

# Wellness Travel Kit by: Golden Heart WELLNESS & NUTRITION

Travel Wellness Essentials to keep you healthy no matter where you go.

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## Dry Brush

Improves circulation, reducing inflammation and water retention. It may also encourage blood flow to certain areas of the body and help with lymphatic drainage. See Dry Brushing page for directions.



## Non-Toxic Lip Balm

\*ALL NATURAL\* Beeswax based, natural Lip Balm with lanolin and Shea butter to condition and protect. Ingredients: Shea Butter, Beeswax, Olive Oil, Lanolin, Castor Oil, Essential Oils



## Deodorant Wipes

Stay feeling fresh on the go with effective, natural, individually-wrapped wipes. The soothing scent of floral lavender calms your senses. No aluminum or other toxins



## Caffeinated Mints

Awaken mints, made with Peppermint and Matcha, contains Caffeine. It's the perfect mint for enjoying throughout the day, whenever you need a little boost. Ingredients: Cane Sugar, Peppermint Oil, Matcha Powder, Natural Caffeine, Calcium Stearate.



## Ultima Electrolytes

Keep well hydrated during your travels with these no-sugar, clean electrolytes. Air travel can dehydrate you and it's very important to stay well hydrated to keep your immune system up, increase energy and reduce water retention.



## Energy Bits

Spirulina is the ultimate, high protein, nutrient-packed superfood. Bursting with essential vitamins, minerals, phytonutrients and essential fatty acids, our spirulina satisfies your hunger, fortifies your mitochondria, up-levels your cognitive brilliance and provides sustained natural energy.

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If you are pregnant, nursing, allergic, have a medical condition, or taking medications, consult a doctor before using this or any other dietary supplement. Take at your own risk.

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## LIFE-FLO Magnesium Lotion

Magnesium lotion promotes relaxation and helps rejuvenate tired, overworked muscles. Rub over heart to help soothe anxiety and reduce stress or any area that might have built up tension. This is great for night time and helps promote better sleep.



## On Guard Throat Drops

Certified Pure Tested Grade essential oils that can support your natural immune response in a convenient, safe lozenge. Blended in a base of organic cane sugar and brown rice syrup, these drops also include Wild Orange, Clove, Cinnamon Bark, Cassia, Eucalyptus, Rosemary, and Myrrh essential oils.



## Om Mushroom Coffee Blend

Contains packets of an energizing combination of rich bold tasting organic coffee with functional mushrooms for immune, energy and focus related benefits.



## Ginger Digestive Drops

The sweet and spicy flavor of Ginger is blended with a splash of Lemon essential oil to boost the benefits and flavorful profile of the lozenge. When experiencing occasional moments of nausea associated with motion, the properties of the Ginger Drop help ease uncomfortable feelings and settle the stomach.



## Collagen Protein

Contains 10 types of collagen enhanced with probiotics and vitamin C – to bring you healthy skin, strong hair and nails, more comfortable joints, gut support† and more. Add in your morning coffee to start the day right with protein to support your health.



## Ginger & Chamomile Tea

Ginger tea helps soothe digestion, calms down nausea, and reduces inflammation.

Chamomile Tea settles the nervous system when stressed and can aid in a more restful sleep.

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## SLEEP WELL PACK

**Night Rest - With Melatonin-** take 30-60 min before bedtime

Calories	10
Total Carbohydrate	1 g
Magnesium (as magnesium amino acid complex)	300 mg
Sodium	10 mg
GABA (gamma-aminobutyric acid)	500 mg
Taurine	300 mg
Glycine	250 mg
Passionflower Aerial Parts Extract	200 mg
Chamomile Flower Extract	100 mg
Skullcap Aerial Parts	70 mg
Lemon Balm Aerial Parts Extract	60 mg
Melatonin	5 mg

\*do not take if pregnant or breastfeeding.

**Cortisol Manager-** take 1 tablet before bedtime

**Warning:** Do not use if you are pregnant or nursing. If you are taking any medications, consult a healthcare professional before use. Individuals with diabetes should monitor blood glucose levels closely while taking this product.

Supplement Facts		
Serving Size 2 Tablets	Servings per Container 45	
Amount per Serving		% DV*
Calories	5	
Total Carbohydrate	1 g	<1%
Sodium	5 mg	<1%
Stress-Reducing Proprietary Blend: Ashwagandha ( <i>Withania somnifera</i> ) (Sensoril® brand) (root, leaf) Extract, L-Theanine	500 mg	**
Cortisol-Reducing Proprietary Blend: Magnolia ( <i>Magnolia officinalis</i> ) (bark) Extract standardized to 2% honokiol (6 mg) and 1% magnolol (3 mg), Epimedium ( <i>Epimedium spp.</i> ) (aerial parts) Extract	450 mg	**
Phosphatidylserine (from soybean lecithin)	100 mg	**

\*Percent Daily Values (DV) are based on a 2,000 calorie diet. \*\*Daily Value not established. Other ingredients: cellulose, sodium croscarmellose, stearic acid, calcium silicate, magnesium stearate, silica, hypromellose, glycerin. Contains soy.

**Curcuma Pro-** take 1 before bed or when needed to fight inflammation

Meriva® ( <i>Curcuma longa</i> Rhizome Extract, with phosphatidylcholine [from sunflower lecithin]) standardized to 18% curcuminoids	1.1 g	**
Aprèsflex® <i>Boswellia serrata</i> Gum Extract standardized to 20% 3-O-acetyl-11-keto-beta-boswellic acid (AKBA)	100 mg	**
Alpha-glycosyl Isoquercitrin (from <i>Sophora japonica</i> flower and buds)	10 mg	**

\*Percent Daily Values (DV) are based on a 2,000 calorie diet. \*\*Daily Value not established. Other ingredients: cellulose, sunflower lecithin, calcium silicate, sodium croscarmellose, silica, hypromellose, glycerin



## STRESS BUSTER PACK

\*Take at 2 pm with food

### Adrenal Assist

Vitamin C, buffered (as calcium ascorbate)	500 mg
Vitamin B6 (as pyridoxal-5-phosphate)	50 mg
Pantothenic acid (Vitamin B5) (as calcium pantothenate)	100 mg
Calcium (as calcium ascorbate)	57 mg
Magnesium (as magnesium bisglycinate chelate)	50 mg
Zinc (as zinc bisglycinate chelate)	10 mg
Rhodiola rosea root extract	200 mg
Astragalus ( <i>Astragalus membranaceus</i> ) root	150 mg
Maca ( <i>Lepidium meyenii</i> ) root	125 mg
Ashwagandha ( <i>Withania somnifera</i> ) root extract	100 mg
Holy basil ( <i>Ocimum sanctum</i> ) leaf extract	100 mg
American Ginseng ( <i>Panax quinquefolius</i> ) root extract	100 mg
Schisandra ( <i>Schisandra chinensis</i> ) berry	75 mg
Eleuthero ( <i>Eleutherococcus senticosus</i> ) root extract	50 mg

### B Active

Thiamin (as thiamine HCl)	20 mg
Riboflavin (as riboflavin 5'-phosphate sodium)	20 mg
Niacin (as niacinamide and niacin)	140 mg
Vitamin B6 (as pyridoxal-5'-phosphate)	20 mg
Folate (as (6S)-5-methyltetrahydrofolate acid, glucosamine salt) <sup>15</sup>	680 mcg DFE
Vitamin B12 (as methylcobalamin)	400 mcg
Biotin	400 mcg
Pantothenic Acid (as d-calcium pantothenate)	150 mg
Choline (as choline dihydrogen citrate)	30 mg
Benfotiamine	20 mg

### Opti Mag Neuro

Magnesium (as di-magnesium chelate) <sup>21</sup>	200 mg
Magnesium L-threonate	1 g

**Tension Ease-** take 3 for occasional stress & nervous tension

Ashwagandha Extract ( <i>Withania somnifera</i> , root & leaf, standardized to 10% withanolide glycosides)	189mg*
Valerian ( <i>Valeriana officinalis</i> , root)	255mg*
L-Theanine	150mg*
Botanical Blend	792mg*
Passionflower Extract ( <i>Passiflora incarnata</i> , flower, standardized to 2.5% flavonoids)	
Lemon Balm Extract ( <i>Melissa officinalis</i> , leaf, standardized to 4% rosmarinic acid)	
California Poppy Extract ( <i>Eschscholzia californica</i> , aerial part, standardized to 0.3% californidins)	
Roman Chamomile Essential Oil ( <i>Chamaemelum nobile</i> )	
Lavendar Essential Oil ( <i>Lavandula angustifolia</i> )	

**Xymozyne Digestive Enzymes-** take 1 with meals

Betaine HCl	300 mg
Ox Bile (45% cholic acid)	150 mg
Pancreatin 10x (from porcine)	100 mg
Protease	25,000 USP
Amylase	25,000 USP
Trypsin	25,000 USP
Chymotrypsin	7,500 USP
Lipase	2,000 USP
Gentian 4:1 Extract ( <i>Gentiana lutea</i> )(root)	20 mg



## WELLNESS FORMULA

\*Can take daily to keep immune system up or as needed if immune system is compromised

Vitamin A (as beta-carotene 3,000 IU & palmitate 2,000 IU)	5,000 IU
Vitamin C (from ascorbic acid and zinc ascorbate)	1,275 mg
Vitamin D-3 (as cholecalciferol)	400 IU
Calcium	40 mg
Zinc (as zinc citrate and ascorbate)	23 mg
Selenium (as sodium selenite)	60 mcg
Copper (as copper citrate)	150 mcg
Sodium	10 mg
Garlic Bulb	360 mg
Propolis Extract	295 mg
<i>Echinacea purpurea</i> Root Extract	270 mg
Elderberry Fruit Extract	240 mg
Aromatic Solomon's Seal Rhizome	120 mg
Horehound Aerial Parts Extract	100 mg
Olive Leaf Extract (10% oleuropein)	100 mg
Andrographis Aerial Parts Extract (10% andrographolides)	100 mg
Isatis Root Extract	75 mg

Eleuthero Root Extract	75 mg†	Astragalus	45 mg†
Citrus Bioflavonoid Complex	60 mg†	Root Extract	
Isatis Leaf Extract	60 mg†	Elecampane Root Extract	30 mg†
<i>Cinnamomum</i> spp. Bark Extract	55 mg†	Pau D'Arco Bark Extract	30 mg†
Kudzu Root Extract	55 mg†	Cayenne Fruit	30 mg†
Mullein Leaf	50 mg†	Ginger Root Extract	30 mg†
Angelica Root Extract	45 mg†	Coptis Rhizome Extract	25 mg†
		Grape Seed Extract	10 mg†
		(Proanthodol™)	

\*do not take if pregnant or breastfeeding.

## Serenity Essential Oil

Restful Blend is a magical mix of Lavender oil, Cedarwood, Coriander, Ylang Ylang, Marjoram, Roman Chamomile, Vetiver, and Sandalwood essential oils with hints of Tonka Bean and Vanilla Absolute.

## Breathe Essential Oil

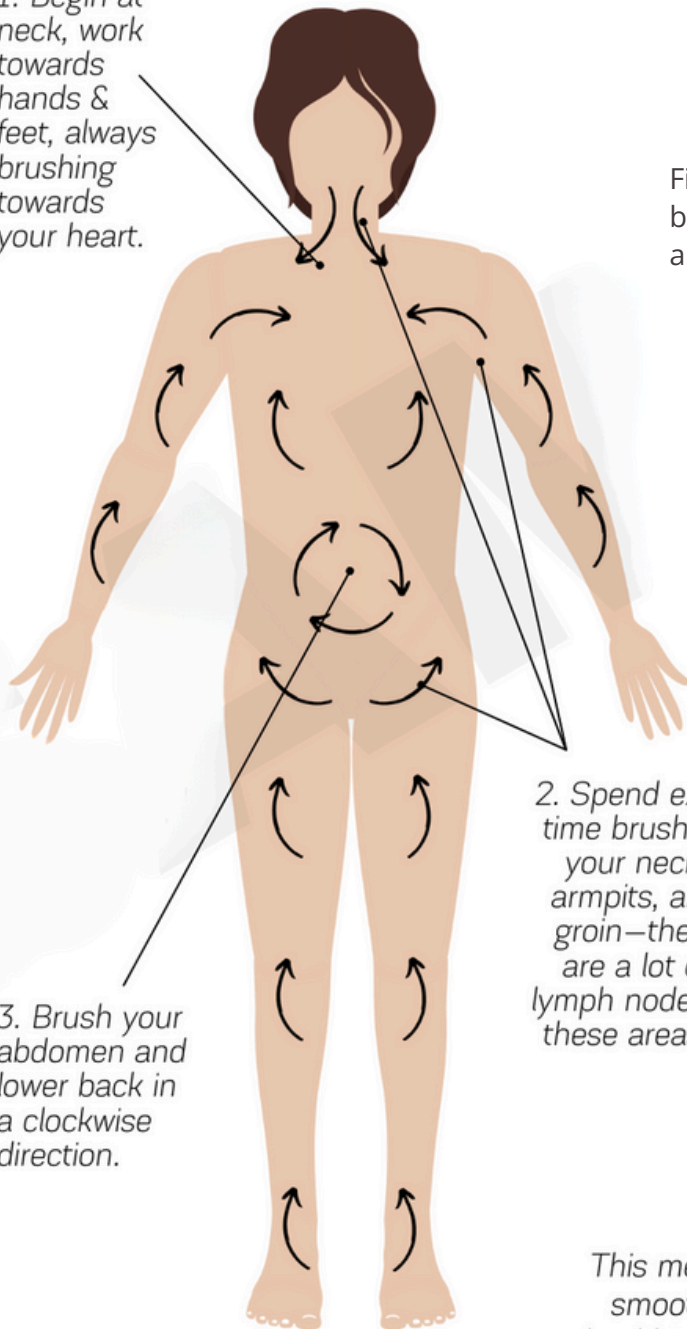
a remarkable blend of essential oils including Laurel Leaf, Peppermint, Eucalyptus, Tea Tree, Lemon, Cardamom, Ravintsara, and Ravensara. doTERRA Breathe maintains feelings of clear airways and easy breathing while minimizing the effects of seasonal threats.

# Dry Brushing

## 101

Dry brushing is a technique that gently supports your body's natural detoxification pathways, improves skin health, and feels amazing. A great time to brush is right before you shower (do not brush once your skin is wet).

1. Begin at neck, work towards hands & feet, always brushing towards your heart.



Find a brush with soft bristles. Avoid sensitive areas and anywhere the skin is broken.

2. Spend extra time brushing your neck, armpits, and groin—there are a lot of lymph nodes in these areas.

3. Brush your abdomen and lower back in a clockwise direction.

This means smoother, healthier skin.

### BENEFITS

- improves circulation
- stimulates lymph flow
- reduces cellulite development
- clears pores
- sheds dead skin cells
- benefits detoxification
- supports digestion
- relieves stress
- feels amazing

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*Travel Wellness Essentials to keep you healthy no matter where you go.*

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**Hair analysis shows** :vitamin deficiencies, parasites, mineral deficiencies, radiation, fatty acid deficiencies, mold exposure, antioxidant deficiencies, food intolerances, toxic metals, EMF exposure, system support indicators, gut support, liver, circulatory, and immune indicators

**Learn more at our website, [www.goldenheartwellness.com/hairiest](http://www.goldenheartwellness.com/hairiest)**