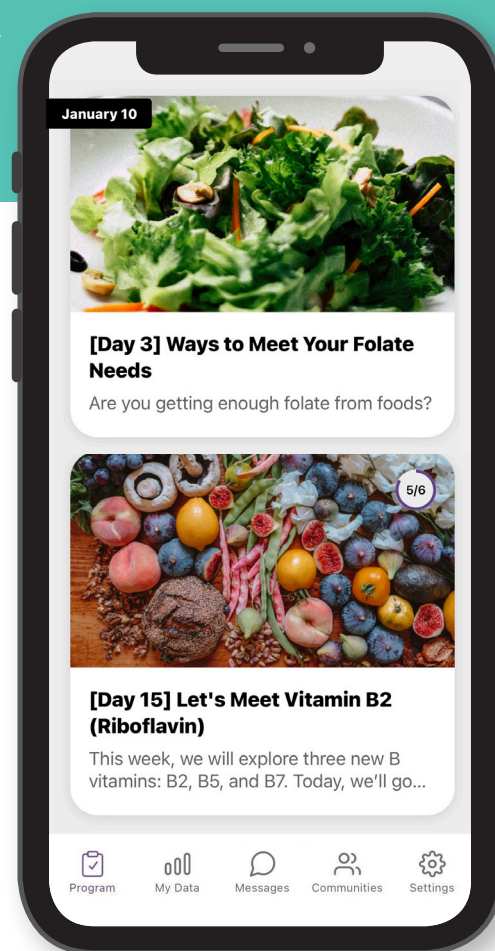


B Vitamin OPTIMIZER™

What's all the buzz about B vitamins? Well for starters they play an essential role in helping your body produce energy, fertility, heart health and reduced risk of heart disease, memory and brain health, as well as detoxification. So yeah, they are pretty important! In addition to not meeting daily needs, a lot of people are getting in forms of B vitamins that aren't better for their body and others are getting in way too much of specific B's, also not better! This program may be recommended to you or you may have discovered it, but either way it will help you optimize a set of vitamins your body wants and needs for better health. AND we will address supplemental sources, as well as different dietary sources based on your preferences. We promise it can be easier - especially with your coach's support - to identify and make your better B vitamins (plus cousin choline) choices more often!

WHAT'S INCLUDED

- 4 weeks of B Vitamin Optimizer™ content delivered daily to your app
- A meet and greet plus two one-on-one sessions with your coach & unlimited messaging during the program
- Bi-weekly group sessions with award-winning nutrition expert **Ashley Koff RD** + other experts
- Deliciously doable recipes & meals ideas
- Tips & Tricks to identify better B Vitamin choices
- VIP Online support community



READY TO GET STARTED?

Simply make your purchase and then look for an email from Programs@thebetternutritionprogram.com.
We look forward to helping you discover your better B vitamin choices!

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These programs are not intended to replace or contradict your practitioner's recommendations including medications, supplements, and food recommendations.



B Vitamin Optimizer™, powered by **The Better Nutrition Program** and **Ashley Koff RD**, is an interactive program to introduce you to all the B Vitamins (plus cousin choline!), what are and how you personally can get in the better forms and amounts for your body. We go one by one to introduce and help you assess your current intake - then you work with your coach and our resources to help you optimize each one for better energy, skin, brain and heart health, and so much more! We will also help you (and any referring practitioner) explore the benefits and needs for any B vitamin supplementation. As Ashley will explain, MORE isn't better, but finding doable ways to meet your optimal needs may include foods and supplements.

What we're after is optimization and in this 30 day program - and you will have access to the content for a Full Year so you can continue to optimize! You will learn about better quality, quantity and balance of these essential nutrients. Our content is packed with fun tips, recipes, videos and trackers so you can learn and work on optimizing your B Vitamins through an app on your phone to message your coach and set up your virtual meetings (2 sessions plus a meet n greet to personalize your program). AND because we thrive in community, we offer access to Koff and her team of experts in live bi-weekly group sessions. We know there is a big difference between knowing what to do and doing it more often. This personalized program meets you where you are and helps you identify and make your deliciously doable choices.

If you've been told you should take a look at B Vitamins in your own life, or have an interest all your own and want to know how to optimize them, this program IS FOR YOU. It's as easy as purchasing, then getting a welcome email from us with your access to the app. You will receive a message from your coach and your first video from Ashley Koff RD. Our personalized approach will guide you every step of the way. We can't wait to help you enjoy the benefits of optimized B vitamins!