

	RESOURCE PURPOSE	HEALTH OBJECTIVE	HEALTH CRISIS
MAGNESIUM	<ul style="list-style-type: none"> <li>✓ Supports cellular reaction and biochemical processes</li> <li>✓ Provides highly absorbable magnesium which is generally lacking from the diet</li> <li>✓ Relaxes muscles and can aid in restful sleep</li> </ul>	<ul style="list-style-type: none"> <li>✓ Minimize risk of diabetes and related complications.</li> <li>✓ Prevent or address osteoporosis.</li> <li>✓ Lessen migraine frequency or intensity.</li> <li>✓ Support a treatment protocol for depression or anxiety.</li> <li>✓ Reduce pain from chronic inflammatory illnesses.</li> <li>✓ Support lower blood pressure and improve cardiovascular health</li> </ul>	<ul style="list-style-type: none"> <li>✓ Gastrointestinal illness or disease.</li> <li>✓ Hyperthyroidism.</li> <li>✓ Diabetes.</li> <li>✓ Heavy menstruation.</li> <li>✓ Prolonged stress.</li> <li>✓ Kidney disease, diuretics, and pancreatitis.</li> </ul>
SLEEP & MOOD	<ul style="list-style-type: none"> <li>✓ Supports the healthy production of Serotonin</li> <li>✓ Improves mood over time</li> <li>✓ Supports relaxation and restful sleep</li> </ul>	<ul style="list-style-type: none"> <li>✓ Improve satiety levels and curb appetite.</li> <li>✓ Improve mental energy and processing capabilities.</li> <li>✓ Support mood stability and the treatment of depression.</li> <li>✓ Combat stress and anxiety.</li> <li>✓ Improve sleep quality and duration.</li> </ul>	<ul style="list-style-type: none"> <li>✓ Tryptophan is an essential amino acid that converts into serotonin.</li> <li>✓ Serotonin helps to regulate many functions including sleep, food intake, mood and focus.</li> <li>✓ By supplementing with its metabolized form, 5-HTP, the supplement is more readily accessed by the body to create serotonin.</li> </ul>
GLUTAMINE	<ul style="list-style-type: none"> <li>✓ Supports optimal digestion</li> <li>✓ Supports skeletal muscle during periods of physiological stress</li> <li>✓ Promotes repair of mucosal lining in digestive tract</li> </ul>	<ul style="list-style-type: none"> <li>✓ Strengthen immune system at a foundational level.</li> <li>✓ Protect intestinal lining from inflammatory damage.</li> <li>✓ Improve body composition and risk factors for obesity-related illness.</li> <li>✓ Efficiently and thoroughly recover from strenuous exercise routines.</li> <li>✓ Reduce inflammation related to significant physiological stress.</li> </ul>	<ul style="list-style-type: none"> <li>✓ Dietary glutamine is crucial to maintaining normal function of the gastrointestinal tract.</li> <li>✓ Physiological stress depletes glutamine rapidly.</li> <li>✓ Glutamine plays a critical role in structure, function, and integrity of the digestive tract.</li> <li>✓ Glutamine levels are also associated with metabolism and immune health.</li> </ul>

<p style="text-align: center; color: red;">MAX GI</p>	<ul style="list-style-type: none"> <li>✓ A powerful enzyme blend to support healthy digestion and nutrient absorption plus lysozyme to break down bacterial cell walls.</li> <li>✓ Bacillus subtilis provides immune support and prevents bacteria and viruses from crossing the gut lining.</li> <li>✓ Essential oils of clove, oregano and thyme defend against bacterial invasions and support a strong and healthy immune system.</li> </ul>	<ul style="list-style-type: none"> <li>✓ Improve overall digestion and nutrient absorption.</li> <li>✓ Decrease disease producing microbes in the GI tract.</li> <li>✓ Improve the function of enzymes needed to digest carbohydrates.</li> </ul>	<ul style="list-style-type: none"> <li>✓ Eating a “Standard American Diet”.</li> <li>✓ Insufficient nutrient intake.</li> <li>✓ Stressful lifestyle and eating on the go.</li> <li>✓ Inflammatory bowel conditions.</li> <li>✓ Food allergies and intolerances.</li> <li>✓ Small Intestinal Bacterial Overgrowth (SIBO).</li> </ul>
<p style="text-align: center; color: red;">VITAMIN D</p>	<ul style="list-style-type: none"> <li>✓ 5000 IU of Vitamin D3 in one convenient capsule.</li> <li>FOS, a powerful prebiotic naturally sourced from chicory root, to support and nourish good gut bacteria so probiotics work optimally.</li> <li>✓ 10 billion CFU of probiotics, in multiple strains designed to support digestive and immune health.</li> </ul>	<ul style="list-style-type: none"> <li>✓ Improve digestive health.</li> <li>✓ Support immune function.</li> <li>✓ Support bone health by maintaining healthy calcium levels.</li> <li>✓ Support cardiovascular health and reduce risk of cardiovascular disease.</li> <li>✓ Support cancer prevention.</li> </ul>	<p>Factors that contribute to low Vitamin D3 levels:</p> <ul style="list-style-type: none"> <li>✓ Advanced age.</li> <li>✓ Limited sun exposure.</li> <li>✓ Individuals with darker skin tones.</li> <li>✓ Individuals with inflammatory bowel disease.</li> <li>✓ Fat malabsorption.</li> <li>✓ Patients who have had gastric bypass surgery.</li> </ul> <p>Factors that influence gut flora:</p> <ul style="list-style-type: none"> <li>✓ Antibiotic use.</li> <li>✓ Poor dietary choices.</li> <li>✓ Stress.</li> <li>✓ Food allergies and sensitivities.</li> </ul>