Supplement List For Food Reset and Detox:

Your doctor should always be consulted when changing your diet. It is your responsibility to make sure these supplements work with your body and ANY medications you are taking. These supplements are not intended to treat, or cure any alignments or disease. You take all the risk when adding supplements to your diet.

1. **Green Vibrance:** Is an award winning Green Super food! It contains over 70 ingredients, 25 billion probiotics, enzymes, fruits & vegetables, liver support, vitamins, trace minerals, skeletal support, and adaptogens. It is the green food that started the category in 1992. To learn more: https://www.amazon.com/Vibrant-Health-Plant-Based-Superfood-Probiotics/dp/B00SK66J0Q/ref=pd_sim_121_3?ie=UTF8&psc=1&refRID=50MBH774T3ARGTFXB7NX

2. **PGX Super Fiber** (made from Konjac root): Most powerful form of fiber! This supplements help control your appetite and blood sugar. Fiber slows the rate at which food enters the blood stream so it can utilize more of the nutrients in your food and it also helps your gut eliminate more efficiently. It is a MUST if your goal is to release inches and unwanted weight. You want to take it with a full glass of water before your meal.

   Order yours at: https://www.amazon.com/Natural-Factors-WellBetX-Mulberry-Normalized/dp/B0019LPJDM/ref=sr_1_1_a_it?ie=UTF8&qid=1471997804&sr=8-1&keywords=pgx+fiber

   To learn more, check out this video with Dr Mark Hyman: https://www.youtube.com/watch?v=3Ef4lu8A_UY

3. **Perfect Food Raw Protein Shake**:This product is packed with 14 RAW and organic sprouts, fat-soluble vitamins A, D, E and K and supports digestive health and function with live probiotics and protein-digesting enzymes and CoQ 10 an anti-aging supplement that gives the cells a high boost of energy, helps to eliminate free radicals from the body, enhances support for you immune and nervous system and helps normalize your weight. Here is what the Best Priced Nutrition folks have to say: http://www.bestpricenutrition.com/garden-of-life-raw-protein-622-grams.html

   Protein and green shakes are great as a snack as or with a small meal to add more nutrients into your day.

4. **Optional: Fish Oil (cod-liver or krill):** These oils are great for brain function and also boost your immune system. They act as an anti-inflammatory, which believe me you are probably inflamed and don't know it and it helps your heart. You need to have a balance of 2:1 ratio between Omega 3 and Omega 6. To order go to: https://www.amazon.com/Garden-Life-PLATINUM-Flavored-Softgels/dp/B00BQHUZWO/ref=sr_1_1_a_it?ie=UTF8&qid=1472067096&sr=8-1&keywords=MorEPA+Platinum#customerReviews

Some people complain of fish burps after they take this supplement. That is usually because the product is not fresh. The one I take, that hasn't given me burps at all, is Minami Nutrition MorEPA Supercritical Omega 3 Fish Oil

Cost: When looking at the cost of supplements look at what the cost is per day. For instance your Green Vibrance is $38.13 for 30 servings. In truth it's 1.27 a serving. That's an AMAZING price for you servings of veggies and more!

When you look at the cost per-day it is cheaper than ever to get healthy!

Tip: Keep your supplements somewhere you will see them daily so you remember to take them. You'll want to get them into your daily routine. I leave my supplements are next to my microwave and I take them with my breakfast. Put them in a place you can't help but see them.

Last Thoughts: When you take the right supplements for your body regularly you will feel more energetic, healthy and strong. It's time to let health into your body so you feel good about yourself, enjoy your life and are able to send more love into the world! ☺

Michelle Melendez-Fitness Expert

You take full responsibility for taking these supplements and release Women Getting Fit and Michelle Melendez of any liability. Please check with your doctor and/or nutritionist to ensure your safety and good health.