

Do more of what you love.

WELLNESS BUNDLES™

YOUR QUESTIONS. ANSWERED.

Our physician-guided Wellness Bundles™ combine powerful therapies to help you feel better, have more energy, recover faster, and support healthy aging.

Here are the questions we hear most often.



1

WHAT ARE WELLNESS BUNDLES™?

Wellness Bundles combine two or more therapies that work synergistically to support weight management, energy, recovery, and healthy aging.



2

WHY COMBINE THERAPIES?

When therapies work together, they can enhance results, support multiple areas of wellness, and help you reach your goals more effectively.



3

WHO ARE WELLNESS BUNDLES BEST FOR?

They are ideal for individuals looking to optimize energy, manage weight, improve recovery, and support healthy aging with a comprehensive approach.



4

HOW SOON WILL I SEE RESULTS?

Results vary, but many patients notice improvements in energy, sleep, appetite control, and recovery within the first 2–6 weeks.



5

ARE WELLNESS BUNDLES SAFE?

Yes. All therapies are FDA-approved or clinically studied and are prescribed and monitored by our experienced physicians.



6

HOW ARE THE THERAPIES ADMINISTERED?

Most therapies are administered via small subcutaneous injections. Frequency depends on the specific bundle and your plan.



7

WHAT ARE THE MOST COMMON SIDE EFFECTS?

Mild side effects may include nausea, bloating, constipation, or fatigue, which typically improve as your body adjusts.



8

WILL I HAVE TO FOLLOW A SPECIAL DIET?

We recommend a balanced, whole-foods diet and adequate hydration to support optimal results.



9

DO I NEED TO EXERCISE?

Exercise is encouraged but not required. Movement enhances results, energy, muscle tone, and long-term health.



10

DO I NEED A PRESCRIPTION TO START TREATMENT?

Yes. All therapies require a prescription from a licensed physician. Complimentary consultations are available.

