

*wellness guide*



## **total greens** (cleansing support/gut health/immune support/positive mood)

This is the ultimate daily superfood boost, offering a full spectrum of antioxidant-rich fruit and vegetable powders plus dietary fiber to support energy, immune health, and glowing skin. A colorful diet comprised of a variety of fruits and vegetables is ideal. However, it can be time-consuming and difficult to ensure you achieve the recommended daily intake of fruits and vegetables. Total Greens provides a quick and convenient way to boost your diet with the much-needed phytonutrients it may be lacking

## **energy** (focus + productivity/energy support)

A delicious, all-natural drink mix that provides long-lasting energy to help you power through the day. It features plant-based extracts, as well as a cutting-edge nootropic ingredient to support heightened focus, attention, and mood. This provides a smooth, gentle lift—without feeling jittery or crashing.

## **collagen key** (skin, hair, nail health + healthy aging)

A unique all-in-one formula that helps support the body's natural production of collagen, adding strength and resilience to hair, skin, and nails. Nearly all collagen products on the market contain animal collagen, which is primarily sourced from cows or fish. In order to convert animal collagen, the body must first digest the collagen and then break it down into amino acid building blocks. The body uses those amino acids to create collagen. This eliminates the breakdown process by providing vegan-sourced amino acids the body uses to create collagen which is essential for maintaining normal structure and strength of connective tissue, such as bones, skin, cartilage, and blood vessels.

## **vegan protein** (vanilla flavor)

A creamy, deliciously vanilla vegan protein that assists in achieving the daily protein requirements of an active lifestyle by supporting post-workout recovery, a leaner body mass, and healthy weight in combination with diet and exercise. This dynamic formula provides an essential combination of amino acids that equal the protein-synthesizing power of an animal protein in a completely vegan formula. Twenty grams of satisfying protein, with zero grams of sugar† and only 100 calories per serving.

## **balance** (gut health/immune support)

A unique combination of pre-and-probiotics with a technologically advanced capsule-in-capsule delivery system to support gut, immune, and skin health.

MONAT probiotics are safely placed inside a vegan capsule, featuring a slow-release coating. The capsule is then encapsulated in a second layer brimming with prebiotics that feed the probiotics, helping them thrive. This capsule-in-capsule technology ensures friendly bacteria stay alive and effective until reaching the colon, where they are needed.

## **immune support** (gut health/immune support)

Powered by vitamins, minerals, and herbal adaptogens, all delivered in one, easy-to-swallow capsule to help protect and support ongoing immune function. It provides efficacious amounts of zinc and vitamins C and D, scientifically studied to support the body's natural immune response. These power players are bolstered by herbal extracts echinacea and ginseng, as well as the adaptogens in our custom five-mushroom blend.

## **sleep drops** (healthy rest)

A soothing elixir that provides the body and mind with a custom sleep blend of amino acids and that signal the brain to relax. Herbal extracts and antioxidants allow the body to relax and achieve truly restful, deep sleep that lasts all night.