

Optimized Health

Shake Ingredients, Shower Filter: (Required)

Organic Psyllium Husks:

[https://www.amazon.com/dp/B07CPJJWTH?
psc=1&ref=ppx_yo2ov_dt_b_product_details](https://www.amazon.com/dp/B07CPJJWTH?psc=1&ref=ppx_yo2ov_dt_b_product_details)

OR (if not in stock)

[https://www.amazon.com/gp/product/B00JDOAKRM/
ref=ppx_yo_dt_b_search_asin_title?ie=UTF8&psc=1](https://www.amazon.com/gp/product/B00JDOAKRM/ref=ppx_yo_dt_b_search_asin_title?ie=UTF8&psc=1)

Organic Monkfruit Extract: (1 bag)

<https://amzn.to/34f9uzN>

OR

Organic Stevia:

<https://amzn.to/3oahEkN>

Maca Powder: (for 1 bag)

[https://www.amazon.com/gp/product/B078CYNWBC/
ref=ppx_yo_dt_b_asin_title_o02_s01?ie=UTF8&psc=1](https://www.amazon.com/gp/product/B078CYNWBC/ref=ppx_yo_dt_b_asin_title_o02_s01?ie=UTF8&psc=1)

OR (if not in stock)

<https://amzn.to/31q8IPk>

(whole) Organic Flax Seeds: (Buy a 5 lb bag)

<https://amzn.to/3dIMRoX>

Organic Cacao Powder: (Buy a pack of 3 bags)

<https://amzn.to/3dKBuN4>

Organic Almond Flour:

https://www.amazon.com/gp/product/B07R1KWDFH/ref=ppx_yo_dt_b_asin_title_o05_s00?ie=UTF8&psc=1

Organic Macadamia Nuts: (Optional but Recommended for snacks - 1 lb bag)

<https://bit.ly/2P5meEv>

(If you haven't purchased) Shower Filter: (1 filter - replace every 6 months)

<https://amzn.to/2Vrpfis>

