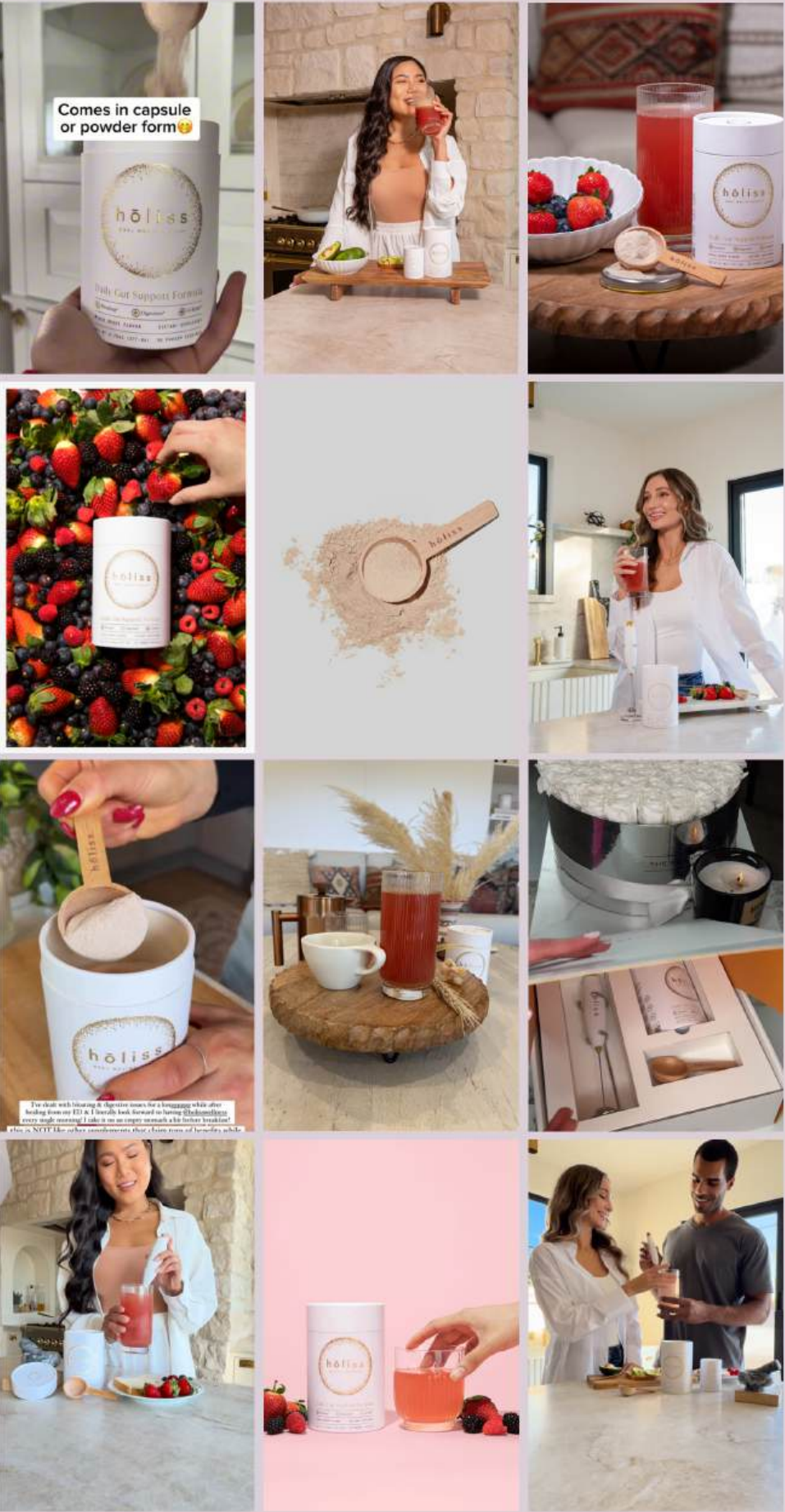
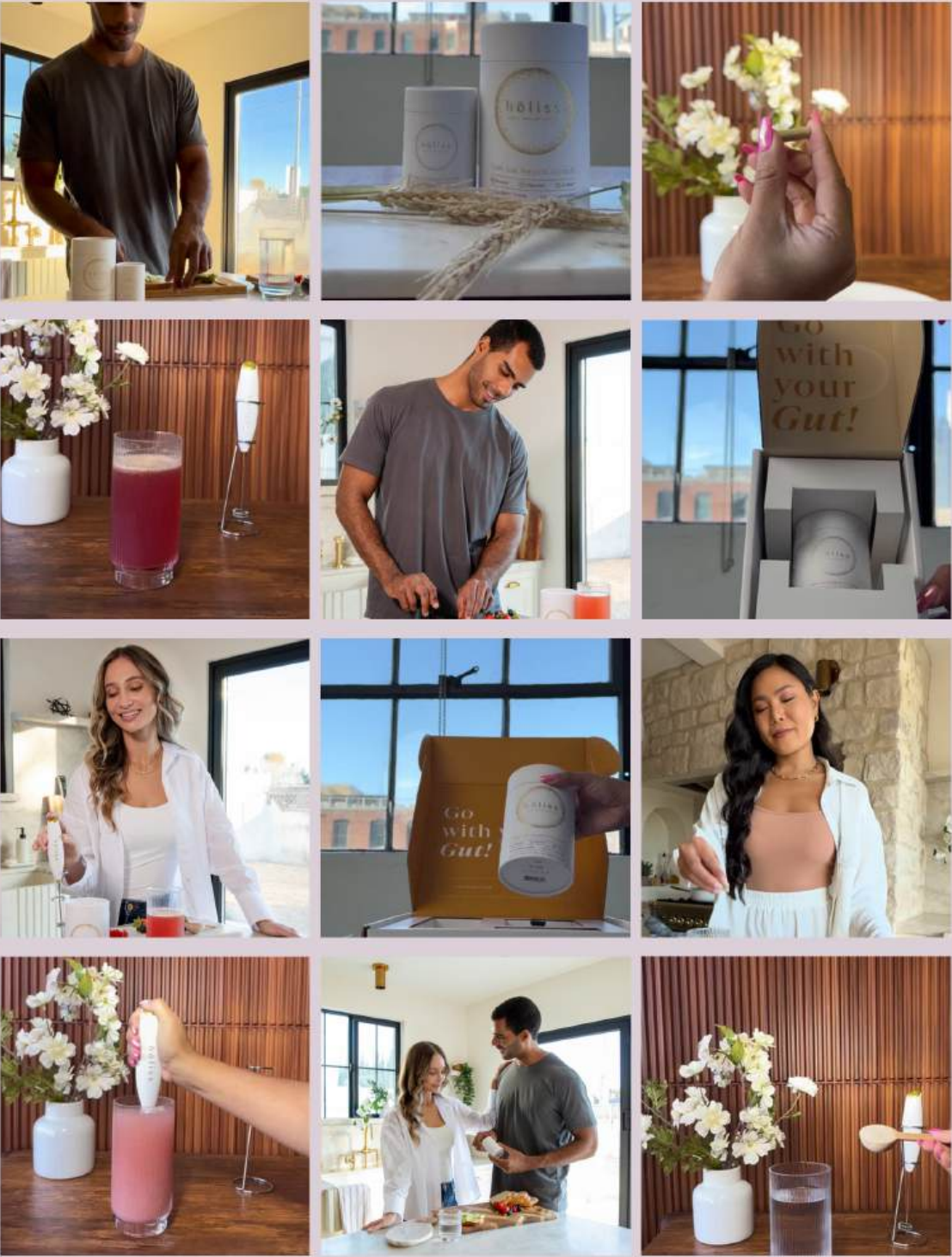


# HOLISS BUILD OUT

**FEB GRID BUILD OUT**

# HOLISS

## Previous Feed



# HOLISS BUILD OUT

**INSTAGRAM & TikTok**





## **Tik Tok & IG**

### **Date:**

FEB 2025

### **Tik Tok:**

Couples who mix gut health into their morning routine stay together... or at least have better digestion

### **Instagram:**

Prioritizing gut health as a couple means feeling our best—inside and out. A simple morning routine, a big difference in how we show up for each other.

### **Hashtags/Keywords:**

healthy habits, habit stacking, morning routine, wellness  
#healthyhabits #habitstacking #morning routine, wellness

### **ON-VIDEO TEXT:**

Couples who prioritize gut health together, stay together.



## **Tik Tok & IG**

### **Date:**

FEB 2025

### **Tik Tok:**

A glass a day keeps the bloat away—and with us, it's a daily ritual for feeling good inside and out. Because gut health is wealth ✨

### **Instagram:**

we believe health is your greatest wealth. A glass a day supports gut health, aids digestion, and helps keep the bloat away—so you can feel your best every day.

### **Hashtags/Keywords:**

healthy habits, habit stacking, morning routine, wellness  
#healthyhabits #habitstacking #morning routine, wellness





## **Tik Tok & IG**

### **Date:**

FEB 2025

### **Tik Tok:**

A morning routine as smooth as Slippery Elm, as cool as Peppermint, and as strong as L-Glutamine. Sip, stack, and glow from the gut up! ✨

### **Instagram:**

Stacking habits like we stack the best gut-loving ingredients—Slippery Elm for soothing, Peppermint for freshness, and L-Glutamine for strength! ✨

### **Hashtags/Keywords:**

healthy habits, habit stacking, morning routine, wellness  
#healthyhabits #habitstacking #morning routine, wellness



## **Tik Tok & IG**

### **Date:**

FEB 2025

### **Tik Tok:**

A gut health kit that checks all the boxes: Clean ingredients, clinically studied doses, and eco-friendly packaging 🌱✨

### **Instagram:**

Unboxing the ultimate gut health kit: Clinically studied doses of every ingredient, no proprietary blends, and sustainable packaging you can feel good about. Wellness, redefined.

### **Hashtags/Keywords:**

healthy habits, habit stacking, morning routine, wellness  
#healthyhabits #habitstacking #morning routine, wellness

\*Same Day TikTok post on next page



**IG**

**Date:**

FEB 2025

**Instagram:**

Start your morning right with the 3-drink rule: Tea for comfort, hōliss for gut health, and water to hydrate. Simple habits, big impact. 😊

**Hashtags/Keywords:**

healthy habits, habit stacking, morning routine, wellness  
#healthyhabits #habitstacking #morning routine, wellness





## **TikTok**

### **Date:**

FEB 2025

### **Tik Tok:**

1st Slide: Drink 1: hōliss for the gut

2nd Slide: Drink 2: Tea for the soul

3rd Slide: Drink 3: water because hydration is life

### **Caption:**

“hot girls always have 3 drinks”

### **Hashtags/Keywords:**

healthy habits, habit stacking, morning routine, wellness  
#healthyhabits #habitstacking #morning routine, wellness



## **Tik Tok & IG**

### **Date:**

FEB 2025

### **Tik Tok:**

February is the real start to 2025. Bloating? Digestive issues? We've got you. Clinically studied ingredients in one simple daily habit—because your gut deserves to thrive ✨.

### **Instagram:**

February is the real start to 2025. Say goodbye to bloating and digestive struggles. With clinically studied ingredients and zero proprietary blends, this daily supplement is made to truly support your gut health and start your mornings right

### **Hashtags/Keywords:**

healthy habits, habit stacking, morning routine, wellness  
#healthyhabits #habitstacking #morning routine, wellness



**IG**

**Date:**

FEB 2025

**Instagram:**

Midday snack, made better. A berry-flavored drink that's as good for your gut as it is delicious.

**Hashtags/Keywords:**

healthy habits, habit stacking, morning routine, wellness  
#healthyhabits #habitstacking #morning routine, wellness



\*Same Day TikTok post on next page



## TikTok

### Date:

FEB 2025

### Tik Tok:

1st Slide: Midday snack, made better 🍓

2nd Slide: Berry-flavored. Gut-friendly. Delicious.

3rd Slide: Feel good, sip by sip

### Caption:

Midday cravings, upgraded 🍓 A berry-flavored drink that's gut-friendly, delicious, and made to help you feel good—sip by sip.

### Hashtags/Keywords:

healthy habits, habit stacking, morning routine, wellness  
#healthyhabits #habitstacking #morning routine, wellness

\*Same Day TikTok post on next page



## **Instagram**

### **Date:**

FEB 2025

### **Instagram:**

Pure, powerful, and thoughtfully crafted. Our capsules are as clean as our mission—clinically studied ingredients, no fillers, and sustainable packaging.

### **Hashtags/Keywords:**

healthy habits, habit stacking, morning routine, wellness  
#healthyhabits #habitstacking #morning routine, wellness

\*Same Day TikTok post on next page

## **Tik Tok**

### **Date:**

FEB 2025

### **Tik Tok:**

1st Slide: Clean ingredients, clinically studied ✨

2nd Slide: No fluff. No fillers. A sustainable scooper for better habits.

Caption: Scoop, mix, glow ✨ Clinically studied ingredients + a sustainable scooper = better habits, one scoop at a time.

### **Hashtags/Keywords:**

healthy habits, habit stacking, morning routine, wellness  
#healthyhabits #habitstacking #morning routine, wellness







**IG**

**Date:**

FEB 2025

**Instagram:**

Bursting with berry flavor and packed with clinically studied ingredients to support your gut health. A taste inspired by nature, benefits backed by science

**Hashtags/Keywords:**

healthy habits, habit stacking, morning routine, wellness  
#healthyhabits #habitstacking #morning routine, wellness



**IG**

**Date:**

FEB 2025

**Instagram:**

Berry sweet built with slippery elm and licorice root 🍓✨ Sip on gut-friendly vibes with every scoop!

**Hashtags/Keywords:**

healthy habits, habit stacking, morning routine, wellness  
#healthyhabits #habitstacking #morning routine, wellness





**IG**

**Date:**

FEB 2025

**Instagram:**

Avocado toast, a berry-flavored sip, and our go-to capsules—because gut health pairs well with everything 🥑

**Hashtags/Keywords:**

healthy habits, habit stacking, morning routine, wellness  
#healthyhabits #habitstacking #morning routine, wellness





## TikTok

### Date:

FEB 2025

### Tik Tok:

1st Slide: Inspired by Nature

2nd Slide: Thoughtfully crafted, scoop by scoop

3rd Slide: Daily Routine Made better

### Caption:

Berry beginnings 🍓, wellness in every scoop ✨, and habits that fuel your day 🥑. Swipe to see how we make gut health simple and delicious!

### Hashtags/Keywords:

healthy habits, habit stacking, morning routine, wellness  
#healthyhabits #habitstacking #morning routine, wellness



## **IG & TikTok**

### **Date:**

FEB 2025

### **Tik Tok:**

Bloating? Not today! ✨ Lemon Balm for comfort, Slippery Elm for soothing, and a routine that works. Your gut will thank you ❤️.

### **Instagram:**

Bloating isn't just uncomfortable—it's disruptive. That's why we crafted a blend featuring Lemon Balm to ease discomfort and Slippery Elm to soothe and support your gut lining. Sip your way to relief and better days.

### **Hashtags/Keywords:**

healthy habits, habit stacking, morning routine, wellness  
#healthyhabits #habitstacking #morning routine, wellness

# HOLISS BUILD OUT

**JANUARY STORIES**







