OVERALL WELLNESS PLAN

MORNING ROUTINE

Take 3 drops Longevity Vitality in a capsule with breakfast.

Put 1 drop of Endoflex Vitality over adrenals & 1 drop over thyroid.

Drink half your body weight in ounces daily. Add a drop of Citrus Fresh to 8 oz!

Put 3 drops of Citrus Fresh in your diffuser for uplifted mood.

AFTERNOON ROUTINE

Put 1 drop of DiGize Vitality over your stomach or in 8oz of juice (lunch).

EVENING ROUTINE

Put 1 drop of DiGize Vitality over your stomach or in 8oz of juice (dinner).

Put 2 drops of JuvaFlex Vitality over your liver before bed.