

June 2024 Supplement Stack

General Health and Wellness ☐

- Multi Vitamins ☐: General health and wellness
- Vitamin D ☀☐: Support bone health and immune function
- Vitamin C ☐: Boost immune system and antioxidant support
- Calcium ☐: Support bone health
- Magnesium ☐: Support muscle function and prevent cramps
- Fish Oil DHA 1000 ☐: Support heart and brain health

Cognitive Function and Mental Health ☐

- Gingko ☐: Enhance cognitive function and memory
- Bacopa ☐: Improve cognitive function and reduce anxiety
- St. John's Wort ☐: Improve mood and alleviate depression
- L-Theanine ☐: Promote relaxation and reduce stress
- L-Tyrosine ☐: Support cognitive function and stress response

Physical Performance and Muscle Support ☐

- Creatine ☐: Improve physical performance and muscle mass
- Protein Bar ☐: Convenient protein intake for muscle repair and growth
- Protein Whey ☐: Protein intake for muscle repair and growth
- CLA (Conjugated Linoleic Acid) ☐: Support fat loss and improve body composition
- Electrolytes Tablets ☐: Maintain hydration and electrolyte balance

Skin, Joint, and Relaxation Support ☐

- Collagen ☐: Improve skin health and joint support
- Kava ☐: Reduce anxiety and promote relaxation

Energy and Alertness ☐

- Energy Drink ☐: Boost energy and alertness
- Coffee ☐: Increase alertness and focus