

REAL LIFE BUT BETTER - ADDRESS ROADMAP

MODULE 6 WORKSHEET: SUPPLEMENTS AND HYDRATION

#1 SUPPLEMENTS

Common supplements include vitamins, minerals and herbal products. Supplements are important to make sure we get enough essential nutrients and to maintain or improve our health.

As we are completely bioindividual, the supplements that one person needs will be quite different to the needs of someone else,...

These are the basics:

MAGNESIUM

OMEGA 3 OIL

PROBIOTICS

VITAMIN D

ADRENAL FORMULA

REISHI MUSHROOMS

#2 HYDRATION

Water is essential to the body and adequate hydration is required to maintain mental and physical performance. Drinking water, over other beverages on the market, maintains the health of the body.

WHAT WORDS WOULD YOU USE TO DESCRIBE YOUR WATER HABITS?

Close your eyes and picture your perfect health . Use the box below to explore your thoughts!

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Weekly Goals

Check when complete!



1



2



3



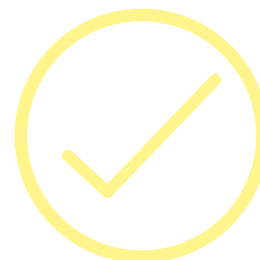
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NOTES



Sign up for our online dispensary or contact the team to book a bio-individuality assessment to get the right supplements & protocol for your uniqueness.