

DERMATOLOGY AESTHETICS * REGENERATIVE MEDICINE * HAIR RESTORATION

What's New?

Neograft Hair Transplant



Dr. James Lee (Dr. Tess' Husband)

Rockstar™ Treatment



Dr. Tess with Paula Abdul

- Top 5 Tips For Millennials
- Tickle Lipo™ Make Over
- Jaw Slimming
- Stop Underarm Sweating
- Power Of Antioxidants
- “Eye Opener”

Dr. Tess Mauricio, founder of M Beauty Clinic, is a Board Certified Dermatologist, fellow of the American Academy of Dermatology, graduate of Stanford University School of Medicine, and Summa Cum Laude graduate of UCSD. She is a Past President of The San Diego Society for Dermatologic Surgery and recipient of UCSD Warren College Distinguished Alumni award.

It's Not About Vanity, It's All About Loving Yourself & The Skin You're In

I coined this phrase around 2004 when my family and I opened Scripps Ranch Dermatology and Cosmetic Center, the predecessor of M Beauty Clinic. When I began medical training at Stanford, I was convinced I wanted to be a psychiatrist. I was passionate about contributing to the mental and psychological well-being of my patients. I believed (and still do) that helping my patients become happier is the greatest gift I can give them. And what good is perfect physical health if your mental health is suffering? It was eye-opening to focus on QUALITY OF LIFE instead of just quantity and survival where most other fields of medicine concentrate.



Tess Mauricio, MD, FAAD

Then I decided to do a rotation (elective) in Dermatology. I grew up suffering from eczema and acne so I had a special interest in skin. I observed firsthand the power of dermatologic treatments in uplifting patients' confidence, psychological well-being and quality of life. I saw very shy, soft spoken teenagers with severe acne transform into outgoing, confident, and happy people after their treatments. At the time, we really did not have any aesthetic dermatology treatments (they weren't invented yet), but we saw lots of psoriasis, eczema, acne and even hair loss patients that helped me realize, dermatologists not only heal skin, they heal wounded spirits as well. Dermatologists had actual effective treatments

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THE ROCKSTAR TREATMENT

The "Pen" Is Mightier Than A...Scalpel?

ROCKSTAR TREATMENT: Using Plexr (short for Plasma Exeresis) plasma pen technology, you now can experience the secret procedure of the stars. Why is this called the Rockstar Treatment? Because this procedure virtually has **ZERO DOWNTIME**. When celebrities have an event to go to and they need to look fresh and rejuvenated, but cannot afford the down time, the Rockstar Treatment is what they prefer. The Rockstar Treatment can be performed on people from different ethnicities, skin type, and age, without having to worry about downtime or significant adverse events. When combined with Pronox, the Rockstar Treatment is virtually painless. From now on, you don't have to be a Rockstar to look like one. Add PRP and microneedling for an even more perfect treatment. **Paula Abdul loves it...and so will you!**



SUBLIMAX: Another one of our newest and most exciting procedure to treat droopy eyelids and improve eye bags is the **Sublimax "Eye Opener"**, which also uses the Plexr Plasma Pen to create a non surgical Blepharoplasty effect. This procedure is a revolutionary innovation in the field of aesthetic medicine and surgery. This procedure offers an exciting alternative approach to surgical blepharoplasty, which is highly invasive, comes with many pre and postoperative complications and can involve long periods spent in recovery. The Sublimax "Eye Opener" is a safe and simple treatment, which involves minimal anaesthesia, no scalpels with outstanding results, which traditionally you could only expect to see after eyelid surgery. This exciting procedure also carries

no major risks and has a very quick recovery period for an eyelid lift without surgery.

After the Sublimax "Eye Opener" procedure is performed, a light scab will develop over the targeted skin, which will naturally fall off over the next few days. The results are almost instant, patients will see immediate transformative results as soon as the scabbing comes off. After 2-4 weeks of treatments, there will be visible dramatic improvements to the targeted skin. Many of our patients add PRP and microneedling with the Sublimax to decrease downtime and enhance results.

As you can see from the examples below, the resultant tissue retraction and tightening (as opposed to removal) gives results that are comparable to the ones seen with invasive surgery, without any of the risk of infection, general anesthesia, scalpels or downtime that traditional blepharoplasty carries. The technology in Sublimax makes it a great option in treating loose skin around the neck area also.



(Continued From Page 1)

that really worked like magic to help their suffering patients! I had finally found my calling!

Over the years, I have seen more and more evidence of this incredible, often under appreciated connection between inner and outer beauty... and in my clinics, we address both physical and spiritual health deliberately. I even wrote a book, "California Total Beauty" addressing this phenomenon and giving many examples of my own patients' transformations inside and out. Finding ways to improve quality of life was my focus when I began medical school and, over 25 years later, I am more committed than ever. I view cutting edge technologies, treatments and products we offer patients as powerful tools to help improve the physical body to ultimately uplift the spirit and vice versa.

If you have ever been our patient, you probably have thought it was unexpected that your Dermatologist will counsel you about STRESS reduction and nutrition when you are coming in for acne, eczema or hair thinning. The truth is science has proven time and time again

that stress and nutrition impact our immune system, our skin and overall health, and it is true that how we look on the outside impacts our psychological well-being. The mantra "look good, feel good" is real. It's a scientifically proven connection that we deliberately address in our practice.

Speaking of stress, all of us have been through unprecedented amounts of stress lately. And it's no wonder, we have received many calls for help! I believe we are programmed to seek out self-care treatments as part of our survival mechanism. The "lipstick effect" the phenomenon when sales of lipstick skyrocket during times of war or financial recessions is real because human beings need and crave the spiritual boost that self care and presenting our best self provides.

Luckily for us, there are many ways to boost our spirits by optimizing our skin, body and hair. At M Beauty, we are dedicated to helping you heal physical and spiritual wounds from this most recent "battle" and from future battles in life. We continue to be passionate about using the most cutting edge technologies and treatments in a warm, supportive and family environment to improve the overall quality of life of each one of our patients. We are truly in this together as partners and our number one goal is to help you be a happier, more confident, more hopeful and of course, more attractive version of yourself. Remember, it's not about vanity, it's about loving yourself and the skin you're in!

Stay safe, stay healthy, stay beautiful!

--Dr. Tess

NEOGRAFT® HAIR TRANSPLANT

Making "Head Lines" One Follicle At A Time

WHAT IS NEOGRAFT?

NeoGraft is a new automated hair transplant system which facilitates the harvesting of follicles during a Follicular Unit Extraction (FUE) hair transplant, dramatically improving the accuracy and speed over previously used manual extraction instruments without a scalpel incision or the stitches and therefore leaves no linear scar.

HOW DO I KNOW IF I AM A GOOD CANDIDATE?

The best candidates are individuals in good health with moderate to severe hair loss AND sufficient donor hair on the back of the scalp to transplant into the balding areas. The older we get, the more bald we become and the more donor hair we need. Therefore, the sooner you have the procedure, the better your results will be.

HOW SOON WILL I SEE RESULTS?

After the procedure, the grafted hair will stay in place for about 2 to 3 weeks before shedding – this is normal and an important part of the new growth process. After shedding, the new growth will begin in 3-4 months and your hair will continue to grow normally.

HOW LONG WILL THE HAIR LAST?

Hair loss does not stop after transplantation – some people will need continued maintenance and further sessions will likely be required, particularly if your balding pattern continues with age. Progressive hair loss or the desire for more density may require more transplants. We recommend Hairvolution, PRP, and/or ALMI Stem Cell Treatment to help down the progression of hair loss.

HOW MUCH DOES NEOGRAFT COST?

The amount you pay will be determined by how many follicles will be extracted and transplanted. If you have a good donor site, it is possible to harvest up to 2,500 follicles in one procedure. Because of this limitation, many people who had moderate to severe hair loss decided to have more than one Neograft procedure with great success, as long as there is ample donor hair available for harvesting.



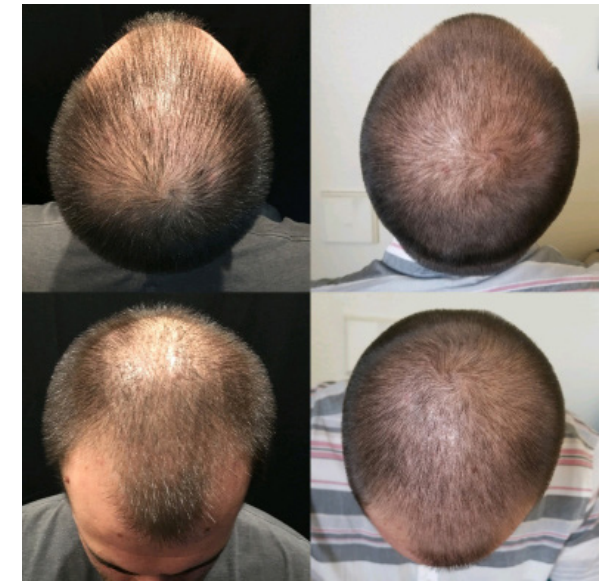
ALMI™ HAIR & HAIRVOLUTION™ BY DR. TESS

Use Your Own Fat, Stem Cells, Growth Factors...and more to Grow Hair

ALMI™, or Autologous Lipocyte Micronized Injection, is an all-natural, minimally invasive procedure that uses your own cells and tissues to either look younger or grow new hair. Depending on where the tissue and cells are inserted, the ALMI™ procedure has been shown to spark hair re-growth, rejuvenate collagen, provide structural support for volume loss, and help improve a variety of health conditions.

Because ALMI™ uses your own stem cells, there is virtually no risk to patients who do the ALMI™ procedure. However, just like any procedure, ALMI™ should only be performed by an expert provider in a clinic setting. There is minimal downtime with this all-natural, outpatient procedure.

The best candidates for ALMI™ Hair Regrowth are people with hair thinning on the top of the scalp. Results are typically seen during the next cycle of hair growth and improve over time with each hair growth cycle. Along with Neograft, ALMI™ Hair Regeneration procedure and Hairvolution are the latest and most natural way to grow your own hair without the cost, pain, and recovery time of a surgery.



Dr. Tess' Patient is 29 Yrs Old Male
12 Months After ALMI™ Procedure
and 6 Months After PRP Injections

HAIRVOLUTION™ BY DR. TESS

PRP (Platelet Rich Plasma)

Platelets contain healing growth factors which are like signal callers that give instructions to your tissue to regenerate and multiply. Now doctors have discovered new benefits for hair thickening and regrowth. With PRP, your growth factors work together to reverse the miniaturization of the hair follicle and jumpstarting dormant hair back into the growth stage.



THERADOME™

The Theradome™ brings you the world's most advanced at home laser treatment for hair restoration. Unlike LED devices, Theradome targets stem cells at the base of hair follicles and allows the formation of a new photonic pathway that can restore hair to a healthy state.



VIVISCAL™

Using powerful, clinically researched active ingredients for women's hair growth, Viviscal™ has developed a unique, dual-action system that promotes fuller, healthy hair growth on the inside and beautiful hair on the outside. Users may notice a difference in as little as three or four months.



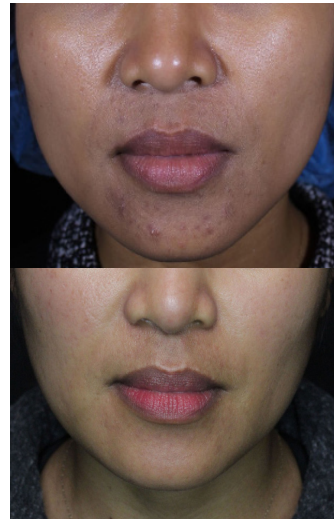
THEY'RE GOOD FOR WRINKLES...WHAT ELSE?

Neurotoxins Like Botox And Juveau Offer More Than Wrinkle Reduction

Raise your hand if you thought that Botox/Juveau is only used for wrinkles! Is your hand raised? If it is, you are not alone. Although it is true that the most popular use for neurotoxins is to reduce wrinkles, in the hands of an expert such as Dr. Tess, neurotoxins can be used for other conditions as well.

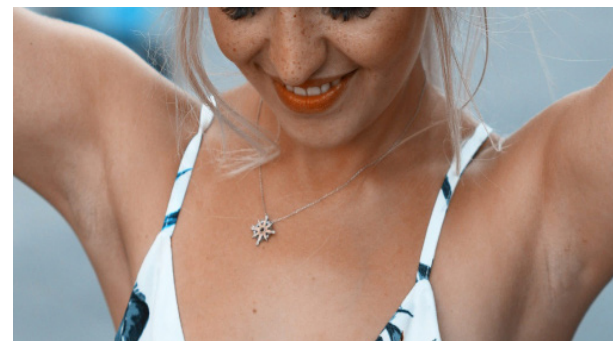
JAWLINE SLIMMING

If you feel that your face is round, especially in your selfies, don't worry. MBeauty has been shaping the jawlines of patients for many years now with amazing results! Combined with Kybella's fat melting properties, Botox/Juveau injections can really define your jawline to a V-shape like you've never seen before. Injections on the jaw can also relieve tension with teeth grinding, which contributes to strong jaw muscles. Results can be seen in about 2-3 weeks. We recommend this procedure every 5 to 6 months.



EXCESSIVE UNDER ARM SWEATING

If you suffer from embarrassing uncontrollable underarm sweating, ruining clothes, interfering with your enjoyment of life and making you less confident, we can help! An easy, quick treatment with Botox or Jeaveau can successfully treat hyperhidrosis. And don't worry about the shots. Unlike regular clinics, we have many ways to make the treatment more comfortable including topical anesthesia, Pro-Nox™ and cold air. Never let them see you sweat!



THE WONDERS OF KYBELLA®

Your Best Work Shouldn't End Above the Chin



Actual patient. Unretouched photos taken before treatment and after final treatment. Individual results may vary.
Total Treatments: 3
Multiple injections under the chin per treatment; up to 6 treatments spaced at least 1 month apart. 59% of patients received 6 KYBELLA® treatments in clinical studies. Treatment is tailored to the amount of fat under the chin and aesthetic goals.

Put Your Best Chin Forward

Kybella® is the **1st and Only FDA Approved** injectable treatment for adults that **destroys fat cells** under the chin to improve your profile.

Kybella® may be right for you if:

- You're bothered by fat under the chin also known as DOUBLE CHIN
- You feel the condition makes you look older or heavier than you actually are.
- You don't want surgery.
- You eat well and exercise, but submental fullness does not go away

FEEL HEALTHY AND BEAUTIFUL INSIDE & OUT

The Power of Antioxidants and Supplements

Glutathione is an antioxidant that is present in the body and is known as the "master antioxidant". Antioxidants are substances capable of counteracting damaging effects on the body by oxidation and aging. Glutathione is medically used as an anti-oxidant and anti-inflammatory for many diseases. At MBeauty our practitioners administer Glutathione, along with Vitamin C, intravenously to enhance results. We recommend this treatment about 2-3 times per month. Since Glutathione is a medication, it can only be LEGALLY administered by a licensed practitioner (MD/RN/NP/PA) in a clinic owned by a medical doctor in California.



We offer nutritional supplements created by Dr. Tess and Dr. James which include key ingredients to help optimize health and skin every day. Visit **ShopDrTess.com** to learn more about the products and supplements we offer to help you feel healthy & beautiful inside and out! For a limited time, receive **30% OFF** LIVELI supplements. Discount code: SOULTOSKIN



LIQUID FACELIFT USING FILLERS ARTISTICALLY

How To Keep People Guessing Your Age (In A Good Way)

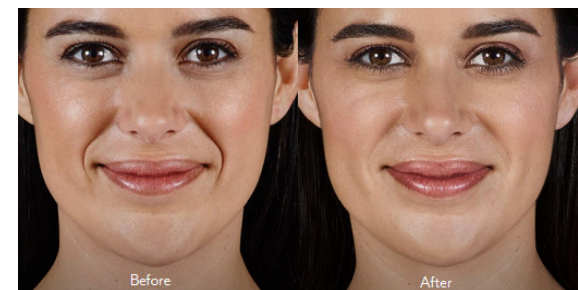
TREATMENT AREAS:

CHEEKS: Wrinkles and lines aren't the only signs of aging. Over time, the cheeks flatten and the skin begin to sag. These signs are caused by a natural loss of volume in the cheeks. Experts call this age-related midface volume loss.

JUVEDERM VOLUMA® XC is designed to add volume beneath the skin's surface to lift and contour the cheek area.



LINES & WRINKLES: As your skin loses elasticity, moderate to severe parentheses lines and wrinkles can form around your nose and mouth. While serums and creams only work on the skin's surface, fillers like **REVANESSE®**, **JUVÉDERM® XC**, and **JUVEDERM VOLLURE™ XC** add volume to smooth these lines and folds, to help give you the subtle, yet long-lasting results.



LIPS: Some people simply have naturally thin lips. Others have noticed their lips thinning over time and have seen vertical lip lines becoming more noticeable. **REVANESSE®**, **JUVÉDERM® Ultra XC** adds more fullness and plumps thin lips—whether your lips have thinned over time or you simply want fuller lips. **JUVEDERM VOLBELLA® XC** is tailored to add subtle volume to the lips and smooth the appearance of vertical lip lines.



THE TIME MACHINE PROCEDURE®

A Safer, Natural, More Affordable Alternative To Facelift

"The woman I saw in the mirror every day was NOT the woman I was inside. I looked tired, sad, and older than I felt. Surgery was not an option, so I decided to do the **TIME MACHINE PROCEDURE®**.

The results were AMAZING! I look natural, without surgery, scars, or painful recovery. I look like me, only years younger!"

- Jennifer, 59 years old, teacher



Actual patient of Dr. Tess. Individual Results Will Vary.

We call it The Time Machine Procedure® because many patients have remarked that they look like they travelled back in time to how they looked years ago! And the look is natural, unlike after most surgery procedures. We accomplish this by utilizing the best technology in regenerative medicine. Our practitioners also have the highest levels of expertise and artistry to create the best results! Each patient gets a personalized treatment plan. Get your FREE consultation and discover why the Time Machine Procedure® is our most popular antiaging procedure!



BEFORE AFTER



BEFORE AFTER



BEFORE AFTER



BEFORE AFTER



BEFORE AFTER



BEFORE AFTER

TICKLE LIPO™ WITH RENUVION

GUARANTEED FAT REMOVAL, BODY SHAPING, AND SKIN TIGHTENING

WHY CHOOSE DR. TESS FOR LIPO?

LESS PAINFUL: Infrasonic vibration interferes with your pain receptors which can block pain entirely. Patient say it feels like they are being tickled in certain areas!

FASTER RECOVERY: A unique "triple movement" cannula removes fat more effectively without causing more injury to non-fatty tissue in your body. The result is less bruising and swelling!

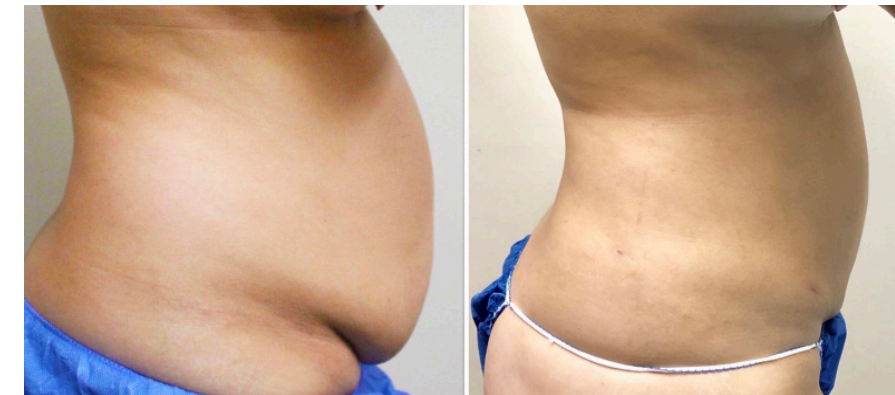
LOCAL ANESTHESIA: Much safer and less side effects than general anesthesia. We use a combination of oral sedation, Pronox, and tumescent anesthesia.

EVEN SKIN TIGHTENING AND TONING: The fibrous network and non-fatty tissue under the skin are preserved while fat is removed evenly to create excellent skin retraction and flatter, smoother results.

TREAT ANY ZONE ON YOUR BODY: Including difficult or delicate spots that require extra special care.

PRECISE BODY CONTOURING: Dr. Tess is an artist who uses small cannulas, which although take more time and effort on her part, ensure maximum control and impeccable results.

TIGHTEN YOUR SKIN WITHOUT DAMAGE USING HEAT: When using Renuvion subdermally during Lipo-sculpture procedure, the combination of high-energy radiofrequency heat and the plasma's cold temperature causes collagen to contract and your skin to tighten in time.



TRANSFORMATION OF DR. TESS' PATIENT AFTER TICKLE LIPO™ AND RENUVION

Total Mommy Make-Over Experience From Our Patient

I recently had Tickle Lipo around my abdomen and back, fat transfer to my face and hands, and the Time Machine Procedure for my face. I am delighted with the results! At first I wasn't sure if I should have done it but I have always carried extra weight around my middle after my C-Sections, which made me extremely self-conscious. It was very hard finding clothes that fit real well.

But now, I am proud to say that for the first time in my life I feel comfortable and yes, sexy, in my body! I can finally find clothes that fit comfortably. And the added bonus of being able to transfer some of the fat to my face and hands was amazing. The time machine procedure was also very gentle and easy, and my skin continues to improve. I also want to say that I chose to have these procedures done by you, because you are an artist and pioneer. You know exactly how to create a beautiful, balanced, natural outcome. No one looks at me and thinks "she's had work done". They say I look really great- relaxed and refreshed, and usually think I am younger than my chronological age. THANK YOU! I am so glad I found you and your fabulous staff!

--Very Happy Patient

WOMEN'S INTIMATE HEALTH REJUVENATION

Latest Procedures for Vaginal Rejuvenation & Functional Restoration

vConfidence™ + The O-Shot™ = VTime Machine™*

The *vConfidence™* is a non-invasive Laser Treatment performed only by Dr. Tess which takes about 5 minutes to do. There's a slight discomfort during the treatment, but there is no anesthesia needed nor is there downtime after the procedure. Patients can resume regular activities immediately after they leave our clinic.

The *O-Shot™*, AKA Orgasm Shot®, is a non-surgical procedure which uses the growth factors from the patient's own body to stimulate vaginal and clitoral rejuvenation and activate the female orgasm system. The procedure is tolerable, quick, and most importantly, worth it!

Combination of *The O-Shot™* and *vConfidence™* to increase your self esteem and confidence as a woman at any age, by treating symptoms such as:

- Urinary Incontinence
- Vaginal Dryness
- Vaginal Laxity
- Recurring Infection,
- Pain uring sex
- Decrease or Lack of Sensation during sex

*The O-Shot™ and vConfidence™ procedures can be performed separately or together only by Dr. Tess depending on patient's needs.

ALMI™ FAT TRANSFER

Use Your Own Fat and Growth Factors to Look Younger

WHAT IS ALMI™? ALMI™, or Autologous Lipocyte Micronized Injection, is an all-natural, minimally invasive treatment that uses your own cells and tissues, rather than synthetic fillers, to restore a more youthful appearance, by improving volume, texture and tone. ALMI™ patients see remarkable results quickly, and this outpatient procedure has the potential to match or exceed the reputation of traditional skin rejuvenation treatments. ALMI™ offers a complete and purely natural rebuilding of collagen and volume that you have lost due to age and/or weight loss.

WHAT SHOULD I EXPECT? ALMI™ is not a facelift, so the side effects and downtime with ALMI is minimal and quite similar to fillers. Patients report seeing effects immediately. As your body adjusts to the boost of its own rebuilding cells, results can improve over time.

AM I A GOOD CANDIDATE FOR ALMI? Skin and structure on your face and hands lose volume and support over time, with aging or weight loss, thanks to the slowing of collagen production as we age. Clients seeing the greatest results from ALMI™ are those that are experiencing collagen loss in their cheeks, hands, and other areas but still have some fat tissues surrounding those areas. A thorough evaluation during consultation is necessary to see if you will benefit from ALMI™. As with any procedure, **individual results will vary** according to age, amount of collagen you have lost, and the amount of stem cells we can harvest. We routinely recommend ALMI with The Time Machine Procedure®.



MAINTENANCE FOR MILLENNIALS

Top 5 Recommended "PRE" JUVENATION Treatments By Dr. Tess

Unlike previous generations, Millennials are waiting longer to accomplish certain milestones. Unfortunately, there is one milestone that they cannot delay: **AGING**. The first signs of aging usually start in the late 20s depending on their genetics, hormones, and lifestyle. Fortunately, MBeauty offers solutions without the need for surgery.



1. **BABY BOTOX/JUVEAU TO TREAT WRINKLES**- Instead of getting a full dose, Millennials can get smaller doses or what we call "baby" doses which gives more of a natural look as expressions are not completely removed. Because patients are receiving less dosage, it is now more important than ever that the practitioner is very experienced because it is harder to get good results with less neurotoxin. The earlier you treat your wrinkles, the easier it will be for you to look younger as you age.

2. **VENUS FREEZE/VENUS LEGACY TO TREAT SAGGING SKIN AND CELLULITE** - The **Venus Freeze** is a no down time procedure that uses Multi-Polar Radio Frequency(RF), Pulsed Electro Magnetic Fields and VariPulse™ technology to create a warm massage while tightening your skin. Since Millennials' skin sagging is still mild, patients usually notice a difference and are happy even after 1 session. We recommend this treatment every month. We especially recommend this treatment days before important social events. The **Venus Legacy** is great for those who work out and want to look great in their shorts, skirts, or bathing suits, but cannot improve cellulite. We recommend at least 3 sessions to get visible results. Venus Legacy is not a substitute for Liposuction, but it can be combined with Liposuction to create an even better response with tighter, smoother skin post surgery.



3. **VAMPIRE FACIAL TO TREAT DULL SKIN, ACNE SCARS AND PORES** - Don't be scared by the name of this treatment because our patients love it! The reason we call this the Vampire Facial is because we need your blood to isolate and utilize the PRP (Platelet Rich Plasma) and growth factors so you can heal faster and create new collagen. The PRP is also injected to volumize certain areas (like the temples and under eyes) and used to help glide the Microneedling pen to resurface the skin. It is a fairly painless procedure with minimal down time of about 2 to 3 days. The result is smoother, brighter, and tighter skin, with improvement of pores and eye bag area. Results improve over time.

4. **HYDRAFACIAL - HydraFacial™** is a multi-modality platform that detoxifies the skin through lymphatic therapy and optimizes skin health with a 3-step process in one treatment. Its super serums are made with nourishing ingredients that create an instantly gratifying glow. The **HydraFacial™** system also enhances the results of other treatments, such as The Time Machine Procedure, lasers, Vampire Facial, fillers, botox/juveau, chemical peels, microdermabrasion, extraction, and facial.



5. **VENUS VERSA - Venus Versa** allows our practitioners to perform Laser Hair Removal, acne treatment, and/or sun damage repair depending on your need. If left untreated, these skin conditions usually will get worse, so the earlier you address them, the better your results will be. These procedures are fairly painless with topical numbing. We recommend at least once a month treatment to start with. If the problem is more severe, the treatments should be done more frequently.

M Beauty By Dr. Tess



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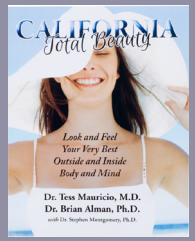


Info@MBeautyClinic.com



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M BEAUTY CLINIC
DR. TESS MAURICIO



Check out our online store for products at www.ShopDrTess.com. Free Shipping in the continental USA



NORTH SAN DIEGO
Miramar
9888 Carroll Centre Rd Ste 101
San Diego, CA 92126
Tel: 858.689.4990

SOUTH SAN DIEGO
Eastlake
875 Bowsprit Rd.
Chula Vista, CA 91914
Tel: 619.434.8950

BEVERLY HILLS
Rodeo Collection (Valet Level)
421 North Rodeo Dr. Unit A-1
Beverly Hills, CA 90210
Tel: 833.462.3288

SUPPLEMENTS TO HELP YOU BE YOUR BEST

From SOUL TO SKIN by Dr. Tess & Dr. James Lee

Want a better immune system? Need peaceful sleep? Want glowing skin? How about mental focus and boost?

Stanford educated Dr. Tess and her husband, healthy living expert, Dr. James Lee have personally formulated Lively supplements, from Soul to Skin! These supplements are backed by medical science and inspired by their own health struggles. For a limited time, receive **30% OFF** your order on ShopDrTess.com. Discount code: SOULTOSKIN



HEALTHI Skin - **Support your immune system and skin** with Vitamins A, C, D, E, Zinc, Glutathione, Polypodium Leucotomos, Selenium, Green Tea, Turmeric, Carotenoids, Ganoderma mushroom, phytoceramide Lipowheat and Collagen.

SLEEP Peacefull- Formulated with botanicals valerian root and chamomile, magnesium to encourage the feeling of relaxation, 5-HTP and GABA to **encourage natural sleep**, melatonin to support a more regular circadian rhythm, for more rejuvenated mornings.

RESTORE Dayli - **Empower and support the immune system, overall health and wellness** with essential vitamins, minerals, along with what your body needs to make and repair the cells, phosphatidylcholine, DMAE, plus botanicals shown to aid in balance and wellbeing, like turmeric and garlic.

FOCUS Clearli- **For natural energy and mental boost** to keep you motivated through your day, work and even workouts, with ingredients that support the replacement of key biological building blocks that your body and brain need to go into action, like tyrosine and korean ginseng.