



Imagine having your own vegetable garden and picking lettuce and tomatoes for tonight's dinner.

After all, fresh is best.

But like most things in life, it's not quite that simple...

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### Product Spotlight



**Green Lipped Mussel Powder**

\$31.25

Help manage joint pain, mobility & inflammation.

[LEARN MORE](#)



**Omega 3 / QH Ultra**

\$27.95

With CoQ10 to help support healthy heart function & boost energy.

[LEARN MORE](#)

### Your Xtend-Life Subscription



**10% off all orders**



**Never run out**



**Change or cancel anytime**

[USE NOW](#)

### Let's Get Social

Looking to make your social media diet a bit more healthy? We share thoughts, tips, advice across the usual channels, so make sure you add us to your feed.



**What do these pictures have in common?**

via Facebook



**When it comes to eating, nature knows best.**

via Instagram

### Comments of the Month

