

# NUTRITION & Supplements

## questions:

1 Why are people around us so sick?



2 Do you think we get what we need for good health from our food?



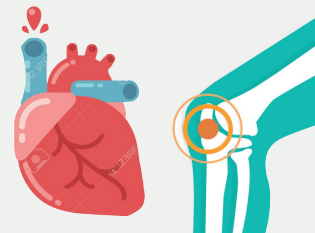
## nutrition is foundational:

• Allows body to function optimally

increased energy

increased mental clarity

• Supports cardiovascular health and proper inflammatory responses



## lifelong vitality (LRP):

- Nutritional equivalent of **12 servings of fruit and vegetables** in every serving
- Made from whole food sources
  - That means no fillers, just the food source
  - Essential oils maximize support
  - The omegas are in a capsule, which preserves their potency longer

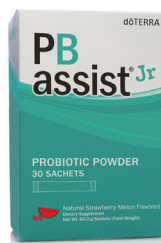


## gut health is foundational:

- The gut plays a vital role in our overall health and well-being
- It is vital in everything, from our weight, to our immune function, to our mental wellness

### WHAT DAMAGES GUT HEALTH?

- Unhealthy diet
- Antibiotic use
- Lack of regular physical activity
- Poor sleep habits
- Stress



# NUTRITION & Supplements

## TARGETED OPTIONS TO MAXIMIZE WELLNESS



Deep Blue Polyphenol Complex

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Phytoestrogen & Bone Nutrient

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Adaptiv Calming Blend Capsules

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Mito2Max

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Turmeric Capsules

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Zendocrine Complex

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Serenity Capsules

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Yarrow | Pom Cellular Beauty Complex

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sample wellness box (LRP):



**\$185**

133 PV<sup>1</sup>

+ **FREE** Oil  
of the Month!

+ **FREE** Product  
Credits!

- Lifelong Vitality Pack \$79.50 / 60 PV
- TerraZyme \$20.00 / 10 PV
- PB Assist \$20.00 / 10 PV
- Turmeric \$35.00 / 25 PV
- Serenity \$19.50 / 17 PV
- Lemon \$11.00 / 11 PV

<sup>1</sup> Point Value.  
For most products,  
\$1 = 1PV.

sample daily schedule:

**AM**

- 2 Turmeric
- 1 PB Assist

**BREAKFAST**

- 2 Each LLV
- 1 TerraZyme
- 1 Adaptiv

**LUNCH**

- 2 Each LLV
- 1 TerraZyme
- 2 Mito2Max

**BEDTIME**

- 2 Yarrow | Pom Complex
- 2 Copaiba
- 2 Serenity