

Balanced Brain

Program Package



The Balanced Brain package combines Solle products containing healthy fats, probiotics, adaptogenic herbs, and essential oils to create an easy to follow program for optimum brain health.

Protocol:

- Wake up-** ProBio IQ - 2 capsules on an empty stomach
- Morning-** SolleMegas - 1 capsule
NeuroIM - 2 capsules
Contentment Compass Blend - Roll on back of neck and/or on bottoms of feet
- Anytime during the day-** Solle Vital - 1 packet in 16-20 oz of water
EnFatuatate - 2 scoops in coconut milk, water or add it to SolleComplete
- Midday-** SolleMegas - 1 capsule
- Early Evening-** SolleMegas - 1 capsule
NeuroIM - 2 capsules
Contentment Compass Blend - Roll on back of neck and/or on bottoms of feet
- Bedtime -** ProBio IQ - 2 capsules on an empty stomach
Contentment Compass Blend - Roll on back of neck and/or on bottoms of feet

