

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 SUPPORTS*
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)
Aquarium® Marine Algae Blend
Sodium Saccharate
Turmeric Root Extract (Turmeric)
95% Curcuminoids
Licorice Root Extract (Licorice)
20% Glycyrrhizic Acid
Binding Agent: Maltodextrin
*95% - Nutrition Facts only
*95% - 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
 Bloat Banisher	Women of all ages, bloating & gas.	3 capsules, daily.	With the largest meal of the day.	Prebiotic Collagen Protein for maximum results.
 Complete Belly Reset	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.
 Complete Gut Repair	Women of all ages, digestive concerns.	1 scoop daily in any cold liquid of your choice. 2 scoops if you participate in daily physical activity.	Any time	FitSlim SuperGreens for maximum benefits.
 Deep Sleep Mode	Women of all ages, non-habit forming sleep aid.	3 capsules 30-90 minutes before bedtime.	Evening/Before bed.	Any other products depending on your needs.
 EstroControl	Women age 18-menopause, estrogen elimination.	3 capsules, daily.	Preferably with a meal.	Can be paired with Hormone Harmony, Hormone Harmony+ depending on hormonal needs.
 Hormone Harmony	Women of all ages, hormone-related conditions.	3 capsules, daily.	Any time	Hormone Harmony and/or MenoDaily for maximum benefits.
 Hormone Harmony PLUS	Women of all ages, advanced hormone support.	2 capsules, daily. Take with HH for maximum benefits.	Any time	HH for maximum benefits.
 MenoDaily	Perimenopause, menopause, post-menopause, nutritional & hormonal needs.	3 capsules once daily.	Any time	HH for maximum benefits.

PRODUCT	BEST FOR	HOW TO USE	TIME OF DAY	PAIRS WITH
 <p>NewSlim Complete Protein Meal</p>	Women of all ages, metabolism & weight loss.	1 scoop in water as a meal replacement or in your favorite smoothie.	Preferably breakfast or dinner	Any other products depending on your needs.
 <p>Prebiotic Collagen Protein</p>	Women of all ages, gut health.	1 scoop daily in any cold liquid of your choice. 1 scoops if you participate in daily physical activity.	Any time	Ultra Absorb L-Glutamine and/or Bloat Banisher for maximum results.
 <p>SuperGreens</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>Ultra Absorb L-Glutamine</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.
 <p>Venus Vital</p>	Women of all ages, vaginal & urinary health.	2 capsules, daily.	Empty stomach, morning or night	Hormone based products depending on your needs.



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