



Nourish and Revive

~Holistic Health, Allergy and Nutrition~



Mother's Must-Haves

Daily Nutrients

*Vitamin A, B and C – Catalyn (Chewable for Kids)

*Vitamin D – D3-K2 Spray (Great taste)

*Probiotics – Flora Synergy (Chewable for Kids)

*Fish Oil –Tuna Omega-3 (Chewable for Kids)

**Himalayan Sea Salt/Lemons

**Calcium – Calcium Lactate Powder

**Greens – SP Green Food

**Sports Endurance – Cyrofood Powder



Illness and Prevention

Flu immunity booster – Flu-tone (1 dropper per month in place of flu shot)

Congestion –Congaplex (Chewable for Kids) or Immuplex

Runny Nose/Allergies/Hives – Antronex

Itchy Throat – Throat Spray (take at first sign of irritation)

Stress/Hyperactivity – Fields of Flowers

Ouchies

Healing Gel (with Arnica) – PhytoGel

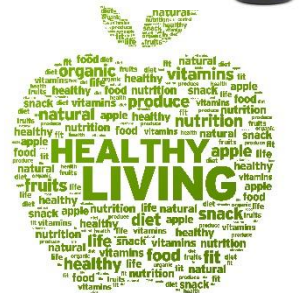
Topical Swelling/Bruises – BioCatalin Lotion

Pain Relief – Relief-Tone



***#1 Important for Basic Nutritional Supplementation**

****#2 Important for Exceptional Growth, Focus and Sports Endurance**



The above nutrition is only a suggestion for improving immunity. These products are not intended to diagnose, treat, cure or prevent any disease. Always consult with your health care professional. If you suffer from a medical or pathological condition, you need to consult with an appropriate healthcare provider. Children or pregnant/lactating women should not take herbs or some vitamins; seek the advice of your family physician. Nourish and Revive is not a substitute for your family physician.