



## 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

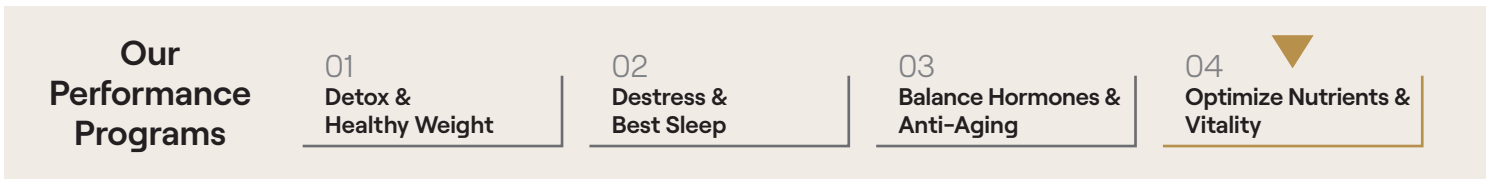
**Includes:** One 1-hour strategy session with health team to review results, communicate any normal/healthy biometrics, and develop an action plan.

#### 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



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