



TOP 7 SUPPLIMENTS

AM & PM

AM SUPPORTS
FOCUS AND PM
SUPPORTS SLEEP

Evening Supplements

- Calcium, Magnesium and Zinc like Solaray Calcium, Magnesium, Zinc
- Iron/Ferritin like Designs for Health Ferrochel Iron Chelate
- Calming Amino Acid Blend like You Theory Sleep Powder
- Hemp like Heaven Sent CHT+ Hemp Juice Chocolate Mint

Morning Supplements

- Methylenated Multivitamin and Mineral like Kids Optimal Multivitamin by Seeking Health
- High Quality and High Potency Omega 3's like Natural Factors, Ultra Strength RxOmega-3
- Fiber and Probiotic like Culturelle Kids Daily Probiotic + Fiber Packets
- Hemp like Heaven Sent CHT+ Hemp Juice Chocolate Mint

Please always check with a doctor before starting any new supplement or medication

**Safe and Natural.
These can be powerful
for managing behavior
and sleep**