**Bones & Joints**

Items in this category contain either calcium, Omega 3, Vitamin D, Vitamin K, magnesium, carotenoids (reduce cartilage degeneration), collagen, hyaluronic acid, glucosamine or chondroitin which are known to support the bones and joints.

**Antioxidants**

Items in this category contain either Vitamin C, polyphenols (natural painkillers for joints) and can work against free-radicals in the body.

**Circulation**

The item in this category can increase circulation.

**Cellular Healing & Cartilage**

Items in this category contain either Vitamin K, magnesium, calcium, carotenoids (reduce cartilage degeneration), Vitamin C and help to protect and restore the cartilage.

**Organ Support**

Items in this category can support a variety of organs from eyes, heart, liver and kidney and even help with diabetes and leaky gut.

**Nerve Repair**

The item in this category can help with neurological issues, increase circulation, it’s anti-inflammatory can improve heart health by preventing blood clots, improve cognitive functions (dementia), improve mood and help calm anxiety.

**Immunity**

The item in this category is rich in polysaccharides and loaded with antioxidants. It can boost immunity, reduce stress and even help in the fight against cancer.

**Natural Protein**

This is whole food made by nature. The egg itself is a clean source of protein, the membrane of the egg offers glucosamine, hyaluronic acid, chondroitin and collagen.