

# IRL MVPs

top picks for every-day betterment

TIP: makes a great zero sugar cocktail mixer!



## Hydration Just Got Deliciously Easy

Ultima Replenisher's grab & go Mockini-inspired electrolyte packets are the perfect balance of electrolytes, minerals, vit C & zinc without the junk. Keto & non-GMO. 20% off! Code: **WH20** at [ultimareplenisher.com](http://ultimareplenisher.com)

NSF Certified for Sports



**Body Hack Your Energy**  
Mitochondria are key to energy & longevity. Our energy, strength & endurance, powered by mitochondria, decline with age and Mitopure is clinically shown to reenergize your cells. 10% off! Code: **WHealth10** at [timelinenutrition.com](http://timelinenutrition.com)

recommended by 5,000+ doctors

## Intimacy Feeling A Little Dry?

Every female can benefit from a HA moisturized vagina. An easy way to get this goodness & help renew our body's moisture is Revaree, the 1st FDA cleared, hyaluronic acid, vaginal insert! Save up to 40%! Code: **WH20** at [heloobanafide.com/wh](http://heloobanafide.com/wh)



## This Facial Deserves Spa-Worthy Credit

Get that glowy, just walked out of a spa look. With the MicroDermabrasion Facial, micro-exfoliants join forces with 6 AHAs & probiotics, to gently buff away dry, dull cells & reveal brighter, smoother skin! Ulta, Whole Foods & [madhippie.com](http://madhippie.com)



## For A Happy (Healthy!) Hour

Drink in the benefits of Beetology's nutrient-dense 100% organic cold-pressed juices. There's no added sugars or preservatives, absolutely nothing artificial in these mega-delicious non-GMO, all-natural blends. Amazon & [beetology.com](http://beetology.com)



## Mighty Good On Everything!

Mighty Sesame Organic Tahini is made with 1 superfood ingredient: sesame seeds. You can add this protein-packed, nutritious, and delectable tahini to salads, dips, sandwiches and more, with a simple squeeze of the bottle. [mighty-sesameco.com](http://mighty-sesameco.com)

superfood your sides

## From Fat Loss To Recovery To You

Owning a NuShape LED Lipo Wrap is like having your own personal pro-grade med-spa right at home. See rejuvenating results all over the body to drop inches of fat, help with pain, skin, cellulite & more. 10% off! Code: **WH1110** at [nushape.com](http://nushape.com)



## Nitro-Powered, Plant-Based Protein Formula

Kyani Origin™ packs 20 grams of premium, vegan protein into a delicious macronutrient-balanced shake to support Nitric Oxide production. 15% off! Code: **ORIGIN** at [kyani.com/origin](http://kyani.com/origin)

SCAN for access to shop @tipsntrends



## TAKE CARE OF YOUR HEART

CardioFitMD promotes heart & whole body health w/beetroot, fiber, pre & probiotics, 20 vits & minerals. 10% off! (Exp. 1/31/23) [1md.org](http://1md.org) Code: **CARDIOFIT10**



## FULL, NATURAL BROWS ARE IN

No cosmetics or painful tattoos. For naturally fuller brows, it's EES. Clinically-tested & patented. 20% off! [essential-eyebrowsolution.com](http://essential-eyebrowsolution.com) Code: **EESWH**



## BEST ON-THE-GO GIFT

BlendJet portable blender serves up big blender power, crushes ice, is quiet, self-cleaning & USB rechargeable. Free 2-Day S&H. Save 11% at [blendjet.com/womenshealth](http://blendjet.com/womenshealth)



## 'THE' IMMUNITY DEFENSE SHOT

Packed w/functional organic ingredients & live probiotics, Suja boosts immune & digestive health. 10% off! (Exp. 12/31/22) [shop.sujaorganic.com](http://shop.sujaorganic.com) Code: **TRENDS**

## ELEVATE YOUR TEQUILA

Meticulously crafted, ultra-premium Inspiro Tequila is your new confirmed additive-free, smooth and sippable tequila. 10% off! [inspiretequila.com](http://inspiretequila.com) Code: **WH10**

distilled, fermented & led by women

