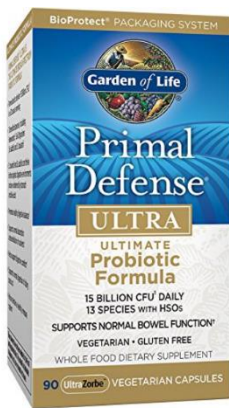


SUPPLEMENTS

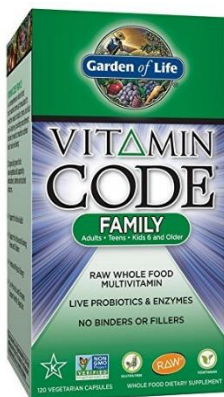
Take a Probiotic, Fish Oil, and multivitamin according to package instructions. A simple way to build the habit? Put these three bottles by your bathroom sink and plan to take them when you brush your teeth at night or in the morning. When using protein powder, mix 1 scoop with 1 cup of water. The protein powder is to be used only on days when you exercise intensely or if you choose to use as a snack option.



PROBIOTICS



FISH OIL



MULTIVITAMIN



HIGH QUALITY PROTEIN POWDER