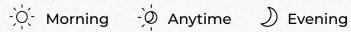
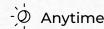


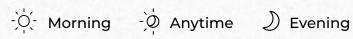
PRODUCT Click on a product to learn more!	RECOMMENDED USE	TIME OF DAY	HOW OFTEN
Activated Charcoal	Take 1 pouch 30 minutes away from other supplements or medications for detox support.	-\\\\\-\\\\\-\\\\\\\\\\\\\\\\\\\\\\\\\\	6 days on, 1 day off, and repeat
Adrenal Super Tonic	Take 12 pumps in the morning or afternoon for stress support.	-)-	Daily or as needed
Allergy Defense	Take 2 capsules first thing in the morning for allergy support.	-, -, -	Daily or as needed seasonally
Apple Cider Vinegar	Take 2 capsules 30 minutes before meals to support metabolism and digestion.	-\	Daily
Coated Silver	Take 1 drop in the morning or evening, or upon sickness, for immune support.	-\)	As needed







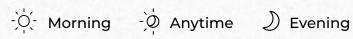
PRODUCT Click on a product to learn more!	RECOMMENDED USE	TIME OF DAY	HOW OFTEN
Golden Mind	Take 1 pouch in the morning or afternoon for increased energy and focus.	-\-	Daily or as needed
Heart Health	Take 1 pouch in the morning or evening for cardiovascular suport.	-,	Daily
Healthy Glow™	Take 2 capsules in the morning for skin support.	-)-(-	5 days on, 2 days off, and repeat
Inflammatory Health	Take 2 capsules with breakfast or with your last meal of the day	-\0'-	Daily
Liposomal Creatine+	Consume 1 pouch with water within an hour before or after your workout for muscle support and recovery.	-\	5 days on, 2 days off, and repeat
Liposomal Elderberry	Take 1 pouch daily anytime in between meals.	-, -	Daily or as needed
Liposomal Glutathione	Take 1 pouch in the morning or evening on an empty stomach for detoxification support.	-\oint	6 days on, 1 day off, and repeat







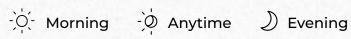
PRODUCT Click on a product to learn more!	RECOMMENDED USE	TIME OF DAY	HOW OFTEN
Liposomal Vitamin B12+B6	Take 12 pumps after breakfast.	-, -,	Daily
Liposomal Vitamin C	Take 1 pouch daily anytime in between meals.	-\\\\-\\\\-\\\\\-\\\\\\\\\\\\\\\\\\\\\\	Daily or as needed
Liposomal Vitamin D3+K2+CoQ1O	Take 12 pumps in the morning or afternoon for immune, bone, and heart support.	-\0\.	Daily
Liver Health+	Take 3 capsules with a meal.	-\0'-	Daily
Longevity Mushrooms	Take 1 pouch anytime or before your workout.	-\\\\\-\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\	Daily
Magnesium L-Threonate	Take 1 pouch anytime for improved focus.	-\^-	Daily
Matcha Powder	Take in the morning or afternoon. Recipes <u>here.</u>	-, -,	Daily







PRODUCT Click on a product to learn more!	RECOMMENDED USE	TIME OF DAY	HOW OFTEN
Metabolic Health	Take 2 capsules 30 minutes before your largest meal of the day for metabolism support.	, <u>, , , , , , , , , , , , , , , , , , </u>	Daily
Mineral Shilajit	Best taken in the morning to support overall wellbeing.	-\^-\ -\^-	Daily
Molecular Hydrogen	Dissolve 1 tablet in room temperature water and drink immediatley. Best taken on an empty stomach apart from food.	-)-	Daily
NMN + Trans-Resveratrol	Take 2 capsules in the morning for energy.	-,`- -,`-	Daily
ParaX TM	All 3 capsules can be taken daily at the same time or individually. Take 1 capsule each in the morning, early afternoon, and evening, as you prefer.	-\^-	21 days on, 7 days off, and repeat
Plant Protein	Take 1 scoop post-workout.	-\)-	Daily
Probiotic	Take 3 capsules first thing in the morning or at night before bedtime in a fasted state.	-\(\)-	Daily



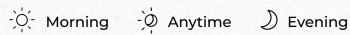


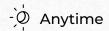


PRODUCT Click on a product to learn more!	RECOMMENDED USE	TIME OF DAY	HOW OFTEN
Pure Hydration	Add 1 pouch to 10-12 oz of cold water for hydration and recovery.	-\	Daily
Sleep	Take 12 pumps at least 30 minutes before bedtime.	D	Daily or as needed
Super Greens	Take 1 pouch anytime for daily nutrition.	-\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\	Daily or as needed
The Omega	Take 12 pumps daily with taken with food for brain, eye, and heart support Note: Not absorbed well on an empty stomach	-,	Daily
Ultimate Pain Balm	Apply topically anytime or as needed. Note: Do not apply to broken skin.	-,	Daily or as needed
Zinc Complex	Take 1 capsule in the evening with your largest meal.	D	Daily

It's important to consult with a healthcare professional before starting any new supplementation regimen to ensure proper dosage and suitability for individual needs. Everyone is different, therefore results may vary.

Disclaimer: If you are pregnant, nursing a baby, or have a chronic medical condition, such as, diabetes, hypertension or heart disease, be sure to consult your doctor or pharmacist before purchasing or taking any supplement.









PRODUCT Click on a product to learn more!	RECOMMENDED USE	TIME OF DAY	HOW OFTEN
Infant D3	0.5 mL (20 drops), or as directed by your pediatrician.	-\\\\\-\\\\\-\\\\\\\\\\\\\\\\\\\\\\\\\\	Daily
Toddler D3 + K2	0.5 mL (20 drops) daily, or as directed by your pediatrician	-\	Daily

As always, before taking or providing this product or any other dietary supplement to your children, please consult a qualified healthcare professional and always seek his or her advice with respect to any questions you may have concerning any medical condition. Please review our disclaimer here.

