



LIVING 2B CHECK 3

#1 DIGESTION / METABOLISM

- Less Cravings
- More Energy throughout the day
- Weight Loss
- BM Regularly
- Increased Metabolism
- Better Workout



LIVING 2B

#3 RECOVERY

- Better Sleep Quality
- Sense of Calm
- Better recovery after workout, or strenuous activity

#2 MENTAL

- Clearer Focus
- More Libido
- More Calm
- Less Anxiety
- Improved Stress Management
- Better Memory

SEE REVERSE



LIVING INSPIRED • LOVING LIFE • BUILDING PEOPLE • MAKING A DIFFERENCE

LIVING 2B

LIVING 2B CHECK 3

DAY

DIGESTION / METABOLISM

Less Cravings, More Energy, Weight Loss,
BM Regularly, Increased Metabolism,
Better Workout

MENTAL

Clearer Focus, More Libido, More Calm,
Less Anxiety, Improve Stress, Management,
Better Memory

RECOVERY

Better Sleep Quality, Sense
of Calm, Better Recovery

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