STRESS RELIEF CONDITION PROTOCOL

Supplementation Regimen:

- Stress & Anxiety Relief Pak, 1 packet morning and 20 minutes before a stressful event that would normally spike anxiety, as needed
- Optimal Fruit & Veggie Plus, 1 serving daily
- Optimal 1 Digest-A-Meal, 2 capsules with each meal



Right For You

BECAUSE IT'S MADE

FOR YOU



STRESS AND ANXIETY RELIEF PAK

31 HEALTH PAKS

DISPENSER INSTRUCTIONS

Press along the perforation and push in the flap. Dispense packets

Nutrition Regimen:

- Eat more raw foods as processed foods cause stress to the body and exacerbate anxiety
- Cut out processed foods
- Consume more mushrooms and high-nitrate foods such as beets and arugula

Exercise Regimen:

- Aerobic High Intensity Interval Training (HIIT): 20-30
 Rounds 20 seconds full out, 40 seconds off, 3 times per week
- Full Body Strength Training: 30 minutes, 3 times per week