



# How To Use Our ROOT Products

ROOT is a nutritional supplement company whose mission is to support and increase global wellness. Dr. Christina Rahm, our chief formulator and scientist, has spent decades as an inventor and creator of patents. Topics of expertise include the bioavailability of delivery systems, intercellular detoxification, and anti-aging. You can start with any of the products depending on your needs (ROOT Clean Slate, Zero-In, and Restore). Additionally, many add ReLive Greens and Natural Barrier Support.

As you know, everyone is unique and has different requirements to maintain their health. The products are designed to work individually or synergistically and can be tailored to your specific needs. Most of our products can be taken at any time of the day, on an empty stomach, or with food. It is important to listen to your body to decide what works best for you. We do not give any medical advice or make any claims. You should always check with your health professional before starting any supplementation. We suggest

taking the products 2 hours before or after prescribed medication and other supplements.

## ROOT Clean Slate: What is it?

Ingredients in ROOT Clean Slate: Bioavailable Silica, Vitamin C, and Trace Minerals

Formulated with provisional patent-pending proprietary techniques and trade secrets that ignite the utility processes. ROOT Clean Slate was created by combining powerful Bioavailable Silica sourced from nature, trace minerals, and Vitamin C. The result is revolutionary silica, with ingredients that work towards a higher standard of bioavailability, safety, and efficacy to support passive systemic cleansing of the body while simultaneously enhancing pathways to heal and regenerate. ROOT Clean Slate was designed explicitly to target heavy metals such as mercury, lead, arsenic, viral particles, glyphosate, agent orange, and depleted uranium.

As ROOT Clean Slatess passes through the body, it binds to heavy metals, allergens, viral and bacterial particles, and other harmful substances. The cage-like structure of ROOT Clean Slate allows for passive elimination from the body through urine.

### How to take ROOT Clean Slate

- Start with 1–2 drops, twice daily.
- Slowly increase to 3–4 drops, twice daily.
- Build it up to 10 drops, twice daily.
- Make sure to drink plenty of water to keep yourself hydrated.

# Restore: What is it?

Main Ingredients: Proprietary Blend of Black Cumin Seed Oil, Resveratrol, Turmeric, Raspberry Extract, Apple Cider Vinegar, Aloe Vera, and D-Ribose

Formulated with nature's most powerful ingredients to combat and repair the microbiome of the gut while working to assist the body in destroying mold, fungus, parasites, and systemic inflammation. RESTORE is built with multiple patent-pending proprietary quantum nano-emulsion techniques and trade secrets to guarantee its place on the list of most powerful formulas! Rebuild your gut's microbiome while you support anti-aging with RESTORE!

## How to take Restore

Restore is not a meal replacement; it is a supplement to support optimal health. Extended heat exposure and direct sunlight can damage Restore. Be sure to keep your sachets in a cool, dark place.

Restore is best taken in the morning because it improves focus and increases energy but can be taken before bed due to its adaptogenic properties. It is packaged in 15 sachets, a month's supply when taken orally every other day, or a half sachet every day.

Everyone is unique and has different requirements to maintain their health. It is important to listen to your body to decide what works best for you. Some people take up to 3 or 4 sachets a day because of how great it makes them feel and function.

- Take in the morning or in the evening, with or without food
- Refrigerate for a nice chilled treat
- Add to smoothies or yogurt

# Zero-In: What is it?

Ingredients: N-acetyl L-tyrosine, Caffeine Anhydrous, L-theanine, Velvet Bean Seed Extract, Pine Bark Extract, 95% Pure Curcuminoids, and Vitamin D.

An all-natural adaptogenic nootropic (as we like to call it) blend of five adaptogens and two catalysts. Zero-In triggers the gut to produce both dopamine and serotonin neurotransmitters. Increased dopamine and serotonin are associated with improved mood, razor-sharp focus, concentration, mental clarity, enhanced sports performance, and a cool, calm, collected sense of well-being, while also improving deep sleep and dreams.

## How to preferably take Zero-In

- Take 1 capsule in the morning (preferably on an empty stomach) and additional later as desired
- Recommended to use up to 4 capsules daily
- If a reduced dose is required, open the capsule and take it as needed
- If you have problems swallowing capsules, add to food, yogurt, smoothies, or any liquids
- Some people find that taking two in the morning helps them throughout the day

## ReLive Greens: What is it?

Ingredients: A Proprietary Blend made with Trade Secrets of Inulin, Green Banana Flour, Apple Fiber, Bacillus Coagulans, Spirulina, Wheat Grass, Barley Grass, Alfalfa Leaf, Flaxseed, Psyllium Husk Powder, Chlorella, Broccoli, Kale, Spinach, Green Cabbage, Parsley, Aloe Vera, Cayenne Pepper, Blueberry Powder, Pomegranate Seed Powder, and MCT Coconut Oil powder.

These ingredients support the bioavailability and efficacy of this unique blend. If you want to be your best self, give your inner self everything it needs to achieve personal greatness!

Relive greens is a patent-pending, powerhouse proprietary blend of organic, all-natural superfoods made with greens, fruits, and prebiotic fiber that supports the body's natural function to cleanse and rejuvenate while boosting your metabolism to maximize the body's ability to support ketosis.

### How to take Relive Greens

It is recommended to take 1 teaspoon a day; however, some countries and researchers say up to 3 teaspoons, so whatever amount you decide, be mindful of how your body is feeling. It is important to know that Relive Greens is not a meal replacement but a supplement. Remember to always store in a cool, dry place.

The time of day you take it depends entirely on your preference. You can add it to any meal of your day, morning to evening, 1 to 3 times a day. Relive Greens is best taken with your daily meals, so start adding to your smoothies, salads, soups, or any other meal you want.

- Recommended to take up to 1 tsp. with a meal
- You can use it in the morning until evening, 1-3 times a day
- Add to smoothies, salads, or soups
- Store in a cool, dry place

## Natural Barrier Support: What is it?

Ingredients: Proprietary Blend of Vitamin C, Zinc Sulfate, and Vitamin D

Natural Barrier support is "ground zero" for health and wellness. It is packed with the essential elements needed to create a bubble of protection around the body's immune system and developed with innovative technology to increase the bio-availability and efficacy of the ingredients. This patent pending formula jump-starts and supports the immune system.

Zinc is essential for the integrity of the immune system, with an important role in maintaining, developing, and activating cells during innate and adaptive immune responses. Vitamin C is a potent antioxidant vital for immune defense actions via innate and adaptive immunity and helps buffer these systems from oxidative damage. Vitamin C also supports the normal development and function of immune cells, the inflammatory response, wound healing, and skin health. Optimal vitamin D3 levels can help improve your mood, boost your brain function, and generally improve your well-being. Packed with vitamin D3 to modulate immune function, vitamin C to promote a healthy immune response, and zinc to support the body's defenses, this organic, natural proprietary blend can be paired perfectly with any meal. Depending on the person, Natural Barrier Support can last one to three months.

### How to take Natural Barrier Support

You can begin by taking up to 1/4 teaspoons a day and increasing it to 1/3 teaspoons or as a healthcare professional recommends. Natural Barrier Support is not to be used as a meal replacement; it is a supplement. Recommended dosages are 1/4 to 1/3 teaspoons, so be mindful of how your body feels and ask your physician or medical healthcare professional if you want to increase your intake. It can be paired with a smoothie, juice, or any other beverage of your choice. Be sure to store it in a cool, dry place.

- Recommended to take 1/4 tsp up to 1/3 tsp a day
- Add to smoothies, juice, or just water
- Take once a day or what is recommended by a healthcare professional

Pro Tip: Add to your Relive Greens mix or some hot lemon water

# Give Me Back My Youth: What is it?

Ingredients: Hydrolyzed Bovine Collagen and Whole Colostrum Powder

Aimed to bring back your youth, ROOT formulated a proprietary blend of collagen & colostrum to reverse the aging processes by strengthening the skin, lung, and gut barriers, rebuilding your microbiome, and activating cellular health to revive whole-body immune health.

Hydrolyzed collagen, beneficial to gut & skin health, is an abundant source of protein. Collagen contains large amounts of amino acids, glycine, glutamine, and proline. It can be very beneficial to the intestinal tract and the stomach. It is one of the primary building blocks in skin, bones, tendons, ligaments, muscles, and blood vessels.

Your skin is primarily made of type I and III collagen, and it has been found that bovine collagen increases those specific types of collagen. This means that bovine collagen may be beneficial for reducing wrinkles, promoting elasticity, and increasing skin moisture. Like bovine collagen, bovine colostrum is incredibly nutritious. It contains high levels of antibodies. It's quite high in protein compounds that regulate immune responses and promote growth, including lactoferrin and growth factors. Studies show that bovine colostrum may stimulate the growth of intestinal cells and strengthen the gut wall.

## How to take Give Me Back My Youth

Depending on how your body is feeling, you can start with 1 tsp per day (as recommended) and build up to 2-3 tsp. It is important to know that Give Me Back My Youth is a supplement and not a meal replacement. Be sure to store your collagen & colostrum in a cool, dark place.

Give Me Back My Youth will probably be more effective on an empty stomach, so taking it first thing in the morning might benefit you more. Ideally, researchers suggest taking it 30 minutes before or 2 hours after a regular meal. That said, it is fine to take collagen & colostrum whenever you feel like it.

- Recommended to take 1 tsp per day; however, 2-3 tsp can be taken depending on the person.
- Take any time during the day
- 1-2 times per day is recommended
- Add to coffee in the morning, a smoothie, yogurt, or any hot or cold liquids

Pro Tip: Add Give Me Back My Youth to your morning cup of coffee, tea or smoothie during your day.

# Immune Defense Shield: What is it?

Main Ingredients: Vitamin C, Vitamin D, Vitamin K2, Magnesium, OmniMin™ AC Trace Minerals, Quercetin, and β-Nicotinamide Adenine Dinucleotide (NAD+)

Immune Defense Shield is a proprietary combination of vitamins, minerals, flavonoids, and enzymes working together to maintain DNA integrity and ensure proper cell function, protecting our bodies from aging and disease.

Vitamin C prevents DNA mutation induced by oxidative stress. Vitamin D protects cells from the production of reactive oxygen species that leads to cell damage, and vitamin K2 helps modulate mitochondrial dysfunction. Magnesium and OmniMin™ AC trace minerals enhance gene maintenance and protein formation as well as regulate blood oxygen levels, improve fatigue, and lower blood sugar. Found in this proprietary formulation is one of the best flavonoid antioxidants, Quercetin. This antioxidant is beneficial for mitochondrial protection due to its ability to fight free radicals, prevent infection, reduce the risk of cancer, prevent neurological diseases, reduce the risk of heart disease, and fight off inflammation. Last but not least, Immune Defense Shield also contains one very powerful ingredient, NAD+ - the best anti-aging coenzymes already naturally produced in the body. However, when we age, our NAD+ levels start to deplete, which may lead to accelerated aging, chronic illnesses, heart disease, cancers, and cognitive decline. NAD+ works to increase energy and regenerate old, tired cells, thus reversing aging and age-related diseases.

## How to take Immune Defense Shield

- Recommended to take 1 capsule a day
- Take any time of the day, with or without a meal
- Store in a cool, dry place

## ERA Face Lift: What is it?

Main Ingredients: Green tea extract, Lavender extract, White tea extract, Niacinamide, Aloe vera leaf juice, Vitamin B3, Passionfruit extract, Lemon fruit extract, Pineapple fruit extract, Glutamic acid, Threonine, Arginine.

Our natural face mist consists of a patent-pending formula made with trade secrets and innovative technology. Its foundation consists of green and white tea embedded with a blend of natural fruit extracts and aloe leaves. ERA Face Lift includes ingredients such as vitamins, minerals, and amino acids developed to provide antioxidant-rich hydration and skin nourishment.

The micronutrient essential amino acids assist the skin in achieving youth-boosting moisture so that the skin is toned, hydrated and softer. Adding ingredients such as Niacinamide and Mandelic Acid, this formulation is specifically targeted to help brighten skin appearance and even out your complexion.

### How to apply ERA Face Lift

- Shake well before use
- Spray 2-3 pumps onto clean skin
- Pat or rub into skin gently if desired
- Apply after cleansing or before moisturizing

## Pucker Performance: What is it?

Main Ingredients: Water, glycerin, sweet almond oil, peppermint oil, tocopheryl acetate (vitamin E), mineral oil, olive fruit oil, Trideceth-6, portulaca pilosa extract, coffee seed extract, palmitoyl tripeptide-5, palmitoyl tripeptide-38, and ergothioneine

Pucker Performance is a volumizing, innovative lip balm that supports and enhances the appearance of your lips. Using peppermint and mineral oils, this creamy plumper helps hydrate and soften the lips while also boasting an amazing flavor.

Flower oils and essences give the lips a boost of volume support. This tailored patent-pending formula provides a vibrant tingle when applied throughout the day. The more used, the more the Pucker Performance assists with the appearance of youthful looking lips.

### How to apply Pucker Performance

- Apply directly to lips with an applicator to moisturize and plump
- Apply throughout the day as desired
- A mild tingling and minty flavor are normal

# RENO: What is it?

Ingredients: Deionized water, cocos nucifera, stearic acid, emulsifying wax, hyaluronic acid, citric acid, glycerin, populous tremuloides bark extract, phytoplankton extract (nannochloropsis gaditana, isochrysis galbana, phaeodactylum tricornutum, tetraselmis chuii, dunaliella salina), Gaditae ® phytoplankton powder, lonocera capifoloim (honeysuckle absolute oil).

With the unique combination of phytoplankton, a highly nutrient-dense organism from the sea, and hyaluronic acid, Ella Pure Reno is a powerful anti-aging moisturizer. Reno is designed to visibly lift, firm, and smooth the look of fine lines and wrinkles, as well as promote skin cellular growth, restoring the skin back to its youthful glory.

Reno boosts skin hydration, increases skin elasticity, stimulates skin cellular growth, reduces the appearance of fine lines and wrinkles, enhances antioxidant properties and diminishes age spots.

## How to apply Ella Pure Reno

- Apply it in the morning, evening, or when your face feels dry
- Apply about dime-size to your face, neck, or hand
- For best results, massage Reno into your skin until thoroughly absorbed