

Betty Torres—How to Support Your Brain Function Naturally

As Betty Torres talks about each topic and the features and benefits of various products, take notes on what stands out to you.

Lifelong Vitality—Microplex VMz®: _____

Lifelong Vitality—xEO Mega®: _____

Lifelong Vitality—Alpha CRS+®: _____

Digestion—DigestZen TerraZyme®: _____

Digestion—PB Assist®: _____

Mito2Max®: _____

Grapefruit: _____

DDR Prime®: _____

The Cell Cycle: _____

What are some of the oils Betty suggests for keeping calm, collected, and focused when presenting a class? _____

What are some of the oils she suggests for staying motivated and productive when working from home?

What is her “magic sleep formula?” _____
