

# Morning

## Hydrate + Aminos Pure

*Start your day by fueling your body at the cellular level.*

1. Mix 1 tsp Hydrate and 1 tbsp Aminos Pure into 12–16 oz of water.
2. Use a blender, shaker bottle, or milk frother for best texture.
3. Drink on an empty stomach, ideally 15–30 minutes before eating.

This combination delivers essential minerals and amino acids to support energy, protein synthesis, and enzyme function right from the start.

# Evening

## Bag of Tricks + D3 K2

*Replenish, restore, and unwind.*

1. Mix 2 tbsp Bag of Tricks with water, milk, or your favorite beverage (hot or cold). Its creamy, malt-like flavor pairs well with milk, tea, and smoothies.
2. Take 5 drops of D3 K2 directly in the mouth—either alongside Bag of Tricks or with dinner.

This duo helps modulate cortisol, support hormonal balance, and lay the groundwork for restful sleep.

# Post Shower

## Topical Magnesium Gel

*Optimize your magnesium intake and promote full-body relaxation.*

1. Apply about 1 tsp of Magnesium Gel daily, ideally after a shower or bath.
2. Start with less-sensitive areas (arms, legs), then gradually expand to areas with thinner skin for deeper absorption: tops of feet, back of knees, thighs, abdomen, inner arms, chest, neck, and shoulders.

Topical magnesium supports relaxation, nerve health, muscle recovery, and enhances Vitamin D absorption.