

# Supplement Cheat Sheet



## COMPLETE GUT REPAIR™

The complete, four step formula that seals the gut lining and restores gut flora, with ingredients scientifically shown to assist in the healing of digestive issues.

**VANILLA BEAN** GUT HEALTH\*  
MICROBIOME BALANCE\*  
EASY DIGESTION\*

360g



## FITSLIM SUPERGREENS™

A potent blend of green superfoods, probiotics and adaptogens that provide vitamins, minerals and antioxidants required for health, stamina and a fantastic mood.\*

**VANILLA BEAN** DEEP NOURISHMENT\*  
HEALTHY MICROBIOME\*  
OPTIMAL ABSORPTION\*

Food Supplement  
240g



## HORMONE HARMONY

The complete natural hormone balancing support for women that adapts to the body's unique needs\*

**WOMEN'S HORMONES\***  
RELIEVES MENOPAUSAL SYMPTOMS\*  
REDUCES MOOD SWINGS\*  
ALLEVIATES BLOATING\*

Dietary Supplement  
72 Vegan Capsules  
56g



## BLOAT BANISHER

A complete support for healthy digestion that adapts to your body's needs.\*

**HEALTHY DIGESTION\***  
RELIEVES BLOATING\*  
RELIEVES GAS\*  
DECREASES INDIGESTION\*

Food Supplement  
72 Vegan Capsules  
58g

### Ingredients Facts 24 servings per container

Fennel Seed Extract (Fennel)  
Marshmallow Root Extract (Marshmallow)  
All-in-One Digestive Aid (Lactulose)  
Capsules: Hydroxypropylmethylcellulose  
Limon Bitter Leaf Extract (Limon)  
Chamomile Flower Extract (Chamomile)  
Aqueous Marshmallow Root Extract  
Sodium Saccharin  
Turmeric Root Extract (Curcumin)  
95% Curcuminoids  
Licorice Root Extract (Licorice)  
20% Glycyrrhizic Acid  
Binding Agent: Maltodextrin  
\*N/A - Nutrition Facts are for informational purposes only.  
\*N/A - Not established



# Welcome to our exclusive Happy Mammoth supplement cheat sheet!

We're thrilled to have you join us on this journey towards a healthier, happier you. Inside these pages, you'll learn not only which product(s) might be best for you, but also how to take each supplement for optimized results.

Whether you're looking to boost your energy levels, improve your hormonal health, support your gut or enhance your overall well-being, feel free to use this as your go-to resource.



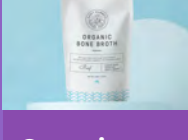

**Here's to unlocking your full potential and embracing a life of vitality and confidence!**


Wishing you health and happiness,

**Sarah Kimber**

Nutritionist & Health Coordinator

PRODUCT	BEST FOR	HOW TO USE	TIME OF DAY	PAIRS WITH
 <b>Bloat Banisher</b>	Women of all ages, bloating & gas.	4 capsules, daily.	With the largest meal of the day.	Prebiotic Collagen Protein for maximum results.
 <b>Complete Belly Reset</b>	Women of all ages, gut motility/ constipation.	1 scoop in any cold liquid of choice, once or twice daily according to your needs.	Any time	Other products depending on your needs. Or N/A.
 <b>Complete Skin Revival</b>	Women of all ages, anti-aging & skin health	1 spoonful mixed into water, daily.	Any time	Other products depending on your needs.
 <b>Deep Sleep Mode</b>	Women of all ages, non-habit forming sleep aid.	4 capsules 30-90 minutes before bedtime.	Evening/Before bed.	Any other products depending on your needs.
 <b>Digestive Super Cleanse</b>	Women of all ages, detoxifying agent, gut cleansing.	Take 1 scoop, daily, for 2 weeks. After 2 weeks, increase to 2 scoops. Mix with water.	Upon waking, empty stomach	Vital Digestive Enzymes and Prebiotic Collagen Protein for maximum results
 <b>EstroControl</b>	Women age 18-menopause, estrogen elimination.	4 capsules, daily.	Preferably with a meal.	Can be paired with Hormone Harmony, Hormone Harmony+ depending on hormonal needs.
 <b>Fermented Happy Fibre</b>	Women of all ages, source of resistant starch for healthy digestion and improved gut health	1 scoop daily in any cold liquid of choice	Any time	Prebiotic Collagen Protein or Digestive Super Cleanse.
 <b>Hormone Harmony</b>	Women of all ages, hormone-related conditions.	4 capsules, daily.	Any time	Hormone Harmony and/or MenoDaily for maximum benefits.

PRODUCT	BEST FOR	HOW TO USE	TIME OF DAY	PAIRS WITH
 <p><b>Hormone Harmony PLUS</b></p>	Women of all ages, advanced hormone support.	1 scoop in any cold liquid of choice.	Any time.	HH for maximum benefits.
 <p><b>MenoDaily</b></p>	Perimenopause, menopause, post-menopause, nutritional & hormonal needs.	4 capsules, once daily.	Any time	HH for maximum benefits.
 <p><b>MoodSwitch</b></p>	Women of all ages, cognitive performance & mood.	4 capsules, daily.	Any time before 1pm.	Hormone Harmony for maximum benefits.
 <p><b>Organic Bone Broth</b></p>	Women of all ages, gut healing & support.	Consume 8 oz per day. Sip on its own or use in soup / sauces.	Any time	The Complete Gut Repair System for maximum benefits
 <p><b>Prebiotic Collagen Protein</b></p>	Women of all ages, gut health.	1 scoop daily in any cold liquid of your choice. 2 scoops if you participate in daily physical activity.	Any time	Ultra Absorb L-Glutamine and/or Bloat Banisher for maximum results.
 <p><b>Synbiotic Bone Broth Powder</b></p>	Women of all ages, joint health & digestion.	Mix 8g into 1 cup of hot water.	Any time, as needed	Other products depending on your needs.
 <p><b>SuperGreens</b></p>	Women of all ages, gut health & weight loss.	1 scoop in any cold liquid of choice	Any time	Complete Gut Repair for maximum benefits.
 <p><b>Ultra Absorb L-Glutamine</b></p>	Women of all ages, digestive relief.	1-2 scoops, mixed in water, 1 hour before or after food	Empty stomach	Prebiotic Collagen Protein for maximum results.

PRODUCT	BEST FOR	HOW TO USE	TIME OF DAY	PAIRS WITH
 <p><b>Ultra Repair L-Lysine</b></p>	Women of all ages, digestive regularity.	Mix or shake 1 scoop in any cold liquid.	Any time	Prebiotic Collagen Protein, Ultra Absorb L-Glutamine or SuperGreens.
 <p><b>Venus Vital</b></p>	Women of all ages, vaginal & urinary health.	N/A	Empty stomach, morning or night	Hormone based products depending on your needs.



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