

Beetroot Max

red vitality shot

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ingredients

Organic Beet (Root) Powder, Organic Amla (Fruit) Powder, Organic Hawthorn (Berry) Powder, Organic Schisandra chinensis (Berry) Powder, Organic Green Tea (Leaf) Powder, Organic Ashwagandha (Root) Powder, Organic Turmeric (Root) Powder, Organic Rosehip (Fruit) Powder, Turmeric (Root) Extract [Standardized to min. 95% Curcuminoids (630 mg) (including Curcumin, Demethoxycurcumin and Bisdemethoxycurcumin)], Capros® Amla (Fruit) Extract, Organic Garlic (Bulb) Powder, Organic Noni (Fruit) Powder, Organic Ginseng (Root) Powder, Astragalus (Root) Powder, Organic Acerola (Fruit) Juice Powder, Organic Bilberry (Leaf) Powder, Vitamin C (Ascorbic acid), Organic Black Pepper (Fruit) Powder, Triple Probiotic (Bacillus coagulans, Bacillus subtilis, Bacillus clausii) Powder 1 Billion CFU/g

Trademark Declarations: Capros® is a registered trademark of Kerry Company, used under license.



suggested use

- Add 1 scoop Beetroot Max to 1 ounce of water. Mix well. Drink. Follow with 16 ounces of water. For best results take two (2) times daily.

responsible cautions

- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.

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product summary

Beetroot Max is a proprietary blend meticulously formulated to support heart health and enhance energy levels. Central to this formulation are beets, which are rich in nitrates known to improve blood flow and cardiovascular function. Complementing this are hawthorn berries, a traditional heart tonic revered for their ability to strengthen the heart and improve circulation. Together, these ingredients create a powerful synergy that promotes overall heart health.*

What sets Beetroot Max apart is its inclusion of Capros®, a patented natural botanical extract derived from the edible fruits of Amla (Phyllanthus emblica). Capros® is clinically proven to support healthy blood vessels, reduce oxidative stress, and enhance nitric oxide production, further boosting cardiovascular health and vitality.*

With its unique combination of science-backed ingredients, Beetroot Max not only supports the heart but also provides sustained energy, making it an excellent choice for those seeking a natural way to enhance their daily performance.*

ingredient highlights

- **Beets:** Packed with nitrates, which the body converts into nitric oxide, a compound that helps relax and widen blood vessels. This improved blood flow can lower blood pressure, enhance circulation, and support overall cardiovascular health, making beets a powerful ally for maintaining a healthy heart.*
- **Hawthorn Berry:** Well-known for their cardiovascular benefits, particularly their ability to strengthen the heart and improve blood circulation. Rich in antioxidants, these berries help reduce inflammation and support healthy blood pressure, making them an excellent natural remedy for promoting overall heart health and vitality.*
- **Capros®:** A patented extract derived from Indian gooseberry (Amla) that offers a range of health benefits, particularly for cardiovascular health. Clinically proven to support healthy blood vessels and improve circulation, Capros® helps increase nitric oxide production, which plays a crucial role in maintaining healthy blood pressure. Additionally, its powerful antioxidant properties help reduce oxidative stress, protecting the heart and promoting overall cardiovascular wellness.*

Clinical studies for Capros®:

- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6503348/>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4390209/>

Ocean Vitality

marine minerals for life

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ingredients

Organic Nori (*Porphyra umbilicalis*), Organic Kelp (*Laminaria hyperborea*), Organic Kelp (*Ascophyllum nodosum*), Organic Kelp (*Laminaria digitata*), Organic Dulse (*Palmaria palmata*), Organic Irish Sea Moss (*Chondrus crispus*)

suggested use

- Add 1 scoop to 16 ounces of water. Can be added to other supplements, food, smoothies, juices, facial masks, and baths.*

responsible cautions

- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.

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product summary

Ocean Vitality is a powerful blend of four nutrient-rich sea vegetables: nori, kelp, dulse, and Irish sea moss. This unique combination offers a wide array of essential vitamins and minerals that support overall health and well-being.*

Nori, commonly known for its use in sushi, is packed with vitamins, along with iodine, which is crucial for thyroid health. Kelp, another key ingredient, is a natural source of iodine as well, but it also provides calcium, magnesium, and potassium, making it a valuable addition to a diet that supports bone health and metabolic function.*

The inclusion of organic dulse in Ocean Vitality adds a rich source of potassium, iron, and B vitamins, all of which contribute to maintaining healthy blood pressure, energy levels, and nervous system function. Dulse is also high in antioxidants, which help protect the body from oxidative stress and inflammation.*

Organic Irish Sea Moss, the final component of this blend, is renowned for its high mineral content, including iodine, calcium, and magnesium, as well as properties that support digestive health by soothing the digestive tract.*

Together, these sea vegetables create a synergistic blend that nourishes the body with a broad spectrum of nutrients while also supporting detoxification and immune function. Ocean Vitality is excellent for those looking to enhance their diet with natural, plant-based sources of essential nutrients, particularly those that are often lacking in modern diets. Whether added to smoothies, foods, or taken as a supplement, Ocean Vitality provides a convenient and potent way to harness the health benefits of the ocean's bounty.*

Ocean Vitality Bath

- 2 tablespoons Ocean Vitality
 - ½ cup of Epsom salts
 - 10 drops of your favorite essential oil (optional)
1. Combine Ocean Vitality and epsom salts in a small bowl and mix well. If using essential oil(s), add to the dry mixture and stir thoroughly.*
 2. Fill tub with warm water and add mixed ingredients.*
 3. Immerse yourself in the bath and soak for 20 to 30 minutes.*
 4. After soaking, rinse your body with clean water. Pat skin dry and apply your favorite moisturizer to lock in the hydration.*

Ocean Vitality Facial Mask

- 2 tablespoons Ocean Vitality
- 1 tablespoon honey (for hydration)
- 1 tablespoon yogurt (for lactic acid benefits)
- 1 teaspoon lemon juice (optional, for brightening)
- Water or green tea (as needed for consistency)

1. In a small bowl, combine the Ocean Vitality with honey and yogurt. If you're using lemon juice, add it to the mixture.*
2. Gradually add water or green tea to the mixture. Stir well until you reach a smooth paste that is spreadable but not too runny.*
3. Before applying the mask, make sure to cleanse your face thoroughly to remove any makeup or impurities.*
4. Using clean fingers or a brush, apply the mask evenly over your face, avoiding the area around your eyes.*
5. Leave the mask on for 15 to 20 minutes. You may feel a slight tingling sensation, which is normal.*
6. Once the time is up, rinse off the mask with lukewarm water. Follow up with your favorite moisturizer.*

Tips:

- Always do a patch test before applying the mask to your entire face to check for any allergic reactions.*
- Use this mask once a week for best results.*
- Store any leftover mask in the refrigerator and use it within a few days.*
- Enjoy the refreshing, nourishing benefits of this mask!*

Ocean Vitality Smoothie

- 1 tablespoon Ocean Vitality
- 1 banana
- 1 cup spinach or kale
- 1 cup milk of your choice
- 1 tablespoon preferred nut butter (almond, peanut, etc.)
- 1 teaspoon honey or maple syrup (optional)

1. Combine all ingredients in a blender.*
2. Blend until smooth.*
3. Adjust sweetness if desired and serve immediately.*

Salad Dressing

- 1 tablespoon Ocean Vitality
- ¼ cup olive oil
- 2 tablespoons apple cider vinegar
- 1 teaspoon Dijon mustard
- 1 clove garlic, minced
- Salt and pepper

1. Whisk together all ingredients in a bowl until well blended.*
2. Adjust seasoning to personal taste and drizzle over your favorite salads. Can be stored refrigerated for 1 to 2 days.*

Quinoa Power Bowl

- 1 tablespoon Ocean Vitality
- 1 cup cooked quinoa
- ½ cup cherry tomatoes, halved
- ½ cucumber, diced
- ¼ cup chickpeas (canned/drained or cooked)
- Dressing of your choice (e.g., olive oil, lemon juice, or the salad dressing above)

1. In a large bowl, gently mix the cooked quinoa, vegetables, and chickpeas.*
2. Sprinkle Ocean Vitality over the top and drizzle with your chosen dressing.*
3. Toss to combine and serve chilled or at room temperature.*

Energy Balls

- 1 cup oats
- 1 tablespoon Ocean Vitality
- ½ cup nut butter (peanut, almond, etc.)
- ¼ cup honey or maple syrup
- ¼ cup chocolate chips or dried fruits (optional)
- 1 teaspoon vanilla extract

1. In a mixing bowl, combine all ingredients until well mixed.*
2. Roll the mixture into small balls, about 1 inch in diameter.*
3. Place balls in a single layer on a baking sheet and refrigerate for at least 30 minutes to set.*
4. Store in an airtight container in the fridge.*

Wild Yam Magnesium Oil

75,000mg magnesium

4 ounce

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ingredients

Purified water, 100% pure magnesium chloride brine from the Ancient Zechstein seabed in the Netherlands, wild yam rhizome (*Dioscorea villosa*) extract, certified organic cane alcohol (57-67%), *Pelargonium graveolens* (Rose Geranium) Flower Oil, *Citrus sinensis* (Blood Orange) Fruit Oil, *Citrus paradisi* (Pink Grapefruit) Fruit Oil, Organic *Lavandula angustifolia* (Lavender Vera) Flower Oil, *Salvia sclarea* (Clary Sage) Leaf and Flower Oil, *Jasminum grandiflorum* (Jasmine) Flower Oil, *Angelica archangelica* (Angelica) Root Oil

suggested use

Shake well before use. Spray 3-5 pumps directly onto clean skin on areas like your chest, thighs, torso, calves, and feet. Massage until fully absorbed (each pump delivers about 100mg of magnesium and 25mg of wild yam). It's normal to notice some salt residue on your skin afterward; you can either leave it on or rinse it off as desired. Any tingling or itching should fade as the oil soaks in.*

responsible cautions

- Use only as directed.
- For external use only.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- This spray does not contain added estrogen or progesterone.
- Do not apply on open wounds, irritated skin, recently shaven skin, or broken skin.
- Avoid contact with eyes and mucous membranes.
- Keep out of reach of children and pets.
- Discontinue use if irritation occurs.

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topical magnesium advantage

ABSORPTION

When absorbed directly into the bloodstream through the skin, topical magnesium can provide faster relief of magnesium deficiency symptoms such as muscle cramps, fatigue, headaches, and stress.*

EASE OF USE

Topical magnesium is an excellent alternative for individuals who have difficulty swallowing pills.*

TARGETED APPLICATION

Topical magnesium can be applied directly to specific areas of the body that require relief or support.*

product summary

Magnesium plays a vital role in over 300 bodily functions, yet 2 out of 3 people are unknowingly deficient in it. Zechstein magnesium chloride is one of the most bioavailable and easily absorbed forms for topical use.*

Our ultra-concentrated solution of Zechstein magnesium chloride is a simple and powerful way to harness the benefits of this vital mineral. Our magnesium chloride is naturally sourced from 1,500 meters below the surface of the ancient Zechstein Sea Bed, formed over 250 million years ago. This pristine underground source has remained untouched by modern pollution, making it one of the purest forms of magnesium chloride available.*

Studies show that magnesium can help reduce stress, anxiety, muscle soreness, joint pain, headaches, PMS, and skin conditions like eczema and psoriasis, while also promoting restful sleep. Additionally, it aids in calcium absorption, supporting bone health and growth.*

Our Magnesium Oil & Wild Yam Spray combines the power of Zechstein magnesium with wild yam extract and pure essential oils in a proprietary blend to promote hormonal balance and ease discomfort associated with hormonal fluctuations.*

Wild yam has been valued for centuries in traditional medicine for its powerful benefits in women's health. It has been shown to help relieve symptoms of PMS and menopause, such as cramps, mood swings, and hot flashes, while also providing anti-inflammatory benefits that can aid in reducing joint pain and promoting overall comfort.*

This spray is further enhanced with Clary Sage for its natural phytoestrogens that help regulate menstrual cycles, reduce PMS symptoms, and ease menopause-related discomfort. Rose Geranium complements this blend by supporting hormonal balance and offering relief from symptoms like fatigue and pain, with research suggesting its potential to promote estrogen secretion.*

Together, these powerful natural ingredients create a comprehensive formula to help women maintain balanced hormones and overall well-being naturally.*

MOON

female hormone balance blend

10ml

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application

Aromatic • Topical

safety group

#2

ingredients

Pelargonium graveolens (Rose Geranium), *Citrus sinensis* (Blood Orange), *Citrus paradisi* (Pink Grapefruit), *Lavandula angustifolia* (Lavender Vera), *Citrus reticulata var deliciosa* (Green Mandarin), *Jasminum grandiflorum* (Jasmine), *Cocos nucifera* (Fractionated Coconut)

primary benefits

- Assists female hormone balance.*
- Supports emotional and physical intimacy.*
- Relieves symptoms of PMS and menopause.*

responsible cautions

- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.
- Dilution not required, but can be done with carrier oil if individual skin sensitivity occurs.

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product summary

Moon is a balancing, calming, and warming blend to enhance a woman's feelings of physical and emotional intimacy. It helps to balance hormones and aids in relieving mood swings, menstrual cramps, hot flashes, and hormonal headaches.*

This blend allows a woman to be open and communicative with their partner. Moon also helps women be sensitive to their feminine need to nurture themselves, especially during their "moon time".*

ingredient highlights

- **Rose Geranium** supports hormone balance particularly in puberty, menopause, and during menstrual changes.*
- **Blood Orange** has been shown in studies to have a positive effect on stress by decreasing cortisol and regulating heart rate.*
- **Pink Grapefruit** contains a flavonoid called quercetin that has been shown to positively benefit estrogen activity in the body.*

uses

- Mix 12-15 drops into ½ cup Pink Himalayan or Dead Sea salts and dissolve into warm bath water. Soak 15 to 20 minutes to help balance hormones and to relieve pain and muscle aches brought on by menstruation. The incredible fragrance can also lift depression and soothe the nerves. Take a bath before bed to take advantage of Moon's aphrodisiac benefits.
- Inhale 1 to 2 drops directly from a tissue, cotton ball, or the palms of the hands as needed for hot flashes, insomnia, mood enhancement, and aphrodisiac effects.
- Dilute 10 to 20 drops in 10ml of carrier oil and massage over the lower back and abdomen for relief of menstrual discomfort.
- Dilute 10 to 12 drops in 1 ounce of carrier oil and massage over the lower abdomen area to support and vitalize reproductive energy.
- Apply 1 to 2 drops on the foot reflex points for the reproductive organs, gently stimulate the points as you massage in the oil.