



Melissa + Amy's

# DAILY ROUTINES SUPPLEMENTS

## AMY'S ROUTINE

### Breakfast

Lifelong Vitality Pack - 2 from each bottle  
 Terrazyme - 1  
 PB Assist - 1  
 1 Phytoestrogen and 1 Bone Nutrient  
 1 Adaptiv Capsule

"Amazing - no matter your hormonal season of life - this is what I would reach for."

"I'm also a little bit geeky about the probiotics!"

"Adaptive for mental and emotional wellness - helps combat daily stress and keeps my mood even, especially with the girls!"

### Lunch

Terrazyme - 1 to 3 depending on meal

### Dinner

Terrazyme - 1  
 Lifelong Vitality Pack - 2 from each bottle



"What really turned things around for me and help me feel better in my gut and all over was the Life Long Vitality Pack!"

### Bedtime

Serenity Softgel  
 Copaiba Softgel

"Copaiba and Serenity make for amazing, restful and restorative sleep!"



## MELISSA'S ROUTINE

### Lunch

LLV - 2 from each bottle  
 Terrazyme - 2

"With the LLV I'll notice that my joints are happier!"

"It's the number one product for me - it has been a really important part of my weight loss journey."

### Dinner

LLV - 2 from each bottle  
 Terrazyme - 2  
 PB Assist - 1  
 1 Deep Blue Polyphenol  
 1 Phytoestrogen and 2 Bone Nutrient

"I don't miss these!"

### Bedtime

Terrazyme - 1  
 Serenity softgel, Copaiba softgel  
 1 Deep Blue Polyphenol



"I'll take one in the morning and one before I go to bed for joint pain in the night - amazing."

