



Health in your hands

Take as directed on bottle - Consult your Physician- Results may vary

Companies I personally use and my 18 yr old daughter uses as well :

Store brand: **Spring Valley-brand {Walmart}**

1. Iron 65 mg - in leafy greens { I don't eat enough}
2. Vitamin D 2000 IU 1 tablet -energy due to sunlight vitamins
3. Vitamin E 180 mg 1 tablet -skin/ hair/ muscles/ lessons menstrual blood clots

Nature Made {Walmart}

4. Potassium Gluconate- 550 mg helps with muscle cramps and aches

Mag-Ox

5. Magnesium -I Oxide 400 mg energy, muscle, bones and heart
Magnesium Citrate - 400 mg - Migraine preventative

Pine Tree Hills Farms in Watertown, Wi the pinehillfarm.com Dr. Linley Gray

Bio scans - can be done across the country by DNA samples in the mail.

My vitamins were scanned for my organ reaction and I took some out that my body did not need. I sent in my daughter's DNA samples with vitamins to be tested as well.

6. Digestzyme-V - gastrointestinal Health- {Gas and upset stomach}
7. Iodine - dropper - thyroid - {weight loss relief}
8. Women's Hormone Balance - Dropper {Menopause relief} weight loss relief
9. Cervive- endocrine Health - prevents migraines naturally/ balance anxiety

Dr. Gundry -gundrymd.com

10. Bio Complete 3 - all in one Pre-post and probiotic -all massive bloating is gone!!
Flatter stomach

CellaBeauty support@cellabeauty.com

- 11.Inner Glow- Menopause relief for joint pain and other major symptoms {Lifechanger!}