

# Happy living through health



*Check out these innovative formulas from our friends at CV Sciences—they're not just about CBD! I learned a thing or two about unique ingredients that address everyday complaints—it's well worth a read. As always, my audience can enjoy 30% of CV Sciences' products with code HOFFMAN30.*

*—Dr. Ronald Hoffman*

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Good health is the cornerstone to a happy life. Supplementing your diet with vitamins and supplements is a great way to boost your wellbeing, but what if you want to improve a specific area of your life: such as being able to concentrate more, finding it easier to de-stress, or supporting greater metabolic health?

In addition to their daily multi-vitamin, many people are turning to functional supplements to enhance and optimize their lives. Seeing a need for this kind of functional supplement, San Diego's CV Sciences, makers of +PlusCBD, America's preeminent CBD brand, launched their non-cannabinoid +PlusHLTH line.

Rooted in rigorous science and fortified with clinically proven wellness ingredients, the +PlusHLTH line delivers targeted formulations for optimized health,

improved performance, and increased vitality. Elevate your wellbeing with innovative supplements crafted to empower healthier lifestyles.

## **ReShape**

ReShape provides a holistic approach to improving metabolic health to better help you attain your wellness goals. Harnessing the power of science-backed, natural ingredients, daily use of ReShape supports a healthy metabolism system, enhances your energy levels, and helps control cravings.

**Berberine**: A compound found naturally in plants, berberine promotes AMPK activity, which is associated with healthy fat metabolism. It also helps maintain healthy blood sugar levels to reduce cravings and support feelings of fullness. Additionally, berberine may help maintain a healthy balance of gut microbiota for overall metabolic health.

**OEA (oleoylethanolamide)**: OEA influences appetite and metabolism by activating PPAR-alpha receptors, which are associated with healthy fat metabolism and balanced food intake. OEA also encourages the release of hormones that promote feelings of fullness and may help support the breakdown of stored fats for energy.

**Cinnamon**: Cinnamon helps to maintain healthy blood sugar levels and insulin sensitivity. Its active compound, cinnamaldehyde, supports glucose uptake by cells to help reduce sugar cravings and promote feelings of fullness. Cinnamon also slows the emptying of the stomach, contributing to satiety, and may support healthy fat metabolism.

## **Clarity**

Your go-to supplement for sharpening focus, enhancing cognitive ability, and maximizing productivity, Clarity is perfect for hitting the books for exams, delving into complex projects at work, or spending time on your favorite hobby, providing the concentration and mental fortitude you need to excel in all your endeavors.

**Rhodiola**: A powerful adaptogen, Rhodiola supports neurotransmitter function and reduces mental fatigue. It promotes optimal brain function and helps the body adapt to stress, which can also improve concentration and cognitive performance.

**Lion's Mane**: A mushroom that promotes nerve growth factor (NGF) production, essential for brain health. It helps maintain cognitive function and enhances memory and concentration. Adding Lion's Mane into your routine can boost mental sharpness and increase attention span.

**DMAE**: Boosts the production of acetylcholine, a neurotransmitter essential for cognitive function. It promotes mental alertness, enhances memory, and improves concentration. Including DMAE in your daily regimen can help maintain optimal brain health and support sustained attention, aiding in overall cognitive performance.

**Huperzine A**: Inhibits the breakdown of acetylcholine, a key neurotransmitter for learning and memory. This promotes enhanced cognitive function and sustained mental sharpness, helping you stay focused and alert throughout the day.

## **Peace**

Unwind and find your inner calm with Peace, unique gummies formulated specifically to help you navigate life's many stresses with ease. With Peace, you can embrace each day with a renewed sense of tranquility, so say goodbye to stress and hello to a more balanced, centered you.

L-Theanine: An amino acid found primarily in green tea leaves, L-Theanine is known for its calming properties. It promotes relaxation without causing drowsiness by increasing alpha brain wave activity. Additionally, L-Theanine can help reduce stress by modulating neurotransmitters like serotonin and dopamine.

Lemon Balm: An herb celebrated for its calming effects, Lemon Balm works by interacting with the GABA receptors in the brain, which can help reduce anxiety and improve mood. This soothing ingredient may support a positive outlook, enhance mental clarity, and contribute to overall relaxation and stress relief.

Holy Basil: Also known as Tulsi, Holy Basil is an adaptogenic herb with potential stress-relieving properties. It helps the body adapt to stress by regulating cortisol levels and supporting adrenal function. This potent herb works to enhance mood and promote relaxation, contributing to overall emotional balance and wellbeing.

St. John's Wort: A flowering plant renowned for its mood-enhancing properties, St. John's Wort has been traditionally used to combat stress and promote relaxation. It works by inhibiting the reuptake of neurotransmitters such as serotonin, dopamine, and norepinephrine, which can help elevate mood and reduce anxiety.

With thoughtfully curated active ingredients, +PlusHLTH was designed to ease difficult areas of your life to help you be your best every day. If you are looking to optimize your daily wellbeing, boost your performance, and improve your energy and focus, check out the +PlusHLTH line from CV Sciences. You can find recommended products from +PlusHLTH and award-winning +PlusCBD [here](#).