

WHAT'S IN YOUR BOX

[Whats in your Box Video](#)

I wanted to send you a quick note letting you know what's in your order and how to use it so you have it to refer to when you get started!

Protein Shake:

20g of vegan protein from peas, rice, and cranberry (use 2 scoops per shake) I use for breakfast or lunch most days with frozen fruit, spinach, healthy fat(almond butter or avocado), and almond milk. Can also use in a blender bottle with water/dairy free milk on the go for a snack.

GutHealth Digestion & Microbiome Support:

Probiotic, prebiotic, digestive enzyme. Naturally supports your digestive health. Add one stick to your shake, or mix with 4 oz of cold water or your fizz. Do not add to hot liquids. I do this in my morning shake!

Cleantox Herbal Detox Tea:

Caffeine free and supports liver and kidneys. Don't let "detox" scare you, you won't be running to the bathroom! We call this "debloat tea" in my house. You can also mix it with a fizz stick to make an afternoon pick me up Tizzy! (I have these as my morning coffee) Just mix the fizz and hot water first. Or, enjoy in the evening to wind down or add fiber to keep you full if you're feeling snacks.

GutHealth Prebiotic Fiber:

Soluble blend of peas, apples, citrus, and beet fiber. Helps support healthy serum triglycerides, GI and cardiovascular system, and glucose levels. Start by adding 1/4 a scoop to your shake, we can increase the serving if your body handles 1/4 scoop well. Can also be added to sauces, soups, or baking.

Cleantox Gentle Cleanse:

We'll do this during week 3. Gently supports cleansing and detoxifying the system and GI tract. Mix one packet with 32 fl oz of hot water so it dissolves. I suggest using a blender bottle to mix

thoroughly. I add ice after! Drink throughout the day...at least 6 hours. Has a light lemon taste!

Energy Fizz sticks:

Promote alertness and endurance when you're starting to feel tired. 55 mg of naturally derived caffeine. This is my afternoon pick me up. Mix with 8 or more oz of water. It will fizz up so don't mix in a full glass or it will overflow! You can have 2-3 a day!

BeWell Superfood Greens:

Full servings of fruits and veggies, contains prebiotic fiber, and phytonutrients. Has your greens, reds, yellows and blues. Mix this with a fizz or take it as a shot with 3-4 oz of cold water daily! Or, add to your shake.

Sample day:

Essentially, you'll have a morning shake with one packet of digestion plus and fiber (start with 1/4 scoop and work up to a full one). Have a tizzy in the morning as your coffee and fizz during the day whenever you need. If you need a second shake, it will just be the protein and whatever you want to add to it as far as fruits,, veggies like spinach, etc! If I have a second shakes, it's for a post workout shake or meal replacement. We want you to focus on eating nutrient dense foods, but there may be days that you're in a pinch! Mark on your calendar for 3 weeks from starting so you know when to start your cleanse! I'll be checking in with you often and please please reach out anytime if you have questions! I'm proud of you for choosing HEALTH! I know you will love this program!