

Top Secret Longevity Vitamins Every Woman Needs to Take...

*To Feel and look healthier, energetic,
clear-headed, and beautiful.*

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- **ActivNutrients Multivitamin (caps, powder or chewable)**
- **B Active (support for energy, mood, cardio health)**
- **Adeno+Hydroxo B12 Natural Fruit Punch Flavor 60 Tablets 1x day in the AM**
- **D3 5000 Caps or Liquid**
- **Fit Food Lean Complete No Sugar Added**
Whey or Vegan
- **Fit Food Lean Collagen**
- **Opticleanse GHI no sugar added - If there is any gut or inflammation symptoms**
- **Mega SporeBiotic - the best probiotic ever made!**
- **Skin Assist™ 180 Caps**
- **Ossopan MD**

Disclaimer

This information is to be used as a guide to support optimal health and wellness. It is for educational purposes only. These are Alane's favorite products after three decades of wellness experience. Always discuss taking vitamins with your doctor.