



SHOPPING LIST

New Supplements

DigestZyme | Vital.ly

HistEase | Vital.ly

TriMag Supreme | Vital.ly

GenoMulti Active B's | Vital.ly

“Nervous System (NS)’ Herbs | Naturally Anew

Optional:

Castor Oil + Pack | Vital.ly

How to purchase?

Let me know which option you would like to proceed with by replying to this email.

1. **Purchase through [Vital.ly](https://vital.ly) website patient portal** (shipping fees may apply). This will be setup by the practitioner if you choose this option.
2. **Purchase through Naturally Anew.** You will be notified when items are available for pickup, usually within 1 week of ordering.