



# HOLIDAY 911

**Listen, I see the cookies on the dessert table too.** Lets face it, some of us are just gonna take the cookie (or cookies am I right?!) and want to pretend it never happened. Well we have something that can make it a little easier. **Gluterase** provides specific nutrients shown to help digest and inactivate gluten, and at the same time support the health and efficacy of the gastrointestinal tract. We may not be able to make the carbs disappear, but we can rest a little easier knowing disaster pants won't be visiting us!

Whether we had a little too much to drink or we just ate too many carbs, that party wiped out your electrolytes. **Lyte Balance** is going to help restore those quickly. From sugar hangovers to the good ol' alcohol hangover, our minerals need some major help, and nothing is more balanced to do the job than Lyte Balance, so get yours!

My personal favorite way to recover after having a little too much fun during the holidays is a good classic bone broth fast. When you're down and out, no one makes bone broth easier than **Lonolife**! Sip on some steaming, hot and tasty bone broth so your body can focus on recovering.

Anyone else feel a little stressed after all that partying and family time? Well if you're feeling it too, we want to help your adrenals out! Those little suckers are tuckered out and could use a little boost. **ADB5 Plus** is packed full of vitamins, minerals and more to give a helping hand to those little adrenal glands.

Now remember, these products are not a replacement for a good diet. But life happens, and from time to time we eat things we normally wouldn't. This kit is for exactly that, when real life happens.

Along with this protocol, remember to try and get some extra rest, hydrate with lots of water, and also some gentle movement like a nice walk. Most importantly, get back to eating the foods that are aligned with your goals!

## HAPPY HOLIDAYS!

### PRODUCT GUIDE



**Gluterase** - Take 2 with each meal containing any gluten

[BUY NOW ONLINE](#)



**Lyte Balance** - Take 2 caps before bed, 2 caps in the morning and 2 more in the afternoon

[BUY NOW ONLINE](#)



**Lonolife Bone Broth** - Fast the next day with 3-4 cups of bone broth

[BUY NOW ONLINE](#)



**ADB5 Plus** - Take 2 the next morning and 2 again at lunch

[BUY NOW ONLINE](#)