



## ★ Balance. Vitality. Everyday Strength.

Your quiz results show you're ready to level up your everyday wellbeing — not just survive the day, but move through it with more clarity, energy, and balance.

This protocol is a foundational health habit, supporting gut, energy, immune function, and inflammation — all through the potent combination of fermented microgreens, bioavailable nutrients, and plant-based compounds.

It's the easiest step toward better performance, recovery, and resilience.



## Your 8-Week Wellbeing Protocol

### Weeks 1–2

- ☑ Take 1 Big Shot in the morning with breakfast
- Establish a solid foundation of daily nourishment.

### Weeks 3–4

- ☑ Stay consistent with 1 daily
- Feel the cumulative benefits build week by week.

### Weeks 5–8

- ☑ Adjust based on your lifestyle:
  - Use 2 per day during high stress, disrupted sleep, or training recovery



### What to Expect

- Better focus and energy through the day
- Reduced inflammation and muscle soreness
- More regular digestion and overall calm
- Greater resilience to stress (physical and mental)

“I’ve never been great at routines — but this one actually sticks, and I feel the difference.”



## **Daily Habits That Support Full-Body Wellbeing**

- Eat a diverse, colourful diet rich in plants
- Get outside — sunlight, fresh air, movement
- Prioritise hydration and sleep
- Make space for mental stillness — even 5 minutes a day
- Keep moving — your body thrives on motion

## **After 8 Weeks: Keep It Simple**

Wellbeing isn't about perfection — it's about consistency.  
A daily Big Shot gives your body what it needs to stay in rhythm, no matter how full your schedule is.

## **Final Word**

When you feel better, everything gets better — work, workouts, relationships, recovery.

Make your wellbeing non-negotiable.  
One small daily step. Big long-term wins.

Love Tara & Paul xx