

XTINA'S VITAMIN REGIMEN

I take a liquid vitamin (Daily Build Liquid is my personal preference) every day, non negotiably, and have fully swapped out coffee and use ENERGY instead.

I supplement with CalciumMK+ every night before bed and take Metabolic One and SERENE daily to support my thyroid and adrenal function and lower stress.

All at livepure.com/wc

LIST

Daily Build Liquid

Energy

CalciumMK+

Metabolic One

Serene