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## Comprehensive Party Pack Detail

### Extreme Party Pack \$5

**General Purpose:** protects the brain, enhances detox and restores depleted nutrients and neurotransmitters.

**Formulated to minimize untoward effects of:** all-night parties, stimulants, extreme substances

**Caution:** Do not take if pregnant, nursing, or on pharmaceutical anti-depressants.

Components	Ingredients	Function	Description	Take
<b>Reboot</b>	B-vits, 5-HTP, tyrosine, St. John's Wort, tyrosine, kava, theanine, rhodiola, ginkgo	Protect brain and nerve cells . Assist in restoring serotonin and dopamine levels, calms the mind and nervous system.	Grey capsule	Before bed or first thing in the am
<b>Unwind</b>	5 HTP, B-6	Help rebuild serotonin.	Small white cap	Before bed or first thing in the am
<b>Day-after Detox</b>	N-acetyl cysteine, alpha-lipoic acid, tumeric, artichoke, taurine, glycine, milk thistle glutamine, Vit.C, chlorella	Protects the liver and supports clearance of toxins through the liver, intestines and kidneys	Mustard caps	Before bed or first thing in the am
<b>De-Clencher</b>	Calcium/magnesium	Relaxes tight muscles in the jaw and rest of the body	Big white cap	<b>Best to take during the party</b> -as needed for jaw clenching and grinding

### Booze Pack \$4

**General Purpose:** minimize hangover

**Formulated to minimize untoward effects of:** spirits, beer and wine, big nights out

**Caution:** Do not take if pregnant, nursing. Use caution if you are diabetic.

Components	Ingredients	Function	Description	Take
Alcohol Detox caps	N-acetyl cysteine, tumeric, milk thistle, picrorhiza, ornithine, glutamine, kudzu, B's, C, zinc, selenium	Protects the liver and supports clearance of toxins through the liver, intestines and kidneys	Off white caps	One with your first drink, one before bed. First thing in the am if you forget.
Abate	Nopal cactus	Helps minimize hangover symptoms like dry mouth and nausea. Balances blood sugar.	Tan caps	One with your first drink, one before bed. First thing in the am if you forget.

## G-Pack \$4

**General Purpose:** protects the brain, minimize memory loss, and help rebuild depleted acetylcholine, replenish yin

**Formulated to minimize untoward effects of:** Shiva's favorite plant. Ganja tends to deplete acetylcholine, an important neurotransmitter

**Caution:** Do not take if pregnant, nursing, or on pharmaceutical anti-depressants or have PKU

Components	Ingredients	Function	Description	Take
Clarity	Vinpocetine	Enhance cerebral circulation and mental clarity	Small white cap	Before bed or first thing in the am
Memory	Choline, Acetyl-L-carnitine, Phosphatidyl serine, Brahmi, Ashwaganda, Gingko, Taurine, Tyrosine and phenylalaline.	Provides precursors to acetylcholine, supports memory, recall,, concentration and proper brain function.	Whitish cap	Before bed or first thing in the am
Nourish Yin	Rehmannia, Kudzu, Licorice, Schisandra, Panax Ginseng	Nourishes yin which gets depleted when smoking ganja	Tablet	Before bed or first thing in the am

## Morning After Pack aka Energy Pack

**General Purpose:** to perk you up or keep you going.

**Formulated as a natural option to increase sustained energy.** In these stimulating and nourishing formulas, energy comes from herbs naturally containing small amounts of caffeine and nutrients that support the adrenal glands, brain and energy generation. They won't make you all hyper and tweeky like highly caffeinated, highly sweetened energy drinks. Sweetened with Lo-Han fruit, stevia and a minute amount of fructose.

**Caution:** Do not take if pregnant or nursing

Components	Ingredients	Function	Description	Take
Natural Energy Drink	Alpha-lipoic acid, CoQ10, Guarana, Taurine, B Vits, electrolytes, green tea, Rhodiola, L-Theanine	Promotes focused brain power, positive mood, alertness and energy	Powder Packet	Mix with water and take as needed for energy
Energy	Green tea, Siberian Ginseng, Schisandra, Korean ginseng, Kola nut, Gingko, Licorice	Promotes focused brain power, positive mood, alertness and energy	Brown liquid phytocap	Take as needed for energy
Clarity	Vinpocetine	Enhances cerebral circulation, improves memory	Small white cap	Take as needed for energy
Nutrient Support	B-vitamins and tyrosine amino acid	Provides raw materials for energy generation and dopamine	Yellowish cap	Take as needed for energy.



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### Playa Pack o' Pax

**General Purpose:** Full-throttle Desert / Festival Maintenance

**Formulated to:** keep you in top form under conditions of high stimulation and extreme climate, combined with little sleep and lots of boogie.

**Caution:** Do not take if pregnant or nursing

Components	Ingredients	Function	Description	Take
Emergen-C	Vit C, a few B's and minerals	Immune support, detox and hydration	Powder Packet	Mix with water in a.m. or later in the day.
Electrolyte Mix	Potassium, magnesium, chromium, calcium + other minerals	Help with dehydration	Powder Packet	Mix with water in a.m. or later in the day.
Nutrients	Complete multi-vit, minerals, calcium, anti-oxidants, magnesium, fish oil caps	Great essential all purpose nutrient support. Fish oil decrease inflammation and prevents dryness. Nutrients help relax muscle and increase cellular energy	Packet of mixed tablets	Take with food in a.m. or later in the day.
Clarity	Vinpocetine	Enhance cerebral circulation and mental clarity	Small white cap	Take in a.m. or later in the day
Liver Detox	N-acetyl cysteine, alpha-lipoic acid, tumeric, artichoke, taurine, glycine, milk thistle glutamine, Vit.C, chlorella	Protects the liver and supports clearance of toxins through the liver, intestines and kidneys	Yellow cap	Take in a.m. or later in the day

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