

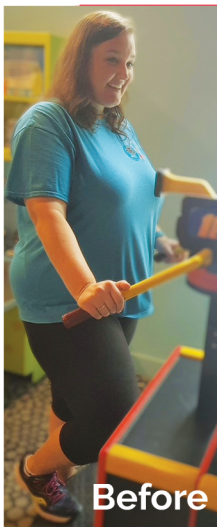
HEALTHY,
HAPPY &

Thriving



Studies show Adaptogenic Herbs and Tibena's 30+ herbs nourish the gut microbiome. What are Adaptogenic Herbs? Real Whole Food that survived the toughest of environments. They have been utilized by in healing modalities for thousands of years by Herbalists and Healing practitioners. "Adaptogens are herbal pharmaceuticals. They work to counteract the effects of stress in the body. Stress causes very real physical changes in the body, including harming the neurological, endocrine, and immune systems. Adaptogens have stimulant properties that help counteract those harmful effects. Adaptogens have been studied in both animals and isolated neuronal cells. Researchers have found they have several effects on the body.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3991026/>



Before

Amanda Jones

- ✓ Lost 100 lbs + 38+ inches.
- ✓ I am healthy, happy and thriving.
- ✓ Sugar cravings gone.
- ✓ No longer addicted to sugar, candy, processed and junk foods.
- ✓ Hormones have balanced.
- ✓ Libido improved.
- ✓ Herbal infusions helped me incorporate intermittent fasting.



After

- ✓ Blood Sugar and Blood Pressure in normal ranges
- ✓ Inflammation - gone
- ✓ PMS symptoms - gone
- ✓ Anxiety - calmed
- ✓ Healthy Digestion - regular BM's everyday verses the old once a week
- ✓ Indigestion and heartburn - gone

- ✓ TMJ - gone
- ✓ Deep, restorative sleep every night
- ✓ No more foggy brain
- ✓ No more depression and worry
- ✓ Clarity and Energy improved
- ✓ Higher level of consciousness
- ✓ Reduced menopausal symptoms

- NEUROPROTECTIVE ELEMENTS • ANTI-FATIGUE PROPERTIES
- ANTIDEPRESSIVE EFFECTS • STIMULANT FOR CENTRAL NERVOUS SYSTEM

TIBENA®

more information | support@tibena.com | www.tibena.com