

# KRISTA'S FAVORITES:

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## HYDRATION:

For those without hypertension:

- [LMNT](#) electrolyte powder mix
  - I recommend starting with ½ packet a day to monitor for any sensitivities, swelling, etc.
- [ReLyte](#) electrolyte powder mix

For those with hypertension/on sodium restriction:

- [Fast Lyte](#) electrolyte powder mix
- [Buoy](#) hydration drops

## SLEEP/RELAXATION:

[Apothekary](#): Try “Take the Edge Off” instead of your late afternoon coffee or “Wine Down” in some carbonated water to replace your evening class of wine

Evening tea:

- [Yogi Ashwagandha, Elderberry & Lemon Balm](#)
  - Avoid in pregnancy, HYPERthyroid/Grave’s disease
- [Yogi Bedtime Tea](#) (chamomile, lavender, passionflower, licorice)

[Ashwagandha supplement](#)

Saffron supplements: Lots of options I trust on [Fullscript](#) (get 15% off by using my storefront) or try this combo product from [SilverFern](#) (they have a caffeine option & a

non-caffeine option: choose wisely!)

### **CGM ACCESSORIES:**

[Waterproof CGM Covers \(tan\)](#)

[Waterproof CGM Covers \(patterns\)](#)

[Waterproof CGM Covers \(see-through\)](#)

### **SUPPLEMENTS & VITAMINS:**

[Fullscript](#): To ensure you are getting high quality supplements, I recommend going through Fullscript or some other reputable company that does independent testing to ensure products are free of contaminants and contain labeled ingredients ONLY