KRISTA'S FAVORITES:

*Some of these links are affiliate links (some are not) - purchasing through them means that my company receives a *very* small commission at **no** extra cost to you - thank you for your support!*

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