



WOMEN'S BOOST CHALLENGE!

10 PROVEN WAYS FOR WOMEN TO SUPERCHARGE!

MAXIMIZE YOUR PERFORMANCE, HEALTH, VITALITY, ENERGY & LIFE
TO FEEL STRONGER, SHARPER, AND MORE CONFIDENT!



TAKE BRAIN & BODY ESSENTIALS - DAILY!

Omega-3 is essential for supporting a healthy heart, boosting brain function, easing joint discomfort and promoting steady energy and focus throughout the day. Since your body can't produce Omega-3 on its own, **Great Sea Naturals - Omega-3** is the Extra Strength daily source and key lubrication with essential oils containing EPA, DHA & Omega 3 that are vital for your body & brain!



Subscribe + Save 15%
Code: **WOMENSDAILY**
PrimeBrands.com



TAKE WOMEN'S VITAMINS & MINERALS - DAILY!

You need Vitamins and Minerals every single day to fuel your energy, sharpen focus, boost immunity, support strong muscles and overall health! Without them, you can't perform at your peak. That's why **PRIME DAILY - Women's Multi-Vitamins & Minerals + Feminine Boost** with 37 key ingredients focused on Women to enhance your life and perform your best every day!



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TONE YOUR BODY!

Sculpting workouts are one of the best ways to tone your body, boost energy, lift your mood and feel confident! Focus on full-body movements like squats, glute bridges, lunges, push-ups, rows and plank variations, training 3-4 times per week with 8-15 reps per set at a challenging yet manageable intensity to define your body.



GET OUTDOORS!

The outdoors are important in life! Just 15-30 minutes of sunlight helps your body produce natural Vitamin D boosts mood and supports energy. Take a walk, jog or simply enjoy nature to breathe fresh air and feel revitalized! Walking barefoot on the grass or sand can also help you naturally connect with the earth.



RELAX & MEDITATE!

Relaxing is easy! Chronic stress can affect sleep, focus and overall energy. Start with just 10 minutes of meditation, gradually moving to 15+ minutes. Clear your mind, breathe slow - in through the nose, out through the mouth. Put the phone away and give your mind space to reset!



REDUCE EXCESS BODY FAT!

Carrying excess body fat can affect hormone balance, including estrogen levels. Losing even 5-10% of body weight especially around the belly can help improve mood, energy and confidence! Reducing unwanted fat isn't just a goal, it's your gateway to superior health & performance!



REDUCE ALCOHOL!

Alcohol offers minimal benefit and can negatively impact mood, energy and next-day performance. Beer contains compounds that may affect hormone balance. (21+) Limit intake to fewer than 5 drinks per week or reserve it for special occasions. Excess alcohol increases weight and reduces sleep and focus!



END SHOWERS WITH COLD EXPOSURE!

Finish your shower with 30-60 seconds of cold water. Studies show that brief cold exposure can improve circulation, support immunity, aid fat metabolism, boost alertness and mood! Start gradually and increase exposure as your body adapts for maximum benefits!



PRIORITIZE DEEP, CONSISTENT SLEEP!

Sleep is crucial for mood, mental clarity, daily energy and focus! Aim for 7-9 hours each night, just one night of only 5 hours can significantly affect your energy and performance. Avoid television & phone screens 1 hour before bed and don't eat 2 hours before sleeping!



JOIN / CREATE MISSIONS & CHALLENGES!

Positivity and movement are essential for growth! Building relations with others who can focus on missions, challenges and goals are key to build strength and purpose in life with friends & family! You can also join THIS CHALLENGE at GreatCauses.com



I ACCEPT THESE CHALLENGES!

Signature _____

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SAVE
15%

YOU ARE WHAT YOU CONSUME!

WOMEN'S DAILY NEEDS WITH BOOSTERS!

Code: **WOMENSDAILY**

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Regular: \$24.99



PRIME DAILY

WOMEN'S MULTI-VITAMINS, MINERALS

+ FEMININE BOOST!



Feminine
Boost

Hair, Nails
& Skin

Energy &
Stamina

Vitality &
Performance

**37 ESSENTIAL INGREDIENTS FOR WOMEN'S
DAILY HEALTH & FEMININE BOOST!**

20 ESSENTIAL VITAMINS & MINERALS

Vitamin A	Thiamin	Folate	Calcium	Copper
Vitamin C	Riboflavin	Vitamin B12	Magnesium	Manganese
Vitamin D	Niacin	Biotin	Zinc	Chromium
Vitamin E	Vitamin B6	Pantothenic Acid	Selenium	Molybdenum

6 FEMININE BOOST



Chinese Yam
Extract

Red Clover
Extract

Lutein

Cranberry
Extract

Alpha Lipoic
Acid

Lycopene

4 IMMUNE SUPPORT



Goldenseal

Echinacea
Purpurea

Spirulina
Powder

Garlic

7 ANTIOXIDANT & ENERGY



Green Tea
Extract

Chinese
Hawthorn

Cassia
Cinnamon

Bilberry
Extract

Grape
Extract

Black
Currant

Pomegranate
Extract

Subscribe -15%:
\$28.04

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GREAT SEA NATURALS

OMEGA-3 EXTRA STRENGTH

BRAIN & BODY BOOST!



Brain Health

Heart Health

Eye Support



Skin Nourish

Joint Support

Improved Sleep

ESSENTIAL BRAIN & BODY OIL



Fish Oil
Omega-3
EPA
DHA



SMOOTH LEMON TASTE

SUBSCRIBE MONTHLY - SAVE 15%!

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CANCEL ANYTIME BUT WE KNOW YOU'LL NEED THEM!

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