

Crazy Healthy Brew

Benefits <i>(No other ingredients added)</i>	Original Powder Blend				with Honey (13g)	with Ashwagandha (450 mg)
	Ginger	Cinnamon	Lemon & Lime	ACV		
Anti-inflammatory Properties	✓	✓	✓	✓	✓	✓
Neurotrophic for Mental Alertness & Health	✓	✓	✓	✓	✓	✓
Antioxidants Properties	✓	✓	✓	✓	✓	✓
GI Health & Indigestion relief	✓	✓	✓	✓	✓	✓
Nutritional Benefits and Trace Minerals	✓	✓	✓	✓	✓	✓
Anti-aging Properties and Benefits	✓	✓	✓	✓	✓	✓
Aids in weight loss & appetite suppression	✓	✓	✓	✓	✓	✓
Supports Healthy Cholesterol levels	✓	✓	✓	✓	✓	✓
Anti-bacterial and Antimicrobial Properties	✓	✓	✓	✓	✓	✓
Helps Lower Blood Sugar	✓	✓	✓	✓		✓
Anti-viral and Antibiotic Properties	✓	✓	✓	✓	✓	✓
Anti-fungal Properties	✓	✓	✓	✓	✓	✓
Provides Hangover relief	✓	✓	✓	✓	✓	✓
Helps prevent Periodontal disease	✓	✓	✓	✓	✓	✓
Helps Lower Blood Pressure	✓	✓	✓	✓	✓	✓
Prebiotic Properties	✓	✓			✓	
Promotes Collagen formation	✓	✓	✓	✓	✓	✓
Helps Nausea Relief	✓					
Improves muscle gain and recovery	✓					✓
Adaptogen (Helps relieve Stress and Anxiety)	✓		✓			✓
Supports Testosterone balance	✓	✓	✓	✓	✓	✓
Promotes collagen formation	✓	✓	✓		✓	✓
Total # PubMed Research papers per Ingredient	4,786	3,342	20,552	131	15,521	1,560
Number of years consumed by our ancestors	5,000+	5,000+	7,000+	7,000+	8,000+	8,000+

**** Science backed studies on each of the checked boxes. See: www.itismyhealth.health**