



NERVOUS SYSTEM SUPPORT

Use SereZen throughout the day, especially when you feel anxious or stressed, or anticipate a stressful event or time.

Take 2 LIVSmart each day. Optimum levels of vitamins D and B complex help protect the body especially in times of stress. Key concentrated herbs and minerals help nourish the nervous system.

Use at least 1 packet of Green2o, dissolved in water to provide your body with healthy hydration and the trace minerals and antioxidants it needs to nourish a healthy nervous system.

Stress can weaken our immune system. Take 2 BloX each day, and in times of stress or illness you can increase BloX to 2 capsules 3 times per day.

