

5 DAILY SUPPLEMENTS TO TRANSFORM YOUR WELLNESS

Vitamin D3
5000 + K 1x DAY

-Take with good fatty foods such as eggs or avocado for best absorption. Vitamin D supports bone growth, helps the body absorb calcium and promotes cognitive function. It also supports a healthy cardiovascular and immune system. Vitamin K is added for better absorption.

CREATINE 1x DAY

-Mix with water
Creatine not only aids in exercise performance and muscle growth it is incredible for the brain and helps protect it upon impact. Take before or after your workout. You can mix it with water, yogurt or oatmeal.

DHA 1000
OMEGA
FISH OIL 1x MORNING

-Take with food
Supports healthy cholesterol and triglyceride levels, in addition, promotes healthy skin, hair and balances hormones.

VITAMIN B
COMPLEX 1x MORNING

-Take with food
B vitamins support nervous system function, muscle tone, hormone production, vision, digestive function, energy production and brain function.

MAGNESIUM
GLYCINATE 1X BEDTIME

-Mix with water
Promotes calmness, muscle relaxation, stress relief, melatonin production. Supports bone, nerve, heart and muscle health.

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