

Product Usage Charts

What should I use?

		Core					Icaria			Brizo Pure		
		Top Product					Top Product			Top Product		
		[life]	[balance]	[vibe]	[restore]	Mojo	Glow	Radiant	TechNO Boost	Süthe	Serene	ReLeaf
General Health	Cognitive and Emotional Health		★	★		★	●	★	●	★	★	●
	Diet Supplementation	★	★	●	●		★	★				
	Energy and Metabolism Boost	●	●	★	★	★		★	★			
	Healthy Aging	●	★	●	●		★	★	●	●	●	●
	Immunity Boost	●	★		★		★	★	●			
	Overall Health	★	★	●	★		●	★	●	●	●	
	Preventative Care	●	★		★		★	★	●	●	●	
Specific Concerns	Bone Health		●		●		★	★	●			
	Gut Health	★	★		★					●	●	
	Hair and Nail Health	●	★				★	★				
	Heart and Circulatory Health	●	●	★				★	★			
	Joint Health	●	●		★		★	●		★	★	●
	Sexual Health		●	★				★	★			
	Skin Health		★				★	★		●		●
	Sleep Improvement						★	●		★	★	●
	Pre-workout Support			★					★			★
	Post-workout Support	●	●		★		★	●				★

When and how much?

	Core					Icaria			Brizo Pure		
	[life]	[balance]	[vibe]	[restore]	Mojo	Glow	Radiant	TechNO Boost	Süthe	Serene	ReLeaf
☀️ Morning without a meal				1					Take as needed		
☀️ Morning with a meal	1-3	1	1		1 Scoop			1			
☀️ Lunch	1-3	1	1								
☀️ Afternoon without a meal				2							
☀️ Afternoon with a meal	1-3	1					1	1			
🌙 Bedtime				2		1 oz					
☆ Special use				4 every 2 hours following injury			Up to 4 per day	2 before physical activity			