

# My Favourite Health & Wellness Products

HELPING YOU GET CLOSER TO ACHIEVING  
YOUR HEALTH AND WELLNESS GOALS



## CATEGORY

### GENERAL SUPPLEMENTS

## PRODUCTS

- Daily hair support (helps hair grow longer, stronger, thicker and softer) [Link](#)
- Quality Multivitamin and mineral capsule [Link](#)
- Daily Nutritional Support Powder (Multivitamin & mineral, protein powder, liver support) [Link](#)
- Multivitamin (capsule form) [Link](#)
- Iron: [Link](#)
- Quality Magnesium [Link](#)
- Activated Vitamin B complex [Link](#)
- Activated Vitamin B Complex [Link](#)
- Vitamin D3 [Link](#)
- Vitamin D3 [Link](#)
- Vitamin C [Link](#)
- Balanced Zinc [Link](#)
- Omega 3 soft gels [Link](#)
- Daily Omega 3 liquid [Link](#)
- Blood Sugar Support [Link](#)



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## CATEGORY

## PRODUCTS

### WELLNESS PROTOCOLS

- Immunity Protocol [Link](#)
- CBO Protocol (deep gut rebalancing protocol) [Link](#)
- Citricidal drops (used during the CBO protocol) [Link](#)
- CBO Finisher (to be used after the CBO protocol to repair and strengthen gut lining) [Link](#)
- Daily Foundational Supplement Protocol level 3 [Link](#)
- Daily Foundational Supplement Protocol Level 2 [Link](#)

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### GUT HEALTH SUPPORT

- Daily digestive enzymes (support digestion and decrease bloating) [Link](#)
- Gluten and Dairy Support (helps to digest gluten and dairy) [Link](#)
- Clean gut probiotic [Link](#)
- Daily probiotic support [Link](#)
- Probiotic support [Link](#)
- Constipation Support [Link](#)



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## PRODUCTS

### HORMONE HEALTH

- Dr Cabral Liver Detox (3 weeks if you've never done this detox before and 1 week every 3-6 months after that) [Link](#)
- Women's Sense Myo Inositol and Chiro Inositol (PCOS support) [Link](#)
- Alpha Lipoic Acid-goes together with above women's sense supplement [Link](#)
- Estrogen Balance (to help balance estrogen and progesterone levels) [Link](#)
- Progesterone Support (naturally boost progesterone levels) [Link](#)
- DHEA [Link](#)
- DIM complex liver support [Link](#)
- Adrenal Soothe (supports during times of stress and Thyroid health) [Link](#)
- Blood Sugar Support [Link](#)
- Pregnancy Supplement Support Package [Link](#)



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## CATEGORY

### BEAUTY

## PRODUCTS

- Daily hair support (helps hair grow longer, stronger, thicker and softer) [Link](#)
- Advanced Collagen support (uplevel your hair, skin, nail game) [Link](#)
- Beauty Bundle (skin health support) [Link](#)
- To find clean beauty and cleaning products and check how clean your current products are, look here: [Link](#)
- Infrared Red Light Therapy Mask (coming soon)

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## REMOVAL DETOXES

- HEAVY METALS
- TOXINS
- PARASITES
- MOLD

- Heavy Metal Detox [Link](#)
- Dr Cabral Liver Detox [Link](#)
- Parasite Removal Protocol [Link](#)
- Mold Detoxing Protocol [Link](#)



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## CATEGORY

- **SLEEP**
- **STRESS**
- **ANXIETY BASED FEELINGS**

## PRODUCTS

- Sleep Help Protocol [Link](#)
- Ultimate Deep Sleep Protocol [Link](#)
- Nighty Night tea [Link](#)
- Calming Magnesium [Link](#)
- Magnesium [Link](#)
- Ashwagandha [Link](#)
- Adrenal Soothe (to help calm adrenals and support stress and hormone health) [Link](#)

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## **GENERAL**

- Supplement Containers  
[Link](#)  
[Link](#)  
[Link](#)
- Tongue scrapers  
[Link](#)  
[Link](#)
- Dry brushes  
[Link](#)  
[Link](#)



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## CATEGORY

## PRODUCTS

### WATER/AIR FILTERS

- Affordable bench top filters  
[Smaller filter](#)  
[Slightly bigger filter](#)
- Air Doctor Filter  
<https://airdoctorpro.com/?c=scabral&affid=382&oid=17>

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### AT HOME LAB TESTS

- Supply Life food intolerance test (UK based)  
<https://supplylife.com/>
- I also have at home lab tests available for people in Australia, America, Canada, Sweden and other European countries. Contact me via to [support@chandlerwellness.co](mailto:support@chandlerwellness.co) to get information about these.
- These lab tests can give you education on a variety of things such as hormone and gut health, inflammation levels, food sensitivities and much more! Instead of guessing, we can test! This gives us quick data and speeds up the recovery/wellness journey results.