

# MAKE<sup>TM</sup>

WELLNESSES

MAKE  
BETTER HEALTH THE BUILDING  
BLOCKS OF

# MAKE

W E L L N E S S



## **ELORA BURGESS, LMT**

Energy Therapy Practitioner  
Nutrition and Peptide Coach

@eloraburgess  
970-697-9727

Helping individuals of all ages reclaim their energy, focus, and vitality by embracing health, healing, and holistic living. Together, we empower healthier minds, stronger bodies, and balanced lives through transformative wellness solutions.







PEPTIDES *with* PURPOSE

# SYNTHETIC VS BIOACTIVE

*Without them, we cannot exist.*

**LABRATORY MADE**

**INJECTABLE**

**EXPENSIVE**

**COMPLEX USAGE**

**NATURE MADE**

**INGESTIBLE**

**AFFORDABLE**

**EASY + TRUSTED**

# ENERGIZED™

ENERGY AND VITALITY



THE BUILDING  
BLOCKS OF  
BETTER HEALTH  
MAKE

## CLEAN, SUSTAINED ENERGY WITHOUT THE CRASH

ENERGIZED is designed to power your day with clean, sustained energy. With its unique blend of Bioactive Precision Peptides™ and natural ingredients, you're not just getting a quick fix—you're fueling your body for long-lasting vitality. Whether you're facing a hectic workday, a tough workout, or just trying to combat everyday fatigue, ENERGIZED helps you stay alert, balanced, and ready for whatever comes next.

# MAKE™

WELLNESS

Did you know fatigue is a widespread issue, fueled by stress and overstimulation from sugary energy drinks?

**1 in 5** of US-adults suffer from consistent fatigue and tiredness\*  
**77%** of adults feel stress regularly with anxiety and fatigue as the most common symptoms\*  
**30%** consume energy drinks daily despite side effects like crashes and overstimulation.



### KEY BENEFITS:

- 1 Stress-Proof Energy:** Designed for today's high stress world. ENERGIZED helps you fight fatigue and recharge your body's batteries—at the cellular level.
- 2 Ginseng Peptides for Total Vitality:** Promotes healthy neurotransmitter balance and helps improve mood. Ginseng Peptides are fatigue fighters, helping your body recover from stress while delivering sustainable energy
- 3 Balanced Energy Release:**
- 4 Energize the Body at Cellular Level:** Bioactive Precision Peptides™ are targeted, high precision messengers that signal your body to balance energy levels, increase alertness, and reduce both physical and mental fatigue.

## Why is MAKE Energized Different?

### Most Energy Drinks Overstimulate\*:

Mainstream energy drinks are often packed with synthetic stimulants and sugars that lead to a quick burst of energy followed by a crash. This overstimulation can drain your body's energy reserves and leave you feeling worse than before.

**ENERGIZED Provides Clean, Sustained Energy:** With our Bioactive Precision Peptides™ and natural caffeine, ENERGIZED powers your body's energy systems without the harmful effects of sugar and synthetic additives. You'll feel more focused, energized, and balanced—without the ups and downs of traditional energy drinks.

## RECHARGE YOUR BODY'S BATTERIES

In today's high-pressure world, fatigue is more than just tiredness—it's a daily battle against stress and low energy. ENERGIZED helps you fight back with a unique blend of Bioactive Precision Peptides™ to support cellular vitality, promote healthy neurotransmitter balance for a natural energy boost that fights stress and fatigue.

## THE SCIENCE BEHIND ENERGIZED

### Ginseng Peptides:

Ginseng Peptides: Promote healthy neurotransmitter balance to help improve mood and combat fatigue. These peptides support adrenal health, ensuring sustained energy, even during stressful times.

### Fatigue Fighter Peptides:

Hydrolyzed whey peptide isolate fuels ATP production—your body's primary energy source—so you feel more energetic and focused throughout the day.

### Whole Coffee Fruit Extract:

This natural caffeine source is released slowly, providing balanced energy. This means you get an immediate lift, followed by sustained energy to carry you through your day—without overstimulating your body.

\*REFERENCES:  
<https://pubmed.ncbi.nlm.nih.gov/29624410/>, <https://www.ncbi.nlm.nih.gov/health/energy-drinks>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4682602/>

\*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

# LEAN™

UNLEASH YOUR CORE.



## BIOACTIVE PRECISION PEPTIDES™ THAT TRIM AND CURB APPETITE

Naturally-derived metabolic support and appetite curbing support  
Supports healthy weight loss goals as a part of a healthy diet and exercise  
Decreases cravings  
Enhances metabolic wellness  
Healthy weight management support  
Convenient Blister Pack Delivery

THE BUILDING BLOCKS OF BETTER HEALTH  
MAKE



# MAKE™

WELLNESS

**AptiCurb Trimfast™ Complex is proven to deliver results:**

Support healthy weight loss while supporting muscle mass.

KEY  
BENEFITS:

**1 Supports Healthy Weight Loss:**  
Supports healthy weight loss goals when combined with a healthy diet and exercise.

**2 Enhances Metabolic Wellness:**  
Supports overall metabolic health, helping your body function at its best while under stress.

**3 Decreases Cravings:**  
Helps you say "no" to those tempting and often unnecessary extra calories.

**4 Calorie Burning Effect:**  
Supports a metabolism increase without the use of harmful stimulants.

## How Does AptiCurb Trimfast™ Complex Work?

### Emotionally Intelligent Peptides:

Think of LEAN's Bioactive Precision Peptides™ as the relationship experts in the supplement world. They are natural products that know how to communicate with your cells to promote satiety, all while protecting your lean muscle and helping you lose weight naturally.

### Reset Your Weight Loss Potential:

LEAN helps your body tap into its weight loss capacity, supporting healthy weight loss goals as a part of a healthy diet and exercise.

## POWERED BY APTICURB TRIMFAST™ COMPLEX TECHNOLOGY

**LEAN** utilizes advanced Bioactive Precision Peptides™ to influence and communicate with your body at a cellular level. These peptides are more than just basic proteins—they're targeted, high-precision messengers that signal your body to support healthy weight loss, curb appetite, and preserve lean muscle mass when used together with a healthy diet and exercise.

## THE SCIENCE BEHIND LEAN

### Peptide-Based Metabolism Support:

These peptides enhance thermogenesis, the process your body uses to generate heat and burn calories. This means you burn those problem areas before it has a chance to weigh you down.

### Peptide-Enhanced Appetite Control:

By modulating the gut-brain axis, LEAN helps reduce cravings and hunger, making it easier for you to stick to your healthy eating habits.

### Boosts Thermogenesis:

LEAN promotes the conversion of body fat into energy, ensuring you're burning fat while helping support lean muscle mass.



# FIT™

BE UNSTOPPABLE



## NATURALLY FLAVORED STICK PACK POWDER

- Proprietary Bioactive Precision Peptides™
- Naturally Flavored - Amazing Taste
- Convenient On-The-Go Stick Pack Delivery
- Supports Natural Muscle Recovery Process
- Protects Muscle Mass to Support Healthy Aging
- Reduces Recovery Time After Exercise

# MAKE™

WELLNESS

Metabolic Matrix™ with PeptiStrong PLUS has been clinically proven to:

- 47%** less fatigue\* with a return to a higher than baseline strength levels
- 103%** strength recovery vs 68% compared to whey protein
- 4X** protein synthesis\* than compared to whey protein
- 54%** increase in performance\*

FIT, by MAKE Wellness is the answer. Whether you're a professional bodybuilder, college student, casual athlete, or simply a busy mom trying to make it through the day—it's time to unlock the best you!



PROMOTE MUSCLE  
PROTEIN SYNTHESIS



PROMOTE MUSCLE  
STRENGTH RECOVERY



REDUCE MUSCULAR  
FATIGUE



SUPPORT MUSCULAR  
ENDURANCE



SUPPORT HEALTHY  
AGING THROUGH NAD+



## How Does Metabolic Matrix™ Work?

### Key Mechanisms of Action

The health of our muscles is affected by a complex balance of factors, which include:

- Muscle Loss (protein breakdown)
- Muscle Gain (protein synthesis)
- Energy Homeostasis
- Supports Methylation (MTHFR)
- Increase NAD+ Levels

## POWERED BY PROPRIETARY METABOLIC MATRIX™ TECHNOLOGY

Metabolic Matrix™ featuring PeptiStrong PLUS, which has been clinically shown to positively affect muscle health through the following healthy benefits:

- 1 Boost Power Increase Strength**
- 2 Train Recover Faster**
- 3 Build, Repair, Retain Lean Muscle**
- 4 Sustained and Balanced Energy**

### Maintaining Muscle is The New Secret to Healthy Aging

Healthy aging means supporting healthy muscle. Muscle is the most abundant tissue in the human body, making up approximately 40% of our total body weight. The 600+ muscles in the body are responsible for all of our movement and support of daily activities. Increasing muscle mass has demonstrated a significant reduction in all-cause mortality.\*

PEPTIDES *with* PURPOSE

# FOCUSED™

CLEAR THE FOG, OWN THE DAY



BIOACTIVE PRECISION PEPTIDES™  
WITH COGNIFOCUS™ POWER BLEND  
& NOOTROPIC INGREDIENTS

Peptide-powered FOCUSED capsules enhance concentration, support memory, and reduce mental fatigue. Optimize your mental flow and productivity to become unstoppable.

- Peptide-based cognitive health support
- Supports brain health to promote reduced brain fog and mental fatigue
- Supports neurotransmitter balance for mood regulation, alertness, and focus
- Reduces eye strain and brain fatigue from blue light exposure with Lutemax Brain
- Increases motivation, clarity, and drive for peak performance

# MAKE™

WELLNESS

**FOCUSED enhances mental clarity, fights brain fog, and boosts memory with its unique peptide and nootropic blend. Designed for busy moms and stressed professionals, it sharpens focus and keeps you alert. Stay sharp, clear, and ready to perform at your peak.**



## KEY INGREDIENTS

1

### Bacopa Monnieri Extract:

known for centuries in Ayurvedic medicine, Bacopa is clinically proven to support memory, reduces normal anxiety, and enhances cognitive performance.

2

### Ginkgo Peptides:

These bioactive peptides enhance memory, improve concentration, and fight brain fatigue.

3

### Lutemax Brain:

Protects against eye strain and blue light exposure, boosting cognitive function and long-term brain health.

4

### Phosphatidylserine:

A key phospholipid that supports brain cell integrity, cognitive function, and memory.

## FOCUSED™

IS A COMPREHENSIVE FORMULA TARGETING:

COGNITIVE  
ENHANCEMENT

BRAIN  
HEALTH  
PROTECTION

MENTAL  
CLARITY AND  
PROCESSING

EYE  
HEALTH  
SUPPORT

## Did You Know?

Your brain isn't fully developed until about age 25, and cognitive decline can start as early as 30. The prefrontal cortex—your brain's memory keeper and storyteller—plays a critical role in attention and focus. Protect it with FOCUSED.

### Brain Power Stats\*:

**48%** of parents report overwhelming stress.

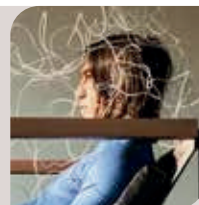
**8 IN 10**

Americans are affected by brain health issues.

**HIGH STRESS**

High stress levels can significantly decrease attention and memory.

In today's fast-paced world, overstimulation and stress make it hard to stay focused and productive. Brain fog, mental fatigue, and lack of motivation are common challenges especially for busy moms and stressed professionals.



\*REFERENCES:

-Dana Foundation Brain Health Survey - Healthcare Utah - NLM/National Institutes of Health

\*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

# HYDRATED™

REFRESH AND HARMONIZE.



THE BUILDING  
BLOCKS OF  
BETTER HEALTH  
MAKE

## ULTIMATE HYDRATION FOR PEAK PERFORMANCE

Hydration is the key to unlocking the full potential of Bioactive Precision Peptides™. Take this Peptide Support Product FIRST before using other Peptide products. With HYDRATED, you're not just replenishing fluids—you're preparing your body for optimal wellness. Whether you're an athlete, professional, or a busy parent, HYDRATED helps you stay at your best.

# MAKE

  
WELLNESS™

Did you know that dehydration is one of the most common problems we face?

**75% 30% 32%**

of US-adults suffer from the effects of dehydration\*  
**reduction in performance**  
caused by even mild dehydration\*

of athletes are exercising in a dehydrated state\*



### KEY BENEFITS:

**1 Ultimate Hydration On-the-Go:**  
Convenient stick pack powder that mixes easily with water, delivering rapid hydration anytime, anywhere

**2 Precision Peptide Support:**  
Enhances the effectiveness of our core products, LEAN and FIT, by optimizing the function and bioavailability of Bioactive Precision Peptides™.

**3 Natural Electrolyte Balance:**  
Replenishes essential minerals without artificial dyes or sugar, supporting overall wellness and energy levels.

**4 A Comprehensive Wellness Solution:**  
Use HYDRATED as a standalone, but when used with both FIT and LEAN—expect better hydration, improved energy, and optimized performance.

## Why is Hydration so important to your body?

### Essential Hydration

HYDRATED isn't just another hydration product—it's a crucial partner in your wellness journey. Designed to work in harmony with our LEAN and FIT products, HYDRATED ensures that your body is primed to exploit the full benefits of Bioactive Precision Peptides™ by optimizing hydration and electrolyte balance.

Even mild dehydration can significantly impair strength, endurance, and cognitive function, underscoring the critical need for proper hydration.

## HYDRATION UNLOCKED: PRECISION PEPTIDE SUPPORT

Hydration is key to unlocking the full potential of Bioactive Precision Peptides™. By keeping your cells hydrated and balanced, HYDRATED ensures that peptides can effectively communicate within your body, enhancing weight loss, muscle preservation, and overall metabolic fitness when used with our LEAN and FIT products.

## THE SCIENCE BEHIND HYDRATED

### Optimal Electrolyte Balance:

Proper hydration is about more than just drinking water. HYDRATED provides an optimal blend of electrolytes, including those sourced from SolarSeal™ Sport, which is derived from the Great Salt Lake. These electrolytes are vital for cell signaling, fluid balance, and maintaining energy during physical activity.

### Enhanced Fluid Absorption:

With the inclusion of Glycine, HYDRATED improves the absorption of water and electrolytes across cell membranes, ensuring that every drop counts.

### Coconut Water Powder:

Coconut water powder in HYDRATED is naturally isotonic, matching the electrolyte balance of human blood and plasma. This leads to rapid hydration, better exercise performance, and supports heart health.



# CALM™

RELAX AND RECHARGE



## CALM – THE SOLUTION

CALM provides Precision Peptide Support in an on-the-go stick pack with a refreshing Lemon Citrus flavor that melts in your mouth. It combines four powerful ingredients—Ashwagandha, Lemon Balm Extract, GABA and L-Theanine—designed to naturally lower cortisol levels, reduce stress and help balance stress hormones for relaxation without drowsiness. Ideal for busy lifestyles, CALM supports mental well-being and provides both immediate and long-term benefits when taken regularly as directed.

# MAKE™

WELLNESS

## USAGE

Pour the contents of one stick pack on the tongue, let it dissolve, and swallow. If needed, follow with water. Best taken in the evening for optimal results, but can be used as needed for acute stress situations.



### KEY INGREDIENTS:

- 1 Ashwagandha:**  
Ancient Ayurvedic adaptogen that helps manage stress and improve sleep quality.
- 3 GABA:**  
is a natural neurotransmitter that reduces stress levels and promotes mental calmness.

- 2 Lemon Balm Extract:**  
A calming herb known to enhance mood and support cognitive function.
- 4 L-Theanine:**  
An amino acid from green tea that promotes relaxation and focus without drowsiness.

**Precision Peptide Support**  
CALM's ingredients work synergistically to modulate stress hormones, support neurotransmitter balance, and promote alpha brain wave activity for deep relaxation.

# CALM™

THE POWER OF 4: YOUR PATH TO CALM

### STRESS REDUCTION:

Helps manage daily stressors and promotes a sense of calm and relaxation.

### IMPROVED SLEEP QUALITY:

Supports better sleep and helps reduce nighttime awakenings.

### ENHANCED COGNITIVE FUNCTION:

Improves focus and concentration and supports mental clarity.

### MOOD SUPPORT:

May help balance emotions and promote a more positive outlook.

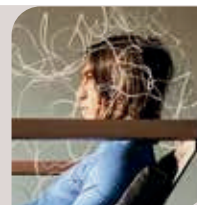
## The Stress Crisis\*:

**24%**  
**66%**  
**1 IN 3**

of adults report stress levels above 8 out of 10  
of adults are anxious about their health  
adults will experience an anxiety disorder at some point in life

**70%**  
**42%**  
**49%**

of adults worry about family safety  
of adults say their sleep quality is poor  
of stressed adults report racing thoughts that prevent restful sleep



# CALM™

offers a natural solution to combat these overwhelming feelings.

- LOWERS CORTISOL LEVELS NATURALLY

- BALANCES STRESS HORMONES FOR CALM RELAXATION

- REDUCES STRESS AND IMPROVES MOOD

- NON-DROWSY, SUITABLE FOR DAYTIME OR EVENING USE

## IDEAL FOR

- Individuals with high-stress lifestyles
- Those experiencing occasional sleeplessness
- People seeking natural cognitive support
- Anyone looking to enhance overall well-being

\*References: <https://www.forbes.com/health/mind/stress-statistics/>, <https://www.apa.org/news/press/releases/stress/2013/sleep#>, <https://news.gallup.com/poll/642704/americans-sleeping-less-stressed.aspx#>—text=Survey%20findings%20show%20that%20stress,from%20not%20getting%20enough%20sleep.https://news.gallup.com/poll/642704/americans-sleeping-less-stressed.aspx#—text=Over%20the%20past%2030%20years,in%20Gallup's%20trend%20to%20date.

\*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

**SAFE.** EFFECTIVE. ELEVATED.

# CLEAN SLATE NEVER LIST

## MAKE WELLNESS // OUR “CLEAN SLATE” PHILOSOPHY

AT THE CORE OF OUR COMMITMENT TO WELLNESS IS THE CLEAN SLATE INGREDIENT PHILOSOPHY, A STRINGENT SET OF GUIDELINES THAT ENSURES OUR SUPPLEMENTS ARE FREE FROM HARMFUL INGREDIENTS. IN TODAY'S WELLNESS LANDSCAPE, WHERE TRANSPARENCY AND SAFETY ARE PARAMOUNT, WE UNDERSTAND THE IMPORTANCE OF KNOWING EXACTLY WHAT GOES INTO YOUR BODY. OUR LIST REFLECTS A DEDICATION TO PURITY AND HEALTH, PROVIDING PEACE OF MIND THAT EACH PRODUCT IS CRAFTED WITH ONLY THE BEST, LEAVING OUT ANYTHING THAT COULD COMPROMISE YOUR WELL-BEING.

Acesulfame-K  
Albumin  
Aluminum  
Aristolochic Acid (Aristolochia)  
Artificial Colors  
Artificial Flavors  
Aspartame  
Avobenzene  
Bentonite  
BHA and BHT  
Bitter Orange (Synephrine)  
Bovine gelatin  
Cadmium  
Chaparral (Larrea Divaricata)  
Comfrey (Symphytum Officinalis, S. asperum, and S.X uplandicum)  
Cyclomethicone  
Dimethicone  
DMDM Hydantoin  
Ephedrine alkaloids, including ephedra and ephedrine (Ma Huang)  
Ethanolamines  
Ethylene Oxide  
Formaldehyde  
Genetically Modified Material (GMO)  
Germander (Teucrium Chamaedrys)  
Glandular Extracts  
Hydroquinone  
Imidazolidinyl Urea  
Irradiated Material  
Kaolin  
Kava (Piper Methysticum)  
Laureth (ethoxylated), or PEG  
Lead and other Heavy Metals  
Lobelia (Lobelia Inflata)  
Maltodextrin

Mercury and Mercury Containing Compounds  
Methylisothiazolinone  
Mineral Oil  
Nitrosamines  
Non-methylated forms of folate and B12  
Octonoxate  
Organ Extracts  
Oxybenzone  
Parabens  
Partially Hydrogenated Fats  
Pennyroyal Oil (Hedeoma Pulegioides)  
Petroleum Derivatives  
Placental Extracts  
Phthalates  
Polyethylene Glycol  
Propylene Glycol  
Quaternium-15  
Resorcinol  
Saccharine  
Seed oils  
Siloxanes  
Sorbitol  
Sucralose  
Sulfates  
Synthetic Dyes  
Synthetic Fragrances  
Synthetic Tryptophan  
Tiratricol (also known as triiodothyroacetic acid or TRIAC)  
Toluene  
Triclocarban  
Triclosan  
Transfats  
Xylitol  
Yohimbe (Pausinystalia Yohimbe)