.

SOOTHE NATURAL TOPICAL CREAM



What It Is:

A deeply moisturizing, hemp-infused cream that supports skin health while easing everyday tension or discomfort.

Who It's For:

Ideal for those who want a gentle, natural topical to calm sensitive or tired skin and muscles.

What It Does:

- Soothes tired muscles and joints
- Hydrates and softens skin
- Provides gentle, calming comfort

Why We Love It:

It's a go-to after workouts or long days — skin feels soft, and soreness melts away.

BODY OIL HYDRATES & NOURISHES 150MG



What It Is:

A luxurious hemp-infused body oil that locks in hydration and leaves skin feeling silky smooth and rejuvenated.

Who It's For:

Perfect for anyone looking to nourish dry skin while benefiting from the restorative properties of hemp extract.

What It Does:

- Deeply hydrates and softens skin
- Restores skin's natural glow and elasticity
- Provides a calming, spa-like experience

How to Take It:

Massage onto damp skin after a shower or bath for best results.

Why We Love It:

It's self-care in a bottle — deeply hydrating with a calming scent that elevates your daily routine.

SOAKS; REST - LUXURY BATH FIZZ 35MG

SOAKS; RELAX - LUXURY BATH FIZZ 35MG



What It Is:

A soothing hemp-infused bath fizz that transforms your soak into a stress-melting, muscle-relaxing ritual.

Who It's For:

Ideal for anyone needing recovery, relaxation, or a little indulgent “me time.”

What It Does:

- Relieves tension and soothes sore muscles
- Calms the mind and promotes deep relaxation
- Softens and hydrates skin

How to Take It:

Add one fizz to warm bath water, soak, and unwind.

Why We Love It:

We love how restorative it feels after a long day — instant calm, softer skin, and a better night's sleep.

DIGESTIVE HEALTH NANO ADVANCED JELLIES



What It Is:

A convenient, great-tasting jelly that supports gut balance and digestive comfort with advanced nano hemp technology for faster absorption.

Who It's For:

Perfect for those focused on gut health, regularity, and overall digestive wellness.

What It Does:

- Supports gut balance and healthy digestion
- Aids in nutrient absorption
- Helps reduce bloating and digestive discomfort

How to Take It:

Enjoy one jelly as directed — easy, portable, and delicious.

Why We Love It:

It's the simplest way to support gut health on the go — tastes great and works fast.

HYDRATE



What It Is:

An electrolyte-rich hydration formula enhanced with nano hemp for optimal cellular hydration and recovery.

Who It's For:

Ideal for athletes, busy professionals, or anyone looking to stay hydrated and energized naturally.

What It Does:

- Replenishes electrolytes and minerals
- Supports hydration and muscle recovery
- Promotes steady energy and focus

How to Take It:

Mix with water and sip throughout your day — especially great pre- or post-workout.

Why We Love It:

We love how clean and refreshing it tastes — no sugar crash, just pure hydration support.

COLLAGEN



What It Is:

A collagen peptide formula that supports strong hair, skin, nails, and joint health while promoting elasticity and recovery.

Who It's For:

Perfect for anyone looking to enhance skin glow, joint comfort, and connective tissue strength naturally.

What It Does:

- Promotes youthful, healthy-looking skin
- Strengthens joints, hair, and nails
- Supports recovery and tissue repair

How to Take It:

Mix into your favorite drink daily — consistency is key for best results.

Why We Love It:

We love how it helps skin glow and joints feel supported — an effortless addition to your wellness routine.

CREATINE + W/ TAURINE



What It Is:

A clean, clinical-grade creatine and taurine blend designed to support strength, energy, hydration, and muscle recovery — all in easy, on-the-go packets.

Who It's For:

Perfect for active individuals, athletes, or anyone looking to improve muscle performance, endurance, and brain health.

What It Does:

- Boosts power, strength, and lean muscle development
- Enhances cellular hydration and recovery
- Supports brain energy and cognitive performance

How to Take It:

Mix one packet with water or your favorite smoothie. Take daily, ideally before or after your workout.

Why We Love It:

We love the convenience — no mess, no measuring. Just grab, mix, and feel the difference in strength and focus throughout your training sessions.

**micronized
to dissolve
easily**

Add **1 drink mix** to 8-10 oz of any drink for **muscle benefits**, or **2 scoops** for **bone benefits**. Benefits build with consistent, daily use.*



Higher Dose

A MODERN WELLNESS BRAND MERGING SCIENCE, NATURE, AND SELF-CARE TO HELP YOU GET HIGH ON YOUR OWN SUPPLY. HIGHERDOSE CREATES INNOVATIVE PRODUCTS THAT HARNESS HEAT, LIGHT, AND MINERALS TO ELEVATE MOOD, BOOST RECOVERY, AND PROMOTE RADIANT WELL-BEING — FROM INFRARED SAUNAS TO FEEL-GOOD BATH SOAKS.

SERATONIN SOAK



What It Is:

A luxurious, mineral-rich bath soak designed to boost mood, relax muscles, and elevate your natural “feel-good” chemistry through magnesium, Himalayan salts, and adaptogenic botanicals.

Who It's For:

Perfect for anyone craving deep relaxation, muscle recovery, or a natural mood lift after a long day or intense workout.

What It Does:

- Promotes relaxation and stress relief through magnesium and adaptogens
- Supports muscle recovery and detoxification
- Enhances serotonin production for a calm, happy state of mind

How to Take It:

Add one to two handfuls to warm bath water, soak for 20–30 minutes, and let the stress melt away.

Why We Love It:

It's our favorite self-care ritual — a total mind-body reset that leaves you relaxed, recharged, and smiling from the inside out.



NATPAT

A PLAYFUL, KID-FRIENDLY WELLNESS BRAND CREATING SAFE, EFFECTIVE STICKERS AND PATCHES THAT SUPPORT LITTLE BODIES WITH MINIMAL FUSS. FROM ITCH-RELIEF TO MOSQUITO DEFENSE TO BEDTIME ROUTINES, NATPAT BLENDS FUN DESIGN WITH GENTLE INNOVATION.

KIDS MOSQUITO



What It Is:

A DEET-free, plant-based sticker that naturally helps repel mosquitoes when applied to clothing or gear.

Who It's For:

Perfect for kids and families enjoying outdoor adventures.

What It Does:

- Reduces mosquito bites with citronella and other plant oils
- Easy peel-and-stick application — no sprays or lotions
- Provides up to 6–8 hours of protection

How to Use:

Stick to clothing or gear before going outside. Replace after ~6–8 hours if needed.

Why We Love It:

Hassle-free mosquito protection that's safe, fun, and kid-friendly.

SUNNY PATCH



What It Is:

A fun, color-changing skin patch that helps you monitor when it's time to reapply sunscreen — acting like a friendly UV-exposure alert to keep sun protection on track.

Who It's For:

Ideal for families spending time outdoors — especially those who want a simple, visual reminder to reapply sunscreen during active sun exposure.

What It Does:

- Turns color (from clear to purple) when UV exposure has increased and it's time to reapply sunscreen.
- Works with all types of sunscreen and remains waterproof and visible during swimming/active play.
- Helps build sun-safety habits by making sunscreen reapplication visible and interactive for kids.

Why We Love It:

It transforms sun care from a chore into a visual cue — less guessing, more protection. Parents love the reminder; kids like the sticker game.

ITCH RELIEF



What It Is:

A chemical-free sticker/patch that uses “Grid-Relief Technology” to mechanically relieve itch and irritation—especially from insect bites.

Who It’s For:

Perfect for kids (and parents) dealing with bug bites or skin irritations who want a safe, mess-free option.

What It Does:

- Starts working in ~30-60 seconds to relieve itch. Waterproof and long-lasting (up to ~7 days as per claims) for active kids.
- Chemical-free and designed for sensitive skin.

Why We Love It:

It’s easy to apply, no messy creams, and kids actually like using the patches — so relief happens without a fight.

BEDTIME STICKERS



What It Is:

An essential-oil infused sticker patch that supports winding down at bedtime. It uses a blend of aromas (mandarin, lavender, sweet marjoram, vetiver) to cue rest and relaxation.

Who It’s For:

Ideal for kids (or even adults) who struggle with bedtime routines, restlessness, or need a gentle non-medicated sleep support.

What It Does:

- Delivers a calming scent gradually through the night (via nano-material) for smoother sleep.
- Supports natural wind-down routines rather than relying on melatonin or stronger sleep aids.

How to Use:

Stick to pajamas or near the bed ~30–60 minutes before lights-out. Not meant for direct skin contact.

Why We Love It:

Turns bedtime into a calmer ritual. Less struggle, more rest — and kids love the fun sticker element.

Note: Supplements aren't for everyone. Always check with your pharmacist or healthcare provider before starting any new product to make sure it's safe and right for you.

4:8 PHYSIO

PHYSICAL THERAPY & FITNESS SOLUTIONS