

POSTURE **BREAK**™

Introductory Gut Health Guide

Item	Serving Per Day
<u>Aloe Vera Juice</u>	2-4 oz a day (1-2 shot size splash in water)
<u>Probiotic Tablets</u>	2 servings a day
<u>Sauerkraut</u> or <u>Kimchi</u>	2-3 forkfuls per day

* Click on item for amazon link



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Get up, get unstuck
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