

A FOUNDATIONAL GUIDE TO USING CORE FORMULAS

NEW TO OUR PRODUCTS AND LOOKING
FOR A GOOD PLACE TO START?



***A How-To Guide on choosing which
supplements are right for you***

Introduction

CORE FORMULAS



Our line of supplements was created to get back to the basics and address the FOUNDATIONS of overall health and wellness.

What does this mean?

This means making sure the body can eliminate properly, digest food well, absorb nutrients effectively and manage stress to name a few.

If you are just getting started on your wellness journey and considering our formulas, here is reference guide on getting started with Core Formulas.

Whether you are starting with our entire line (yes they can all be used together), starting with our Core 4, or exploring our other optimization pairs like Hormone Helper & Detox Combo to name a few, or simply targeting one formula for your needs, we hope this guide will help you navigate your healing journey with a little more clarity and ease.

Cheers to elevating your wellness! - Allie & Em

No additives. No chemical fillers. Just pure, high-quality, targeted ingredients to help you where you need it most.

Small batch production made with love & care in the U.S

product breakdown

QUICK REFERENCE GUIDE

For more information on each product, visit our website at www.shopcoreformulas.com. You can also check out our LEARN tab to Download each product's information sheet.

Here's a quick breakdown to make things easy!

INTENDED TO
HELP SUPPORT:

BE HAPPY B'S

Be Happy B's is a B complex formula that provides thiamine, riboflavin, niacin, vitamin B6, pantothenic acid, and inositol.



- *Blood Sugar Balance
- *Gut Microbiome
- *Energy & Mood
- *Hormones
- *Cognition

Suggested Dose:

1 Capsule
Per Day

Best Taken: *choose one*

- Breakfast
- Lunch
- Dinner
- Anytime

INTENDED TO
HELP SUPPORT:

BOWEL COMPLETE

Bowel Complete is designed to help maintain normal bowel function and support the consistent elimination of waste.



- *Complete Elimination
- *Daily Bowel Movements
- *Bloating
- *GI Inflammation
- *Stomach Discomfort

Suggested Dose:

1 Capsule Per Day

2 Capsules for
Advanced Support

Best Taken: *choose 1 or 2*

- Breakfast
- Lunch
- Dinner
- Anytime

INTENDED TO
HELP SUPPORT:

DRAINAGE ESSENTIALS

Drainage Essentials naturally helps increase the body's ability to detox waste products & prevent the accumulation of unwanted pathogens, debris and toxins.



- *Toxic Waste Elimination
- *Open Drainage Pathways
- *Urinary Tract Function
- *Hair Loss

Suggested Dose:

1 Capsule Per Day

2 Capsules for
Advanced Support

Best Taken: *choose 1 or 2*

- Breakfast
- Lunch
- Dinner
- Anytime

continued...

QUICK REFERENCE GUIDE

INTENDED TO
HELP SUPPORT:

GUT MAKEOVER

Gut Makeover combines nutrients and botanicals formulated to support optimal function and protection of the body's gut and brain



- *GI Integrity & Protection
- *Leaky Gut
- *Immune Support
- *Gut-Brain Axis

Suggested Dose:

4 Capsules
Per Day

2 Capsules for
Maintenance Dose

Best Taken: *choose 1 or 2*

- ✓ Breakfast
- ✓ Lunch
- ✓ Dinner
- ✓ Anytime

INTENDED TO
HELP SUPPORT:

JUST ALOE

Aloe Vera has been shown to help calm inflammation and repair linings in both the digestive tract and bladder.



- *Soothing the GI Tract
- *Nutrient Absorption
- *Mucosal Lining Repair
- *GI Inflammation
- *Pathogen Protecting
- *Blood Sugar Balancing

Suggested Dose:

1 Capsule Per Day

2 Capsules for
Advanced Support
to Bowel Tolerance

Best Taken: *choose 1 or 2*

- ✓ Breakfast
- ✓ Lunch
- ✓ Dinner
- ✓ Anytime

INTENDED TO
HELP SUPPORT:

STRESS CONTROL

Stress Control is a formula with clinically researched ingredients that support, protect and optimize functions of the adrenals and brain.



- *Mental & Physical Stress
- *Sleep
- *Fatigue, Energy, Mood
- *Memory, Anti-Aging
- *Hormone Balance
- *Nervous System
- *Immune Function

Suggested Dose:

1 Capsule Per Day

2 Capsules for
Advanced Support

Best Taken: *choose 1 or 2*

- ✓ Breakfast
- ✓ Lunch
- ✓ Before Bed
- ✓ Anytime

continued...

QUICK REFERENCE GUIDE

INTENDED TO
HELP SUPPORT:

DAILY BASICS



- *Thyroid Support
- *Blood Sugar Balance
- *Essential Fat Soluble Vitamins
- *Hormone Support
- *Cellular Health
- *Cognition

Daily Basics is a delicious coconut cream powder that adds a subtle, yet perfect velvety flavor profile to your morning cup of coffee, tea, or smoothie, all while providing you with some of the most needed, daily, basic nutrients.

Suggested Dose:

2 scoops per day

Or 2 rounded tsp per day

Best Taken: *choose 1*

- Breakfast
- Lunch
- Dinner
- Anytime



How do you feel?

SYMPTOM CHECKLIST

We recommend looking at this list of signs & symptoms and assessing your body. You can choose to add all of these into one protocol, layer them in one by one or combine a few at a time. There is no one way to use our line, everyone is bioindividual!



Be Happy B's

- Fatigue
- Low Energy
- Mood Changes
- Irritability
- Sleep Disturbances
- Bloating
- Brain Fog
- Skin Rashes
- Cracked Lip Corners
- Impaired Immune Function
- Nerve Pain
- Muscle Weakness
- Headaches or Migraines
- PMS

If you struggle with several of these symptoms, please refer to our full education sheet for more info & consider adding Be Happy B's to your supplement routine.

LEARN MORE >>



Bowel Complete

- Constipation (less than 1-2 bowel movements daily)
- Bloating
- Stomach swelling or pain
- Lack of well formed stool
- Feeling of not fully eliminating

If you struggle with several of these symptoms, please refer to our full education sheet for more info & consider adding Bowel Complete to your supplement routine.

LEARN MORE >>

How do you feel?

SYMPTOM CHECKLIST



Drainage Essentials

- Skin Rashes
- Acne
- Dry or itchy skin
- Congestion in head or sinuses
- Constipation
- Diarrhea
- Bloating
- Indigestion
- Eye puffiness
- Dark circles under eyes
- Hair loss
- Lower back pain
- Frequent urination
- Nausea
- Brain fog
- Moodiness
- Headache
- Fatigue
- Cold hands and feet
- Cellulite
- Weight gain
- Swelling
- Chemical sensitivities
- Allergies
- Inability to sweat easily

If you struggle with several of these symptoms, please refer to our full education sheet for more info & consider adding Drainage Essentials to your supplement routine.

LEARN MORE >>



Gut Makeover

- Food sensitivities
- Poor immune response
- Bloating
- Gas
- Fatigue
- Mood changes

If you struggle with several of these symptoms, please refer to our full education sheet for more info & consider adding Gut Makeover to your supplement routine.

LEARN MORE >>

How do you feel?

SYMPTOM CHECKLIST



Just Aloe

- Food sensitivities
- Upset stomach
- Allergies
- Eczema
- Abdominal pain
- Leaky gut

If you struggle with several of these symptoms, please refer to our full education sheet for more info & consider adding Just Aloe to your supplement routine.

LEARN MORE >>



Stress Control

- Poor cognition
- Fatigue
- Anxiety
- Depression
- Brain fog
- Irritability
- Poor memory
- Sleep disturbances
- Insomnia
- High or low cortisol levels
- Imbalanced hormones
- PMS

If you struggle with several of these symptoms, please refer to our full education sheet for more info & consider adding Stress Control to your supplement routine.

LEARN MORE >>

How do you feel?

SYMPTOM CHECKLIST



Daily Basics

- Fatigue
- Stress
- Cortisol Issues
- Hormone Imbalances
- Infertility
- PCOS
- Brain Fog or Cognitive Issues
- Low Vitamin Intake
- Blood Sugar & Insulin Imbalances
- Poor Vision
- Drainage Stagnation & Poor Detoxification
- Low Immune Function
- Thyroid Imbalances
- Compromised Mitochondria & Cell Damage

If you struggle with several of these symptoms, please refer to our full education sheet for more info & consider adding Just Aloe to your supplement routine.

[LEARN MORE >>](#)

Daily Basics FAQ's

[LEARN MORE >>](#)

OUR DAILY BASICS RECIPE:

Our personal favorite way to use Daily Basics is by adding it to a warm (not too hot) cup of coffee or tea or even blended into a smoothie. Take it up a notch and create an amazing latte by adding our Daily Basics cream powder to a cup of coffee with a little butter or ghee, collagen or protein powder, a splash of milk, maybe a little Madagascar vanilla and blend it up with a hand frother!

Shop & News

PUTTING IT ALL TOGETHER



Shop additional product combinations, suggestions and targeted support

other news...
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SHOP NOW



PRACTITIONER MEMBERSHIP



hormones memory gut ✨
stress support healing ✨
drainage kidney support ✨
energy mood ✨
liver support ✨ toxin elimination ✨
cognition blood sugar ✨
nervous immune ✨
system focus ✨ sleep ✨

Notes & Details

- Visit our FAQ page for product specific and more detailed usage information – <https://shopcoreformulas.com/pages/faqs>
- Pregnancy & Breastfeeding usage – We cannot claim that our products are safe for either....legally. However, we suggest researching each ingredient in the product you are considering and making an informed personal choice in addition to consulting with your physician or practitioner. Please do know that we take careful consideration into any and all ingredients to ensure the most wide range of use as possible.
- Please be informed that **not all** indicators listed in Signs & Symptoms require supplementation. Everyone is unique. Please also know that there are plenty of signs and symptoms that are not listed and our product still may be a perfect fit for you! We recommend working 1:1 with someone who is able to make more specific recommendations, if you are unclear how to navigate our products or this guide. You can also refer to our FAQ's and product education sheets for more guidance.
- *These suggestions are not medical recommendations and have not been FDA approved. Our suggestions & products are not intended to cure, treat, diagnose, prevent any disease or take the place of any prescribed medications.*

Have a question? Please email us at info@shopcoreformulas.com

