



HEALTHY HEART

Take 1 stick of GO Nitrimax daily in 4-8 ounces of water. For best results take before going to sleep at night.

Take 2 capsules of LIV Smart either first thing in the morning or at night before going to bed. Included in LIV Smart are key heart healthy nutrients like magnesium, Co-Q10 and vitamin E.

Stay hydrated. Drink at least 1 stick of Green2o dissolved in water for healthy alkaline hydration and to replenish important trace minerals and antioxidants.

Use Crave before meals to help you eat less. The fiber in Crave supports healthy cholesterol levels. Use at least one pack of Crave a day. The prebiotics in Crave also support a healthy digestive system.

