

● FREE PREVIEW EDITION

# KNOW YOUR BODY. SUPPORT IT RIGHT.

A Sneak Peek Into the Complete  
Vital Health Wellness Bundle Guide

## WHAT'S INSIDE THIS PREVIEW:

- GLP-1 Medication Support — 6 Bundles
  - Menopause Support — 5 Bundles
  - Weight Loss Support — 5 Bundles
- + 17 more sections in the full guide →

Get the Full 20-Section Guide → [youin5.com](https://youin5.com)

Book your free body scan & unlock the complete guide

**20**

Health  
Categories

**96+**

Bundles

**100+**

Products

## What's In the Full Guide

**Section 1** — GLP-1 Medication Support **6 Bundles** ← *Preview included*

**Section 2** — Menopause Support **5 Bundles** ← *Preview included*

**Section 3** — Cancer Treatment & Remission **5 Bundles**

**Section 4** — High Blood Pressure **5 Bundles**

**Section 5** — Weight Loss Support **5 Bundles** ← *Preview included*

**Section 6** — Thyroid Health Support **5 Bundles**

**Section 7** — Senior Daily Nutrition **5 Bundles**

**Section 8** — Fitness Performance **9 Bundles**

**Section 9** — Gut Health & IBS **5 Bundles**

**Section 10** — Men's Hormone & Testosterone **5 Bundles**

**Section 11** — Fibroid & Hormonal Wellness **5 Bundles**

**Section 12** — Weight Loss Surgery Recovery **5 Bundles**

**Section 13** — Cosmetic Surgery Recovery **5 Bundles**

**Section 14** — Diabetes Wellness Support **5 Bundles**

**Section 15** — Cholesterol & Heart Health **5 Bundles**

**Section 16** — Sleep & Rest Support **5 Bundles**

**Section 17** — Joint Pain & Mobility **5 Bundles**

**Section 18** — Energy & Vitality Support **5 Bundles**

**Section 19** — Liver & Kidney Wellness **5 Bundles**

**Section 20** — Skin, Hair & Beauty From Within **5 Bundles**

This free preview includes **3 full sections** from the guide. The complete 20-section guide — with all 96+ bundles, pricing strategy, and product details — is available exclusively to YouIn5.com community members.

# ■ GLP-1 Medication Support

Protect Your Body While You Transform It

GLP-1 medications help you eat less — but they don't replace nutrients, protect your gut, preserve muscle, or restore energy. These bundles support what the medication is doing AND protect the body from side effects.

## ■ GLP-1 Essentials Bundle

*"Your Foundation. Your Protection."*

### Best For:

Everyone starting or currently on GLP-1 medication

### Products:

- V-DAILY – full multivitamin + minerals + prebiotics
- NOURISH+ – protein + probiotics + superfoods
- V-OMEGA 3 – brain, inflammation, fat metabolism

### Why It Works:

- Replaces nutrients they're not eating
- Supports metabolism and brain health
- Keeps hormones and inflammation balanced

## ■ Lean Body & Muscle Protection Bundle

*"Lose Fat, Not Your Shape"*

### Best For:

Preventing muscle loss during weight loss

### Products:

- VITAL PRO – protein + collagen + amino acids
- NOURISH+ – plant protein + micronutrients
- PERFORMANCE+ – amino acids + electrolytes + recovery

### Why It Works:

- GLP-1 users lose both muscle and fat
- Keeps metabolism high and body toned
- Sustains energy throughout the day

■ **4 more GLP-1 bundles in the full guide** — Gut Reset, Blood Sugar Control, Energy & Fatigue Support, and Detox & Skin Glow. [Get full access at youin5.com](https://youin5.com) →

# ■ Menopause Support

You're Not Done. You're Just Shifting.

Menopause is more than hot flashes. It's hormone imbalance, weight gain, brain fog, low energy, mood swings, poor sleep, and slower metabolism. These bundles address all of it holistically.

## ■ Hormone Balance & Calm Bundle

*"Calm Your Body Down Again"*

### Best For:

Mood swings, anxiety, hot flashes, sleep issues

### Products:

- V-ITALAY – calming (valerian, passionflower, green tea)
- V-OMEGA 3 – hormone + brain support
- GLUTATION PLUS+ – reduces oxidative stress

### Why It Works:

- Supports nervous system and mood
- Helps regulate emotional swings
- Reduces internal stress that worsens symptoms

## ■ Weight & Metabolism Reset Bundle

*"That Belly Is Not Permanent"*

### Best For:

Belly weight, stubborn fat, slow metabolism

### Products:

- S-BALANCE – blood sugar + insulin support
- V-CONTROL – appetite + satiety
- V-THERMOKAFE – fat-to-energy + metabolism boost

### Why It Works:

- Menopause causes insulin resistance and fat storage
- Helps regulate cravings and improve metabolism
- Reduces hormonal fat gain

■ **3 more Menopause bundles in the full guide** — Strength & Aging Well, Focus & Brain Support, and Gut & Detox. [Get full access at youin5.com](https://youin5.com) →

# ■ Weight Loss Support

You Don't Need More Discipline. You Need Support.

Weight loss isn't just willpower. It's hormones, metabolism, appetite, and energy. These bundles address the root causes so you can lose weight effectively — and keep it off.

## ■ Appetite Control & Craving Killer Bundle

*"Control Your Appetite... or It Controls You"*

### Best For:

Overeating, emotional eating, late-night cravings

### Products:

- V-CONTROL – satiety + appetite support
- S-BALANCE – blood sugar + craving control
- NOURISH+ – protein + fiber + fullness support

### Why It Works:

- Addresses the root problem: cravings
- Stabilizes hunger hormones naturally
- Keeps you full longer between meals

## ■ Metabolism & Fat Burn Bundle

*"Turn Your Body Into a Fat-Burning Machine"*

### Best For:

Slow metabolism, stubborn fat

### Products:

- V-THERMOKAFE – fat-to-energy metabolism
- V-NRGY TROPICAL – energy + thermogenic support
- V-NITRO – circulation + nutrient delivery

### Why It Works:

- Helps the body actually burn stored fat
- Improves energy output and thermogenesis
- Supports metabolic function throughout the day

■ **3 more Weight Loss bundles in the full guide** — Lean Body & Toning, Detox & Deloat, and the Full Body Weight Loss System. [Get full access at youin5.com](https://youin5.com) →

# Ready for the Full Picture?

You've seen 3 sections. The full guide has **20**.  
96+ targeted bundles covering every major health condition your body might face.

- **Book a free body scan session**
- **Join the YouIn5.com wellness community**
- **Become a Vital Health affiliate**
- **Book a 1-on-1 wellness consultation**

## youin5.com

Book your free scan · Get the full guide · Join the community

■ Cancer Recovery	■ High Blood Pressure	■ Thyroid Health
■ Senior Nutrition	■ Fitness Performance	■ Gut & IBS
■ Men's Hormones	■ Fibroids	■ Bariatric Recovery
■ Cosmetic Surgery	■ Diabetes	■ Cholesterol
■ Sleep & Rest	■ Joint Pain	■ Energy & Vitality
■ Liver & Kidney	■ Skin, Hair & Beauty	

*These products support general wellness only. Not intended to diagnose, treat, cure, or prevent any disease. Always consult your healthcare provider.*

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