



ENERGY & ALERTNESS

Take 2 LIV Smart each day. Optimum levels of vitamin B complex, especially B12, play an important role in energy production in the body. Concentrated herbal extracts including vinpocetin, bacopa, huperzine and turmeric support mental focus.

Take from a pinch to a pack of Wink Zing to help boost alertness. Use the convenient tin, or take the product straight from the pack. For variation, dissolve in water, or include Zing with GO as an aid to maximum performance.

Take 1 stick of Green2o, dissolved in water, to keep hydrated throughout the day.

