



### PowerGize

Take two capsules each morning with breakfast to add an energy boost to the day and support adrenals.



### EndoFlex Vitality Essential Oil

Add one drop of EndoFlex Oil to your Ningxia Red or drop under your tongue daily for endocrine system support.



### MultiGreens

Take 3 capsules 2 times daily to provide natural sustainable energy throughout your day.



### Super B Tablets

Take 1-2 Super B tablets in the morning or early afternoon for added energy. (Taken too late in the day, this can cause wakefulness at bedtime.)



### Nutmeg Vitality Essential Oil

Add 1-2 drops in a morning smoothie or shot of NingXia Red to give your adrenals a boost.



### En-R-Gee Essential Oil

Drop En-R-Gee into your palms and inhale or rub over the adrenals (lower back) for a pick me up on the groggiest day.



### Regenolone Cream

Apply a dime-sized amount directly onto dry skin as needed for hormone support.

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### Awaken

Apply a drop on your wrist or over your heart to awaken and enhance inner self awareness.



### Ningxia Red Packets

Pop in the refrigerator and drink one each day in the morning or afternoon to flood the body with nutrition.