






## Recommendation from Alexa Aboudaram

Sunday, Nov 13th

### Products

Items	Instructions	Price
 <p><b>Ashwagandha Extract (60 capsules)</b> Klaire Labs In Stock</p>	<p><b>Instructions from Alexa Aboudaram:</b> 1 capsule once per day, for 2 months <b>Additional Instructions</b> minimum 8 weeks</p>	<b>\$19.99</b>
 <p><b>Rhodiola 3% 200mg (60 capsules)</b> Vital Nutrients In Stock</p>	<p><b>Instructions from Alexa Aboudaram:</b> 2 capsules once per day, for 1 month <b>Additional Instructions</b> minimum 28 days</p>	<b>\$22.99</b>
 <p><b>Panax Ginseng (120 capsules)</b> Pure Encapsulations In Stock</p>	<p><b>Instructions from Alexa Aboudaram:</b> 2 capsules twice per day, for 1 month <b>Additional Instructions</b> minimum 4 weeks</p>	<b>\$59.99</b>

**Items**



**L-Theanine (60 capsules)**

Integrative Therapeutics

In Stock



**Active B Complex™ (60 capsules)**

Klaire Labs

In Stock

**Phosphatidylcholine (100 Softgel Capsules)**

Biotics Research

In Stock

**Instructions**

**Instructions from Alexa Aboudaram:**

2-4 capsules once per day, for 1 month

**Additional Instructions**

minimum 4 weeks

**Instructions from Alexa Aboudaram:**

1 capsule once per day, for 3 months

**Additional Instructions**

Variable based on ingredient and formulation, use for a minimum of 12 weeks

**Instructions from Alexa Aboudaram:**

1 capsule three times per day

**Price**

**\$21.99**

**\$31.99**

**\$27.99**