



### Progessence Plus Serum

Apply 2-4 drops of Progessence Plus Serum to your forearms each morning as a progesterone supplement balancing mood and supporting hormonal health.



### NingXia Red

Drink one packet of Ningxia Red each morning or during the afternoon slump for sustained energy from a flood of nutrients.



### EndoFlex Essential Oil

Apply 1-2 drops EndoFlex to the front of the throat over the thyroid area.



### Master Formula

Take one convenient Master Formula packet each morning with breakfast for your daily need vitamins and minerals.



### SclarEssence Vitality Essential Oil

Take one drop SclarEssence Vitality under the tongue or add to your Ningxia for overall hormonal support.



### Mindwise

Drink one Mindwise sachet daily to support brain health and memory.

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