



Optimize Nutrients & Vitality

FUEL YOUR BODY

Designed to optimize your health and prevent deficiencies, our program begins with a blood test assessing the precise levels of your critical nutrients. Based on this analysis, we tailor interventions to guarantee a balanced intake of nutrients promoting bone health, energy production, cardiovascular well-being, and neurological function.



YOUR 3-MONTH PERFORMANCE PROGRAM

From \$350

Do you have nutrient deficiencies?

You do if you have fatigue, trouble sleeping, lack of energy, brain fog, dizziness, hair loss, bone pain, muscle cramps/weakness, irritability, and abnormal heart rhythms.

TESTING

Includes Vitamin D, Omega Fatty Acids, Magnesium, Ferritin, Vitamin B12.



SOLUTION

Based on your results, we customize an action plan to help increase critical nutrients intake to optimize your health and avoid deficiencies.

COACHING SUPPORT

Health coaching sessions

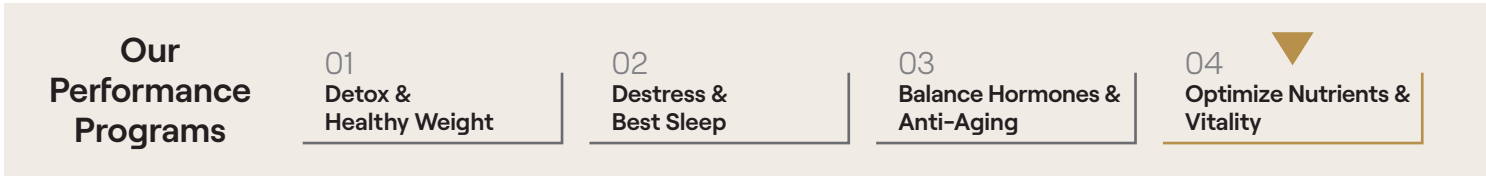
Includes: One 1-hour strategy session with health team to review results, communicate any normal/healthy biometrics, and develop an action plan.

OPTIONAL 3-MONTH ADD-ON

Includes: Retesting, a second strategy session, and a follow-up coaching session.

Suggested add-ons with your Performance Program:

Detox & Healthy Weight, Balance Hormones & Anti-Aging, Destress & Best Sleep



➤ CONTACT US FOR A CONSULTATION