

# TRAVELER'S ESSENTIALS

## BOX DETAILS

EAFIT™  
CHALLENGE

### PERFECT KETO MCT POWDER



2 tsps to 1 tablespoon in your coffee (or tea) when you want to fast in the morning or can't find a good breakfast

### HERB PHARM BED TIME



Pre-Bed time herbal spray supplement.

### GLUTE BAND



To use pre workout or daily to avoid lower back pain via glute-bridges and lateral band walking

### DIGESTIVE ENZYMES



When you aren't sure what you are eating or you know it won't settle well, these digestive enzymes include support to breakdown carbs, proteins, fats, and dairy! Take 1-2 with meal.

### ZERO K WIPES



Witch hazel cleansing body wipes for on the road- smells incredible!

### ELEMENT TEA TUMMY TONIC



1-2 teaspoons per 8 ounce hot water.

### PINES DUO GREENS



When you can't find any veggies! Take in a baggie and don't miss a day.

### PRIMALLY BALANCED EVENING CALM



Formulated to help support the adrenal system and bring cortisol levels down. Roll on to wrists, behind ears or on feet as needed.

### PILI NUTS



The perfect high fat nut- a little goes a long way! Enjoy slowly, these things are made to make your meals last longer than 2 hours.

### DIGESTIVE HCL



Same as the enzymes but especially good for when in times of stress or eating on the go- start with 1 every meal, working up to avoid bloating, burping, or heavy stomach.

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### EPIC BAR TURKEY STRIP



EPIC Bar has the cleanest, best high protein snacks for wherever you are. Stock up and get your protein in as much as you can!

### ELEMENT TEA STRAW



Avoid the hassle of a tea ball or a tea pot- drink loose leaf tea on the go. Just need some tea and hot water!

### PINES WHEAT GRASS SAMPLE



Seriously. Get your veggies AS MUCH AS YOU CAN!

### WILD PLANET CHICKEN



The BEST on-the-go travel food. Add to avocado mayo, top on a salad, or add mustard and an avocado and call it a meal!

### LACROSSE BALL



To dig into those tight muscles! 5 ways to use it will be in the Challenge videos.

### NUUN IMMUNITY SAMPLES



Full of immune boosting herbs but also electrolytes and vitamins- this makes your water taste good and your body stay hydrated!

**EMFIT**  
CHALLENGE

