

## ESPIRA PRODUCT GUIDE

### BOOST



**Metabolism Boost**  
60 vegetarian capsules.  
Take 2 capsules, daily.  
\$30.00

Naturally boosts energy.  
Helps temporarily increase thermogenesis.

Naturally sourced antioxidants and caffeine, which act as plant-based metabolism boosters.

Green tea leaf extract, cocoa seed and husk, coffee bean extract and guarana seed extract.



**Hunger Block**  
60 vegetarian capsules.  
Take 2 capsules, three times daily with 240 ml (8 fl oz) of water before a meal.  
\$30.00

Helps to temporarily support a feeling of fullness.

Helps you feel fuller, longer. To be used with a program of reduced caloric intake and increased physical activity to help weight management.

Glucomannan from the konjac root.



**Natural Energy**  
30 vegetarian capsules.  
Take 1 capsule, daily.  
\$30.00

Helps to temporarily relieve fatigue, promote endurance and enhance motor performance.

Works to promote alertness and performance.

Caffeine from green tea leaf, NeuroFactor™ (coffee fruit extract) and TeaCrine® (Theacrine).



**Plant Power Protein**  
15-serving canister.  
**Rich Chocolate Creamy Vanilla**  
\$40.00 each  
10-pack single-serving sachets.  
**Rich Chocolate Creamy Vanilla**  
\$40.00 each

Provides essential amino acids for athletic support and the maintenance of good health and digestive enzymes.

Plant-based protein and essential amino acids help to maintain good health.

Organic sprouted quinoa, organic sprouted amaranth, yellow pea protein and globe artichoke extract. Proprietary enzyme blend of bromelain and alpha galactosidase.

### RESTORE



**Multivitamin Men's and Multivitamin Women's**  
**Coming summer 2019**  
**Multivitamin Women's 40+**  
60 tablets. Take 1 tablet, daily.  
\$16.00 each

Source of vitamins and minerals that play a key role in the maintenance of good health.

A source of antioxidants, these custom-formulated multivitamins help support immune system function.

Essential vitamins and minerals plus phytonutrients.



**Restful Sleep**  
**Coming summer 2019**  
60 vegetarian capsules.  
Take 2 capsules, daily.  
\$24.00

Helps reset the body's sleep/wake cycle.

A non-habit-forming supplement with melatonin that helps reduce the time it takes to fall asleep in people with Delayed Sleep Phase Disorder.

Melatonin, magnesium, chamomile, passion flower extract and hops extract.



**Calm**  
60 vegetarian capsules.  
Take 2 capsules, daily.  
\$24.00

Helps to temporarily promote relaxation.

Helps you to relax from the stress of everyday life while helping you maintain cognitive function.

Ashwagandha, lemon balm, eleuthero and rhodiola extracts, L-theanine, and B-vitamins.



**Vegan Vitamin D**  
**Coming summer 2019**  
30 vegetarian capsules.  
Take 1 capsule, daily.  
\$16.00

Provides you with 800 IU of vitamin D.

Vitamin D helps support strong bones and immune function.

100% mushroom sourced.