



CLEAN ALTERNATIVES

CLEANING PRODUCTS:

DISINFECTANT: REVIVE THIEVES CLEANER (FOR KITCHEN, BATHROOM, FLOORS)

HAND SOAP: REVIVE HAND SOAP



WINDOW/GLASS CLEANER: E-CLOTHS (PURCHASE ON AMAZON)

LAUNDRY DETERGENT: REVIVE THIEVES LAUNDRY SOAP

DISHWASHER DETERGENT: REVIVE THIEVES DISH PODS

PERSONAL CARE PRODUCTS:

DEODORANT BRAND: PHILORGANIC, HARMONIZE FORMULA OR RELIANT FORMULA (SENSITIVE SKIN)

BODY WASH: VINTAGE TRADITION- TOTALLY UNSCENTED TALLOW BALM SOAP

TOOTH PASTE/POWDER: MIESENSE MINT TOOTHPASTE, OR ORGANIC WAVE WELLNESS TOOTH POWDER

TOOTHBRUSHES- PRIMALS BRAND - BOAR HAIR BRISTLES, OR GAIA GUY NATURAL BRISTLE BOAR HAIR/BAMBOO TOOTHBRUSH

MAKEUP: TYPEOLOGY, PRETTY FARM GIRL

MAKEUP REMOVER- PREMIER RESEARCH LABS COCONUT OIL, OR WASH WITH TALLOW OR GOATS MILK SOAP

LOTION: PREMIER RESEARCH LABS (PRL) COCONUT OIL, PRL CASTOR OIL, WHIPPED GRASS FED TALLOW

SHAMPOO & CONDITIONER: REVIVE SHAMPOO & CONDITIONER, OR SHAMPOO BAR/CONDITIONER BAR

SUNSCREEN: VITAMIN BEE WELLNESS CO. SUN BALM, OR PARADISE SUN BALM

BUG REPELLENT (SKIN): ENCOMPASS OIL, OR REVIVE BUG SPRAY

FOOD:



SUGAR SUBSTITUTE: PURE STEVIA , HONEY, MAPLE SUGAR, MAPLE SYRUP

COFFEE: TEECCINO

PRODUCE: ONLY BUY ORGANIC PRODUCE FROM HEB, SPROUTS, WEGMAN'S

MEAT: GRASS FED AND FINISHED BEEF, ORGANIC AIR CHILLED CHICKEN, WILD CAUGHT FISH

EGGS- ORGANIC, PASTURE RAISED

BUTTER- KERRYGOLD BUTTER, GRASSFED BUTTER

PASTA: ALDI - SIMPLY NATURE DURUM WHEAT PASTA

ALDI- ORGANIC TOMATO SAUCE (IN GLASS JAR)

SYRUP- ALDI MAPLE SYRUP (IN GLASS JAR)

FAIRLIFE PROTEIN SHAKE- 2 SCOOPS PREMIER RESEARCH LABS WHEY PROTEIN POWDER, 1 TBLS ORGANIC COCOA POWDER, 1 TBLS MAPLE SYRUP, 16 OZ. WATER. MIX AND POUR OVER ICE

SCENT:

REVIVE ESSENTIAL OILS IN DIFFUSER

MISC:

TEFLON PANS- STAINLESS STEEL, OR CAST IRON

PLASTIC CUPS/PLASTIC WATER BOTTLES- MASON JARS, GLASS CUPS, STAINLESS CUPS

PLASTIC/SILICONE UTENSILS: WOODEN, STAINLESS STEEL

OVER THE COUNTER:



TUMS: ORGANIC PAPAYA (AMAZON), ORGANIC CHARCOAL (MARY RUTH'S)

TYLENOL: GENEXA

ZYRTEC/CLARITIN: PREMIER RESEARCH LABS DHA

MENSTRUAL CRAMPS- PREMIER RESEARCH LABS ESTRO FLAVONE*, PREMIER RESEARCH LABS FEM BALANCE*

Tobacco- CLEAN NICOTINE- Tolevita patches (nicotine is beneficial for many health conditions in addition to being a clean alternative to pouches, dip, smoking)

https://shop.tolevita.com?sca_ref=11913242.eNo13olr3ZG

DISCOUNT CODE: VITALITYHEALTH

ALL PREMIER RESEARCH LABS PRODUCTS CAN BE PURCHASED DIRECTLY THROUGH MY WEBSITE WWW.VITALITYHEALTHLLC.COM

PHILORGANIC PRODUCTS CAN BE PURCHASED VIA TEXT 254-589-3756

*** MESSAGE lindsey@vitalityhealthllc.com for dosage**