

Helping you live better



Your Custom Powder Specifics

- Customized specifically for you
- Designed to be taken twice per day
- See back label for YOUR custom dose
- Your scoop is specific for your product

Best Practices for use

- Once your powder has been mixed it is best to drink within 10 mins if "Plain Jane" or within 24 hours for new "Smooth Neutral"
- If you find the powder too bitter, add some natural sweetener
- Add the powder into your favourite smoothie or mix with water

Our Favourite Smoothie

1/2 cup organic frozen or fresh blueberries
Juice from 1/2 of a fresh lemon or lime
2 drops human grade peppermint essential oil
8 ounces of clean, filtered water
Blend until desired consistency

Once blended, add your serving of custom powder
Drink and Enjoy!