

Weightloss Supplements

Harmony & Health

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Quality Products for Health

www.harmony4health.com

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Nutritious Meal Replacement - *different flavors, no/low sugar, non-gmo & many other benefits*

- Protein AIVIA- 20g protein/serving, Keto friendly, herb blend for added benefits
- Power Meal- 25g protein/serving, zero grams added sugar (even artificial), very creamy texture
- Love and Peas- 20 g pea protein/serving, regular and sugar free options
- OM Master Blend- 21g protein/serving, 10 mushrooms & 3 adaptogens to support health & recovery
- Nature's Harvest- 21 g protein/serving plus a blend of green whole foods, herbs, and enzymes

Energy & Appetite

- Solstic Energy-may help reduce fatigue, supports mental clarity and focus, mobilizes fat stores for fuel
- Emerald Weight Loss Health- Thermogenic effect and appetite control
- Garcinia Combo- supports weight management efforts by helping with appetite
- Stixated- promotes a feeling of fullness and helps satisfy between-meal cravings

Metabolism & Fat Burn

- Emerald Slimulama- herbal blend & green tea, helps weight management, metabolism and fat burning
- 7 Keto- a metabolite of DHEA, which helps increase metabolism & decrease in body fat percentage
- Exogenous Ketones- supports satiety, energy, and mental clearness, while helping stay in ketosis
- MCT Oils- encourages energy, can help decrease fat storage to promote weight loss

Mood & Stress

- Terry Naturals Cortisol Formula- supports energy, mood, stress resistance, & weight management
- Mood Elevator- Chinese herb blend helps insomnia, depression, sensitivity, nervous disorders & liver
- NutriCalm- combination of B-vitamins, adaptogenic herbs, and nervines for internalized stress.
- Anxiousless- fast-acting, non-drowsy, helps situational anxiousness, fear, and daily stress **"Blockers"**
- Sugar Blocker- temporarily blocks the taste of sugary treats to make them less desirable
- Fat Grabbers- grabs some fat from your diet and eliminates it before absorption occurs
- AIVIA Carb Blockers- Helps reduce the conversion of starches to stored calories, supports blood sugar
- Gymnema sylvestre- supports pancreatic & insulin function, helps reduce taste of sugar **Cleansing**
- SF-supports weight management efforts via detoxification & reduce cravings
- Dieter's Cleanse- supports healthy elimination and normal glandular function
- CleanStart- whole body cleanse supporting elimination & detoxification

Lean Muscle Mass

- Collagen Powders- protein & amino acids for tissue repair, strengthen muscles, & support joints
- CLA- supports lean muscle mass and enhances fat burning

Glucose Regulation/ Insulin Response

- Berberine- Improves glucose metabolism & improves microbiome to support gut health
- Cinnamon Balance- Herbal formula helps support healthy blood sugar balance
- SugarReg- Designed to reduce insulin resistance in Type II diabetes

Important: This information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness, we recommend you consult a competent health practitioner before beginning a course of treatment.

Building Better Health Naturally

