



SHOPPING LIST

New Supplements

Liver Juice by Organic Olivia | \$33.00

J. Kloss Anti-Spasmodic Compound by Herbalist & Alchemist | \$32.30

Sarsaparilla by Herbalist & Alchemist | \$30.05

Dr. Reckeweg R32 by Dr Reckeweg | \$32.00 | Gemmos USA

Optional:

NAD+ by Qualia | \$53.11 | iherb

FIBER | Barlean's, Digestive Seed Blend | iherb

FIBER | Barlean's, Barlean's, Flax-Chia-Coconut Blend | iherb

FIBER | Organic Traditions, Sprouted Flax Seed Powder | iherb

FIBER | Flora, Certified Organic FloraLax | iherb

FIBER SNACK | Flackers, Flax Seed Crackers, Savory | iherb

FIBER SNACK | Flackers, Toasted Flax Seed Crisps, Black Sesame Seed
& Black Pepper | iherb