

Don't forget to catalog your symptoms and track your recovery.



You are 11 months in to the Restore Kit and your recovery journey! With another 30 days down, here's your monthly opportunity to check in and see what may have changed for the better and what may need fine tuning over the next month.

As usual, let our team know if you have any questions or concerns regarding the Restore Kit formulations or diet guide. We are here to guide you towards your best health!

[Track My Recovery »](#)

The Restore Kit Course

Remember, the Restore Kit is more than just the 4 formulations you are taking. It's a holistic approach to better health that incorporates powerful natural supplements with education and support to help you see the most impact.

You can access your course in 2 ways

1. **The Restore Kit Resource Page** - You can navigate the course at your own pace **via the Education section [of the Restore Kit Resources Page.](#)**
2. **Email** - Follow along in the sequence that you receive the lessons by email. We've timed them as close as possible to when we expect you'll need the information contained in each email.

If you would prefer not to receive the Restore Kit course by email, you may unsubscribe by clicking on this link:

[Unsubscribe Me from Restore Kit Course Emails.](#)

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to

diagnose, treat, cure, or prevent any disease.

RESOURCES

Restore Kit core resources:

- [The Restore Kit Resource Page](#) (Bookmark this to reference all the resources and tools you need to succeed with this program!)
- [The Vital Plan Diet ebook](#)

Vital Plan is a company devoted to enhancing wellness through education, support, and herbal supplements.

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Vital Plan | 1122 Oberlin Rd. Suite 232 Raleigh, NC 27605