




PRODUCT AGE INDICATIONS*

 2 & OLDER	 12 & OLDER	 18 & OLDER
KIDS NUTRITION	IDNUTRITION	ENERGY
HYDRATE	ESSENTIALS PACK	PRE & POST WORKOUT
NURISHID 1/2 SCOOP	SANITIZE+**	IDFITNESS LOAD / WORK / RECOVER
VEGAN SHAKE 1/2 SCOOP		DETOX BOX
DNA		LEAN
		SLIM+
		SLEEP
		COLLAGEN+
		VITAMIN PACKS (OTHER THAN ESSENTIALS)

* These are general guidelines for age appropriateness. They are not intended as a substitute for the recommendation of your healthcare professional, whose advice and opinion should always be sought and followed.

† We strongly recommend that decisions concerning products given to minors include parental and healthcare provider involvement. Product appropriateness may depend upon the individual's weight, maturity, sports involvement and other factors.

**Keep out of reach of children.

101823



MOM FUEL

PREGNANCY/NURSING INDICATIONS*

MAY BE SUITABLE	NOT RECOMMENDED
HYDRATE	VITAMIN PACKS (OTHER THAN PRENATAL)
NURISHID	PRE & POST-WORKOUT
VEGAN SHAKE	IDFITNESS LOAD / WORK / RECOVER
IDNUTRITION	LEAN
PRENATAL PACK	SLEEP
ENERGY**	COLLAGEN+
SLIM+**	DETOX BOX
DNA	
SANITIZE+***	

* These are general guidelines for pregnancy and nursing product appropriateness. They are not intended as a substitute for the recommendation of your healthcare professional, whose advice and opinion should always be sought and followed.

**Caffeine during pregnancy and nursing: It is generally accepted to consume less than 200mg per day, however you must follow the specific recommendation of your healthcare provider, whose advice and opinion should always be sought and followed.

***Keep out of reach of children.

101823