

# AGE SUGGESTIONS FOR IDLIFE PRODUCTS



2 & OLDER	12 & OLDER	18 & OLDER
KIDS NUTRITION	IDNUTRITION	ENERGY
HYDRATE	ESSENTIALS PACK	IDFITNESS LOAD / WORK / RECOVER
NURISHID & NURISHID VEGAN		DETOX BOX
DNA		LEAN
		SLIM+
		SLEEP
		COLLAGEN+
		VITAMIN PACKS (OTHER THAN ESSENTIALS)
		CALM
		NOOTROPIC TEA
		BIOAGE
		NIGHT OWL DEFENDER
		CLEANSE JELLY

These general suggestions for age appropriateness are not intended to replace the advice of your healthcare professional. Consult your physician and follow all safety instructions before using any supplement or nutritional product. The information provided is not intended to diagnose, treat or cure any medical condition or to replace the advice of a healthcare professional.



# MOTHER'S CARE GUIDE

## PREGNANCY / NURSING GUIDELINES

MAY BE SUITABLE	NOT RECOMMENDED
HYDRATE	VITAMIN PACKS (OTHER THAN PRENATAL)
NURISHID & NURISHID VEGAN	IDFITNESS LOAD / WORK / RECOVER
IDNUTRITION	LEAN
PRENATAL PACK	SLEEP
ENERGY	COLLAGEN+
SLIM+	DETOX BOX
CALM NOOTROPIC TEA	NIGHT OWL DEFENDER
BIOAGE	CLEANSE JELLY

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