



Supporting Your Digestion and a Look into MetaPWR

Dr. Johnson described a number of factors that have the potential to disrupt our digestion. Did he mention anything that resonated with you as something that could potentially be disrupting your digestion? Make a note of it here.

Can you name three products Dr. Johnson suggests using to help support your digestion?

Of the products Dr. Johnson suggested, which ones do you think you could add to your routine to help support your digestion? Write them here so you can remember them later.

What was your favorite historical fact you learned about the oils in the MetaPWR blend? Write it down here so you can remember it for later.

Other notes:
