FAST TO FAITH

Dare to Be Balanced

PROTOCOL · 4-PRODUCT FOUNDATION

WHAT THIS PROTOCOL SUPPORTS

- ***Healthy hormone metabolism and balance†***
- ***Cellular energy production†***
- ***Gut health, regularity and immune function†***
- ***Restful sleep, muscle relaxation and bone health†***

Dare to Be Balanced is Dr. Tabatha's foundational protocol for women who don't know where to start. It pairs four formulas that work on the roots most women share after 35: hormone metabolism, gut balance, minerals and vitamin D. Your gut is the gateway to either health or disease, so this protocol supports it alongside your hormones.†

What's Inside

Hormone Tame

Essentials multivitamin with NAC, acetyl L-carnitine, alpha lipoic acid, broccoli extract and methylated folate and B12 to support healthy hormone metabolism, detox pathways and energy.†

How to take: 2 capsules daily with food, up to 4.

Biome Lift

High-potency probiotic that supports a balanced gut microbiome, regularity and immune health.†

How to take: 1 capsule daily.

Mag Lift

Three absorbable forms of magnesium (malate, citrate and glycinate) to support sleep, muscle relaxation, stress resilience and steady energy.†

How to take: 2–4 capsules daily.

D3/K2 Lift

Liquid vitamin D3 with K2 (MK-7) to support bone strength, calcium going to the right places, immune function and mood.†

How to take: 1 or more drops daily, on the tongue or in a drink, with food or healthy fats.

Your Daily Rhythm

A simple way to fit all four into your day. Adjust to what works for you.

Morning	Hormone Tame (with your first meal) · D3/K2 Lift (with food) · Biome Lift
Evening	Mag Lift

Why They Work Together

Hormones need raw materials. Hormone Tame supplies the nutrients your liver uses to process and clear hormones.†

Hormones are processed through the gut. Biome Lift supports the gut bacteria that help your body eliminate used hormones instead of recycling them.†

Stress drains magnesium. Mag Lift refills what busy, stressed seasons use up, supporting sleep and calm.†

Vitamin D acts like a hormone. D3/K2 Lift supports immune health, mood and bone strength, which matter even more in perimenopause.†

Often Chosen By Women Dealing With

Hormone imbalance · **Perimenopause** · **Hot flashes** · **Feeling overwhelmed** · **Not sure where to start**

Each product's full one-page fact sheet, with complete ingredients and research, is on its product page at shop.fasttofaith.com. If you are pregnant, nursing, or taking medication, talk with your healthcare provider before starting.

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.