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Corinne Whiting / May 22, 2020 / Eat+Drink, Wellness

Spring Wellness Cont.



Courtesy Vous Vitamin

We're attempting to keep our immune systems at their peak during this uncertain season, and we're happy to say we've made some nutritious and delicious discoveries along the way.



Courtesy Bee K'onscious Artisanal Honey

A few of our favorites? We've stayed stocked up on tasty fermented goods (kimchi, sauerkraut) from local Firefly Kitchens, enjoyed fresh farm boxes from companies like Salmonberry Goods and Savor Seattle, snacked on organic, plant-based protein bars from ALOHA (now available at Trader Joe's, try delicious flavors like Peanut Butter Chocolate Chip and Chocolate Fudge Brownie), and we've also honored sweet cravings with healthy nut butter offerings from RXBAR (have you tried their chocolate option? *Yum.*).

And we're delighted to be introduced to a nutritious, raw, single-origin honey from Denver-based startup Bee K'onscious Artisanal Honey. A QR-coded label on each jar allows you to trace the honey to the specific beekeeper who produced it, and there are no shipping fees within the U.S.



Courtesy ALOHA

We're attempting to stay properly hydrated with Nuun drink tablets, and we also recently were made aware of Vous Vitamin, a personalized multivitamin that's assigned to each customer after taking a quick online quiz. We chatted with the founders of Vous to figure out what their creation is all about.

Q: How did you come up with this concept, and why did it feel so important for you to create?

A: As physicians we kept seeing how confused our patients were about what vitamins they should and shouldn't take. They were listening to unsound advice from friends and the media and taking potentially dangerous products. Many patients were so confused that they were not taking any vitamins and were coming in with vitamin deficiencies. Many patients had symptoms they thought were due to medical problems and turned out to have vitamin deficiencies causing the symptoms (thinning hair, fatigue, low energy).

As doctors we knew that everyone has individual vitamin needs depending on who they are, their diet, lifestyle and health concerns. We created Vous Vitamin so people could go online and take a brief survey (that resembles questions we would ask in an office visit) to get the exact nutrients they need in a custom daily multivitamin.

Q: What makes your personalized system especially unique and desirable to customers?

A: Our system is easy to access, use and provides customers with a safe, doctor-created product that meets

Understand their individual needs. We create premium, custom, daily multivitamins that are simple to take, easy to swallow and shipped directly to our customers.

Q: Why, in the era of COVID-19, is it more important than ever to stay on top of our daily vitamin intake?

A: Now more than ever people are concerned about improving their immunity and overall health. Taking the right blend of vitamins can be an important way to improve your health and support immunity. Some studies have suggested a correlation with certain vitamin deficiencies and severity of COVID infection. This remains to be further studied, but it is likely safe to say that taking the right vitamins is a great way to improve your health.



Courtesy Vous Vitamin

Q: Any advice for first timers purchasing your products?

A: Take our brief vitamin survey to get your custom daily vitamin blend sent directly to you. Relax, enjoy, and let us do the heavy lifting in figuring out what vitamins you should be taking.



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