

*Riv & Oriah's*

# **SUPPLEMENTS**

**AND FRUITS WE CONSUME**



**WE ARE OVER 50!**

We are thrilled to share with you a carefully curated selection of supplements that have become an essential part of our daily health regimen. These products are not only extensively researched but also personally tried and tested by both of us.

They come from labs and brands we trust wholeheartedly, ensuring the highest quality and effectiveness.

By incorporating these supplements into your routine, you'll be supporting your wellness journey with products we genuinely believe in. Please note that some of the links provided are affiliate links, meaning we earn a small commission at no additional cost to you. This helps us continue to bring you valuable recommendations and content.

We're confident that these supplements can make a meaningful difference in your life, just as they have in ours. Thank you for trusting us to guide you toward products we truly stand behind!

*-Riz & Oriah*



# PRODUCTS

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## SUPPLEMENTS & FRUITS WE CONSUME EVERYDAY & THE BRANDS WE ARE LOYAL TO

### We both take:

- Magnesium Glycinate
- Antarctic Krill Oil
- Turmeric Capsules
- NMN (Dr. Hyman preferred)
- DHEA 25 mg (Riz only)
- B Supreme
- N-Acetyl & L-Cysteine 600 mg
- Vitamine Code Raw D3 2,000 IU
- 60 Billion Probiotics
- Vitamin B 12 5,000 mcg
- Milk Thistle Seed
- R- Alpha Lipoic Acid 100 MG
- Black Seed Oil

# PRODUCTS

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## SUPPLEMENTS & FRUITS WE CONSUME EVERYDAY & THE BRANDS WE ARE LOYAL TO

- L-Arginine Caps 700 mg.
- Elderberry Vit C & D 300 mg.
- Co Q 10 200 mg.
- organic multi-mushroom.

Men: Men's Multi 50 +

Women: Women's 40 +

## POWDERS

- Electrolyte Powder
- EAA Amino Acids (Riz)
- Egg White Protein
- Organic Psyllium Husk
- Acacia fiber
- Moringa Leaf Powder

# PRODUCTS

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## SUPPLEMENTS & FRUITS WE CONSUME EVERYDAY & THE BRANDS WE ARE LOYAL TO

### LIQUIDS/ GELS

- Noni Juice
- Sea Moss
- Mega Mushrooms
- Pea Protein Powder
- Prebiotic Inulin

### SEEDS & NUTS

- Organic Black Chia Seeds
- Pistachio
- raw almonds
- dried cranberries

*antioxident cellular  
rebuilding*



*love your body*

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## WEEKLY YUMMY SUPER FRUITS

- 2 Fresh Dates (30g) Pitted
- 1 Cup (150g) Organic Raspberries
- 1 Cup (150g) Organic Blackberries
- 1 Cup (150g) Organic Blueberries
- 1 Cup (150g) Coconut Yogurt
- 1 Tablespoon Chia Seeds
- Several organic oranges, apples, pears, grapes
- Small amounts of watermelon, honeydew, papaya, mango, cantaloupe

