



Wellness Samples

FEELFIT VANILLA AND CHOCOLATE SHAKE MIX PACKETS

Each single-serve packet contains 20g of vegan protein (source: cranberry, rice, pea), and is complete amino acid spectrum, low glycemic certified, OU Kosher certified, nonGMO certified, formulated without gluten/dairy/soy and artificial flavors/colors/sweeteners.

DIRECTIONS: Mix in shaker cup with 8-12 oz. water, coconut water, nut/rice milk and ice; or use blender and add clean fat (almond butter, coconut oil, or avocado), organic berries and/or dark leafy greens of choice.

ENERGY FIZZY STICKS - CITRUS, POMEGRANATE, BLOOD ORANGE AND STRAWBERRY

Coffee or tea replacement to boost energy, promote alertness, and enhance cognitive performance, endurance and motor performance with a botanical blend of Antioxidant CoQ10, B vitamins, ginseng, chromium, taurine, and 55mg non-acidic caffeine naturally derived from green tea and guarana. Try a #Tizzy - our hot Detox Tea with a Fizzy mixed in.

DIRECTIONS: Pour contents into 10-20 oz. water. Be sure to take a few sips if mixing in water bottle as it will fizz out. Can be enjoyed hot or cold, in water, our Detox Tea, or green/herbal teas.

CLEANTOX HERBAL DETOX TEA

Aids in the elimination of toxins from the kidney and liver. Milk thistle, dandelion, sweet fennel, elderflower and peppermint are the key ingredients in this relaxing herbal tea.

DIRECTIONS: Enjoy hot (steep for 5 min) or iced, alone or with a Fizzy. Can add lemon, stevia.

GUTHEALTH DIGESTION AND MICROBIOME SUPPORT

Minding your gut's microbiome is a must, as this delicate balance of bacteria helps support healthy digestion. Contains pre and probiotics (3 billion CFU, bacillus coagulans) to support the intestinal microflora in the GI tract, and 13 digestive enzymes to support the digestion of fats, carbs, proteins, fibers, and dairy/lactose.

DIRECTIONS: Mix with 4-8 oz. room temp or cold water first thing in the morning and/or after dinner, or you can mix into your smoothie if you prefer.

CLEANTOX GENTLE CLEANSE

This product helps detoxify by cleansing the system. The delicious lemon-ginger infused formula is gentle enough for daily use. Uniquely formulated with key botanicals and magnesium to work synergistically with the body's natural physiology, supporting cleansing and detoxification. Aloe soothes the gastrointestinal tract, ginger supports healthy digestion, and choline supports liver function.

DIRECTIONS: Pour one sachet into 32 oz of warm or lukewarm water and drink throughout the day. If you have a stubborn digestive system, you can opt to drink it all at once.

MINDHEALTH FOCUS

Multitask to the max. Designed to help support cognitive performance, including aspects of memory and learning. Sunflower seed derived Phosphatidylserine, a key building block for brain cells, and Vitamin B12, which contributes to neurological and psychological functions for cognitive performance, such as concentration and focus. You also get antioxidants courtesy of grape seed extract and CoQ10.

DIRECTIONS: Mix with 4-8 oz. room temp or cold water daily for cumulative benefits, or you can stir into your fizzy or shake if you prefer.

BEWELL SUPERFOOD GREENS

One serving provides a nutritional rainbow of 36 non-GMO fruits and veggies. Contains prebiotic fiber, powerful phytonutrients and antioxidants, essential vitamins and minerals, bluegreen algae from spirulina and chlorella, along with wheat and barley grasses.

DIRECTIONS: Mix in protein shake or mix with 8 oz of water. Can also mix with Guthealth Digestion Support.

SKINELIXIR COLLAGEN BUILDER

Helps build collagen to support skin, hair and nails. Biotin and Hyaluronic Acid helps retain moisture, Sea Buckthorn powder, Pine Bark extract, and Vitamin C help provide antioxidant protection, Gotu Kola leaf helps support venous circulation.

DIRECTIONS: Add one stick to 6 oz of water.

INNERCALM ADAPTOGENIC DE-STRESS POWDER

Ashwaganda, a powerful adaptogen, along with saffron and L-theanine, an amino acid, promotes a sense of calm and relaxation without feeling drowsy.

DIRECTIONS: Add 1 scoop to 8 oz water and stir. Swirl mixture before each sip as contents may settle.

FEELFIT SNACK BAR - DARK CHOCOLATE SEA SALT AND ICED LEMON

A great snack options, contains 10g of vegan protein (source: yellow pea, brown rice), 4g of fiber, and only 5g of sugar. Gluten/dairy/soy-free, non-GMO. Nutrient dense with whole foods including rolled oats, pumpkin, flax and sunflower seeds.

DIRECTIONS: Enjoy as a snack in between meals.

FEELFIT SNACK SQUARE - STRAWBERRY & WHITE CHOCOLATE AND ICED CINNAMON CRUMBLE

A great snack options, contains 6g of vegan protein (source: yellow pea, brown rice), 7g of fiber, and only 6g of sugar. Gluten/dairy/soy-free, non-GMO. Nutrient dense with whole foods including rolled oats and sunflower seed butter.

DIRECTIONS: Enjoy as a snack in between meals.

TRUESPORT - WORKOUT FUEL

Helps maintain endurance and energy to support peak physical performance. Contains an exclusive blend of botanicals featuring cayenne, ginseng, and turmeric to support joint circulation, joint comfort, and physical performance, as well as offering antioxidant protection. Supports oxygen delivery and blood flow, ensuring the blood can move nutrients throughout the body, and assist in the removal of lactic acid waste. Delivers carbohydrates, D-ribose, and L-carnitine to support energy and prevent the "crash" when you don't have the fuel you need. Key amino acids support nitric oxide production to help deliver oxygen to muscles and maintain healthy blood flow for optimum performance.

DIRECTIONS: Use prior to or during exercise and mix well or shake with 8-16 oz. of water.

TRUESPORT - HYDRATION

Delivers a combination of 6 bioavailable electrolytes + magnesium/sodium/potassium to support optimal hydration for proper muscle and cell function, and to replace lost electrolytes during exercise. Contains an exclusive blend of botanicals featuring cayenne, ginseng, and turmeric to support joint circulation, joint comfort, and physical performance, as well as offering antioxidant protection. Antioxidant vitamins A, C & E help fight free radicals during exercise. D-ribose and carbohydrates support athletic performance by boosting muscle energy. Supports isotonic balance.

DIRECTIONS: Mix with 16 oz. of water. Can be used before, during and after exercise.

TRUESPORT - MUSCLE RECOVERY

Delivers an ideal (2:1:1) ratio of branched-chain amino acids (leucine, isoleucine, and valine) that help alleviate exercise-induced muscle soreness to support recovery and reduce downtime between workouts. Contains an exclusive blend of botanicals featuring cayenne, ginseng, and turmeric to support joint circulation, joint comfort, and physical performance, as well as offering antioxidant protection. A unique antioxidant from Pomegranate helps combat free radicals created during workouts. Calcium and magnesium support muscle function and recovery. Sodium and potassium help replenish electrolytes. Vitamin B-12 helps metabolize carbohydrates, proteins, and fats, as well as support the formation of red blood cells.

DIRECTIONS: Consume within 30 min. of physical activity. Mix with 16 oz water or mix in Arbonne protein shake.