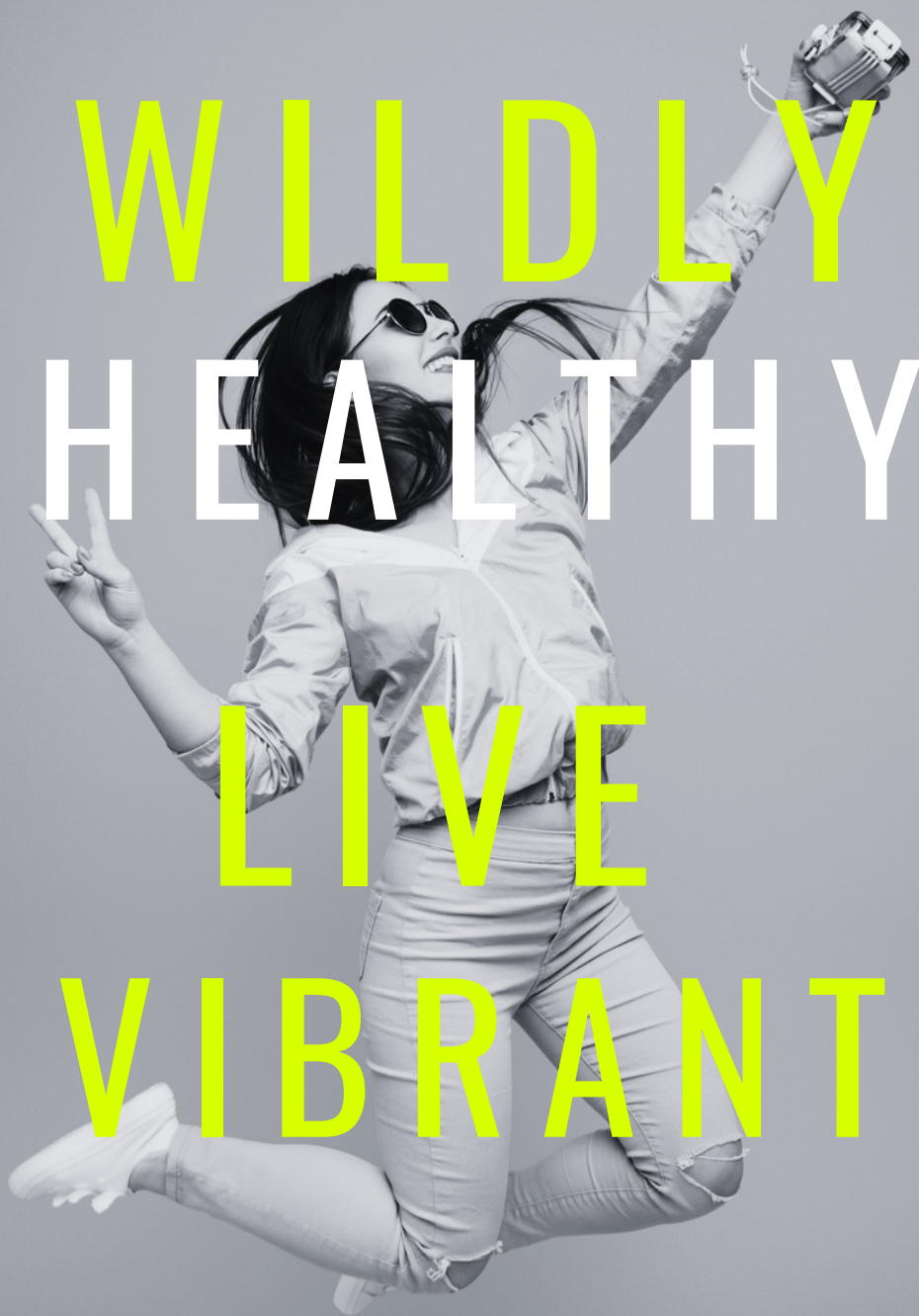




WILDLY

HEALTHY

LIVE

VIBRANT



Welcome to our vibrant community! We're thrilled to have you here. Get ready to embark on a journey of activation, wellness, and connecting with like-minded individuals who are passionate about living wildly healthy lives.

Together, we'll inspire and support each other on this incredible path of growth and well-being. Let's thrive and make magic happen!

HOW TO TAKE YOUR NEW ACTIVATORS



We always say don't stress,
just "get it in your body"
PERIOD.

They only work if you take them.

For those of you who need
SPECIFICS here is what we recommend.

- TAKING YOUR STACK IN THE MORNING
WITH SOME FOOD IS .

best..



The Protandim products
are easily digested with a little fat.
It can be as simple or as complex
as you would like...

Cream in your coffee,
a spoonful of nut butter
a protein shake
or the full meal deal.

If you're on the **Vitality Stack**,
your Omega+ counts as enough fat.

- 
- each product has directed dose and instruction on the bottle, you can always refer to that.

YOU HAVE FREEDOM TO PLAY AROUND

with the time of day that works best for you to take your activators.

Some people even prefer to take them before bed or split them up at different times.

You can experiment and see what works best for your body.



ACTIVATORS

A COUPLE KEY POINTS...

1. When taking Protandim Nrf2, do not take any of the 5 ingredients within 2 hours of your "little yellow pill"

Green Tea, Tumeric, Milk Thistle, Bacopa or Ashwaganda

Some people still choose to supplement with curcumin, turmeric, or drink green tea which is fine.

Simply take your Protandim at a separate time so you don't disturb the patented synergistic recipe

2. Protandim is a "Cellular Vacuum"

If you experience any 'cleansing' symptoms, know that it's completely normal and a great sign that change is on the way.

We have lot's of experience with this over the years. Please don't hesitate to reach out to your consultant and get suggestions for making the transition a little smoother.

We have loads of tips and tricks up our sleeves from dosing, to food & drink suggestions, etc that will help.



BRAIN BOOST OF AXIO

We recommend when starting out on Axio to avoid taking it on an empty stomach.

Again this is something you can play around with and see what's best for your system.

Lots of us have replaced our morning coffee with Axio and have had wonderful results. More brain stamina, focus and energy.

Good bye brain fog!

A **niacin rush**, occurs when you are low on Niacin, a type of vitamin B3 that plays a crucial role in our body's metabolism and energy production. , It can cause the blood vessels near the surface of your skin to widen, leading to a warm, tingly and sometimes itchy flushed feeling. It is **not an allergic reaction or harmful** and usually lasts about 20 minutes.

- 
- A woman is shown in profile, running towards the right. The image is heavily tinted with a teal color, making the woman's features and clothing appear in shades of green and blue. She is wearing a sports top and leggings. The background is a solid teal color.
- Remember **setting a new habit can take about 21 days** so stick with it and don't miss a day. Generally we advise to take 1 month of Protandim for every decade alive to unwind the accumulation of oxidative stress damage.

TAKE TIME
to cleanse,
to HEAL,
to renew,
to grow,
TO BECOME.

- We have seen people have life changing experiences, the longer you stick with it and allow your body to rebuild on the cellular level the younger and better you begin to feel. **Activation is a lifestyle shift.**
-

- Drink plenty of WATER, as your body clears out the old rust blocking your cellular signaling pathways you will really want to flush your system so all the old damaged toxic cells leave your body through the system that was designed to eliminate waste. You don't want that old rust to stay in any longer! let it out with the help of water.



- Our gut health stack is a great addition to help your body heal and eliminate properly. If gut health is an issue for you remember our quality probio, prebio and wellness will aid in re-setting digestion and the gut brain connection. proper elimination is key.

ORGANIC
LIFESTYLE



FREQUENTLY ASKED QUESTIONS

What if I experience any detox?

- *Make sure to drink plenty of water and then some more*
- *Eat more nutritious fibrous foods*
- *take a half a dose for a few days and then work into full dose.*

Check in with your enroller or member of Team Wildly Healthy and we can work through any issues with the tools in our toolbox. We've helped thousands of people transition to activation.

What is a Niacin flush?

Niacin flush refers to a common side effect that can occur when taking high doses of niacin, also known as vitamin B3. When niacin is consumed, it can cause a temporary dilation of blood vessels, resulting in a sensation known as a niacin flush. The symptoms of niacin flush can include:

- *Redness and warmth:* The skin may turn red, especially in the face, neck, and chest area. It may feel warm to the touch.
- *Flushing or blushing:* The redness can be accompanied by a sensation of warmth or a feeling of flushing.
- *Itching or tingling:* Some individuals may experience itching or a tingling sensation in the skin.

These symptoms are temporary and subside within 15-30 minutes or up to an hour. Niacin flush is not typically a cause for concern, and generally means you are deficient in the B vitamins your body needs to perform optimally

What if I miss a dose?

- we always recommend to get the stuff in your body every single day and the faster you make a routine out of it the better. but if you miss a day you can always start again tomorrow. the effects of protandim stay in your system for 14 day. After that your oxidative stress levels return to a higher level.

Do you ever double up on your products?

- yes! depending on the severity of your condition or if you have a dip in your immune function we recommend taking protandim and several other products twice a day. the key to remember is to take them about 12 hours apart so your activation can rev up in the body at two separate times, like in the morning and at night. here is a list of products we suggest doubling up on to boost your systems.
- portandim nrf2
- protandim nrf1
- probio
- omega+
- d3+
- prebiotic
- wellness

There are situations that people have decided that they prefer to take protandim nrf2 twice a day long term. usually for a larger person or someone with serious ailments and long term health conditions. its ok to experiment.

How many Axios are safe to take?

- we like to have at least one a day and have have up to 4 or 5 in a day. some days you just need that extra support. this is one product that is fine to experiment with to see how many your body likes.
- some of us mix a caffinated with a decaf in one 24oz jar we call this the now and later because it fules your brain with clarity and energy all day.
- one great thing about axio is the way it activates your brain to focus and when you are ready for bed its still easy to fall asleep unlike other nootropic and energy drinks.

So you love the products and want your mom and friends to take them..

- This is a wonderful thing to do! we have found that there is truly not many things in life that are as rewarding as referring a friend and then experiencing them benefit in ways that you have!
- It's simple just log into your customer account and choose to upgrade to a consultant. its \$50 for your start kit, it includes everything you would need to assist your people to get activated. Its like being an affiliate and now you are qualified to earn between 10-30% commission for referrals. It's fun to get paid for recommending the products you love and use daily.

Would you like to earn some
extra income or get your
product paid for?

- Join Team Wildly Healthy,
become a part of a welcoming
supportive community of people
who are passionate about their
living vibrantly and contributing
positively to their community.
- We have a lucrative
compensation plan that rewards
you quickly up front for sharing
with customers and long term by
developing a team. Weather you
are interested in just paying for
all your products every month
or intrested in life changing
income we have a path for you
to access and succeed at
building an income.

Either as a customer or a
consultant, Team Wildly Healthy
will be with you all the way!

Wildly Healthy

LIVE VIBRANTLY



VIBRANT LIVING INVENTORY

We care deeply about your overall wellness and want to ensure that we are meeting your needs effectively. Your feedback is crucial in helping us understand how you feel about key markers of your well-being. Please take a few moments to complete this survey to rate your experience in various areas of wellness. Your responses will remain confidential and will be used solely for the purpose of supporting you along your Wildly Healthy journey.

Please rate the following key markers:

1. Sleep quality:

Excellent Good Neutral Bad Very bad

- How would you rate the quality of your sleep?



- How well-rested do you feel upon waking up?



2. Digestive health:

Excellent Good Neutral Bad Very bad

- How would you rate your overall digestion?



- Do you experience any discomfort, bloating, or irregularities in your digestive system?



2. Digestive health:

3. Brain function:

Excellent Good Neutral Bad Very bad

- How would you rate your mental clarity and focus?

☐ ☐ ☐ ☐ ☐

- Do you experience any brain fog or difficulty concentrating?

☐ ☐ ☐ ☐ ☐

4. Skin health:

Excellent Good Neutral Bad Very bad

- How would you rate the overall condition and appearance of your skin?

☐ ☐ ☐ ☐ ☐

- Do you experience any dryness, redness, or other skin concerns?

☐ ☐ ☐ ☐ ☐

5. Joint health:

Excellent Good Neutral Bad Very bad

- How would you rate the comfort and flexibility of your joints?

☐ ☐ ☐ ☐ ☐

- Do you experience any stiffness, pain, or limitations in your joint mobility?

☐ ☐ ☐ ☐ ☐

6. Energy levels:

Excellent Good Neutral Bad Very bad

- How would you rate your energy levels throughout the day?

☐ ☐ ☐ ☐ ☐

- Do you experience any mid-day crashes or lack of sustained energy?

☐ ☐ ☐ ☐ ☐

7. Stress management:

Excellent Good Neutral Bad Very bad

- How effectively do you manage stress in your daily life?

☐ ☐ ☐ ☐ ☐

- Do you feel overwhelmed or find it challenging to relax?

☐ ☐ ☐ ☐ ☐

8. Overall well-being:

Excellent Good Neutral Bad Very bad

- On a scale of 1 to 5, how would you rate your overall well-being?

☐ ☐ ☐ ☐ ☐

- Is there anything specific impacting your well-being that you would like to mention?

☐ ☐ ☐ ☐ ☐

Optional demographic information (optional):

- Age:

- Gender:

- Occupation:

Thank you for taking the time to complete this survey. Your feedback is invaluable to us in understanding your wellness needs and improving our products and services. If you have any additional comments or suggestions, please feel free to include them below.

Thank you