



PRODUCT CHEAT SHEET

Jamie

Herbal Mix (Liquid)

Cortisol reducer, Anti-allergic, Anti-Inflammatory, Nervine, Adaptogen = Adrenal & Stress support

Cinnatol (Powder)

Support balanced blood sugar and carbohydrate digestion and subsequent 'androgen' symptoms, correct biotin deficiency and support cortisol reduction

Berb-Evail

Berberine to support blood sugar regulation, liver health & modulate gut overgrowths

O Balance

Support liver detoxification phases through herbs + activated accessory nutrients, support healthy menstrual cycle & anti-inflammatory processes

Somni Support

Herbatonin (herbal melatonin) and relaxing Hops herb to relieve anxiety, excess nervous energy and promote sleep

TriMag Supreme (extra Magnesium Support)

Supporting energy levels, cortisol reduction, relaxation and sleep

Free Style Libre 2 (Continuous Glucose Monitor)

Continuously measures the glucose concentration in your interstitial fluid - Track for 2 weeks and send me the results to track blood sugar regulation and insulin sensitivity.

Castor Oil Pack

Supporting liver health, hormonal clearance, histamine levels and immune reactivity

Safety & Adverse Reaction Information

- Take products only as directed.
- If you encounter any reactions such as feeling nauseous, headache, dizziness or the like, **STOP** taking your product immediately and contact Naturally Anew dina@naturallyanew.com/0409770430. I will get back to you as soon as possible to discuss the situation with you.
- Please discontinue all supplements at least 1 week before any procedure/surgery and disclose/discuss all supplements/herbs with your doctor.
- In the case of an emergency, contact your GP or emergency service.
- In the case of PREGNANCY, please STOP protocol and contact practitioner about continuation of supplements ASAP.
- Please keep all medication out of reach of children.