



# The Perimenopause Blueprint



*How to Work with Your Body, Not Against It*

## What is Perimenopause?

- Perimenopause is the transitional phase leading up to menopause, where hormone levels—especially estrogen and progesterone—start to shift. It can begin as early as the mid-30s and typically lasts several years.



## Common Challenges Women Face During This Time

- Unexplained weight gain or difficulty losing weight
- Fatigue, brain fog, or poor sleep
- Increased cravings and changes in metabolism
- Mood swings, anxiety, or irritability
- Irregular periods, bloating, and body composition shifts

Perimenopause and menopause bring hormonal shifts that impact metabolism, energy, and mood. Instead of fighting these changes, the key is to support your body naturally with the right habits, nutrition, and supplementation. This blueprint helps you balance hormones, boost energy, and reduce stress—without overwhelm—so you can work with your body, not against it.





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## Daily Habits & Lifestyle Changes for Hormonal Harmony



### Prioritize Quality Sleep

- Aim for 7-9 hours of quality sleep per night to support hormone regulation and stress reduction.
- Establish a consistent sleep routine (same bedtime and wake-up time).
- Avoid screen time (blue light) at least 30 minutes before bed.
- Create a dark, cool, and quiet sleep environment.
- Take 3 capsules of **Prestige Sleep** at least 30 minutes before bed to support falling asleep faster, staying asleep, REM sleep, and reducing cortisol and inflammation.

### Engage in Regular Physical Activity

- Strength train at least 3 days per week, focusing on progressive overload to maintain muscle mass, support metabolism, and improve bone health.
- Allow for proper rest and recovery between intense training sessions.
- Incorporate low-intensity activities such as stretching, yoga, swimming, and walking.
- Aim for at least 10,000 steps per day.
- Try to do light activity after meals, such as a short walk or household chores, to improve digestion and help regulate blood sugar levels.





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## Stress Mitigation Strategies

- Limit exposure to negative news and social media to reduce mental and emotional stress.
- Schedule daily 'unplug' time away from screens and technology to allow your nervous system to reset.
- Engage in creative activities like painting, music, or writing to shift focus and reduce stress.
- Try aromatherapy with calming essential oils like lavender, chamomile, and frankincense.
- Daily journaling or gratitude practices for improved mindfulness and stress reduction.
- Engage in hobbies or creative outlets that help you relax.
- Incorporate deep breathing exercises (*see Breathing Exercises section*).



## Reduce Exposure to Environmental Toxins

- Filter drinking water to remove contaminants like heavy metals, chlorine, and fluoride.
- Invest in an air purifier to reduce indoor air pollutants, allergens, and toxins.
- Reduce consumption of processed foods and excessive sugar.
- Choose organic produce when possible to minimize pesticide exposure.
- Limit use of non-stick cookware and opt for stainless steel, ceramic, or cast iron instead.
- Switch to natural cleaning and personal care products to minimize exposure to endocrine-disrupting chemicals.
- Opt for BPA-free containers and avoid microwaving food in plastic.



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## Spend More Time in Nature

- Aim for at least 20-30 minutes of outdoor time daily, such as morning walks near sunrise.
- Exposure to sunlight helps regulate circadian rhythm and boost Vitamin D for hormone balance.
- Grounding (walking barefoot on grass, sand, or dirt) has been shown to reduce inflammation, improve sleep, and lower cortisol levels.



## Massage Therapy & Lymphatic Drainage

- Regular massage helps lower cortisol, reduce muscle tension, improve circulation, and promote relaxation.
- Lymphatic drainage massage helps reduce fluid retention, remove toxins, and improve immune function.
- Try professional lymphatic drainage massage or at-home dry brushing for 5-10 minutes before your shower.





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## Contrast Therapy (Hot & Cold Therapy)

- Alternating between hot and cold temperatures stimulates circulation, reduces inflammation, and lowers cortisol levels.
- Methods include contrast showers, sauna sessions followed by cold exposure, or ice baths.
- Take a 20-minute bath with 1-2 cups of Epsom salt 2-3 times per week.
  - Benefits: Relaxes muscles, reduces stress, promotes detoxification.
- Use an infrared sauna 2-3 times per week for 15-30 minutes.
  - Detoxifies the body, reduces inflammation, improves circulation, and promotes relaxation.

## Positive Social Connections

- Meaningful social interactions and support systems help lower stress and inflammation.
- Make time to connect with friends, family, or community groups at least a few times per week.
- Engage in activities that foster connection, such as group fitness classes, book clubs, or community events.
- Prioritize in-person interactions when possible, as face-to-face communication enhances oxytocin release, reducing stress and promoting emotional well-being.
- Surround yourself with positive influences and relationships that uplift and support your mental and emotional health.
- Learn to say 'no' to things that drain you when possible, setting healthy boundaries to protect your energy and well-being.





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*How to Work with Your Body, Not Against It*

## Best Diet & Nutrition Practices for Hormone Balance

- Start your day with consuming at least 30g of complete protein
- Eat whole, fresh foods and choose organic whenever possible.
- Eliminate highly processed foods
- Drink at least 8-10 glasses of spring water per day
- Herbal teas (green tea, ginger, turmeric) help reduce inflammation and support digestion.
- Limit or eliminate alcohol and caffeine to reduce cortisol spikes and improve hormonal balance.
- Season foods with anti-inflammatory spices such as turmeric, ginger, garlic, cinnamon, and cayenne.
- Practice mindful eating by chewing slowly, avoiding distractions.
- Avoid drinking water or other beverages 30 minutes before and after meals to optimize digestion.
- Prioritize protein intake at every meal to maintain muscle mass and satiety.
- Use the following protein intake guidelines:
  - Active individuals & strength training: 0.8 – 1.0 grams per pound of body weight.
- Take 1 scoop of **Prestige Collagen** powder daily
- Plan meals ahead of time by meal prepping on Sundays or planning the next day's meals before bed.





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## Supplement Stack

- **Creatine Monohydrate:** Supports muscle mass, strength, and brain health, counteracting the decline in muscle and cognitive function with age.
- **Greens:** Provides essential nutrients and antioxidants, supports gut health, and aids digestion with acacia gum fiber.
- **Sleep:** Reduces cortisol and calms the nervous system to improve sleep and recovery during hormonal shifts.
- **Heat (Fat Burner):** Reduces inflammation, flushes toxins, and helps burn stubborn body fat during this transitional phase.
- **Crush:** Lowers cortisol levels, combats inflammation, and increases resilience against stress.
- **Balance (EFA Complex):** Omega-3s alleviate symptoms like hot flashes, reduce inflammation, and support hormonal health.
- **Multi+ Her (Multivitamin):** Fills nutrient gaps to enhance energy, mood, and overall well-being during this phase of increased nutritional needs.
- **Collagen:** Enhances skin elasticity, joint health, and bone density, addressing declines caused by lower estrogen levels.
- **Enhance (Strength Booster):** Boosts libido and energy while supporting natural hormone levels and estrogen detoxification.
- **Fuel (Protein Powder):** Helps meet protein goals for fat loss and lean muscle preservation.
- **Energy (Pre-Workout):** Enhances focus, endurance, and energy without overloading the nervous system, helping to combat perimenopausal fatigue and improve workout performance.
- **Recovery (Intra-Workout):** Supports hydration, muscle endurance, and recovery during workouts, minimizing cortisol spikes and optimizing muscle preservation during hormonal changes.



PRESTIGELABS®

The Perimenopause Blueprint



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## Breathing Exercises for Stress Reduction & Cortisol Management

- **Diaphragmatic Breathing (Belly Breathing)** – Activates the parasympathetic nervous system, lowering cortisol.
- **Box Breathing (4-4-4-4)** – Calms the mind and regulates breathing.
- **4-7-8 Breathing** – Slows heart rate, reduces anxiety, and lowers cortisol.
- **Alternate Nostril Breathing (Nadi Shodhana)** – Balances energy and reduces stress.
- **Pursed-Lip Breathing** – Improves oxygen exchange and breath control.
- **Resonant Breathing (5-5 Rhythm)** – Reduces stress and promotes relaxation.
- **Breath Counting** – Improves focus and reduces anxiety.
- **Lion's Breath** – Releases tension and improves mental clarity.



# Self-Care Checklist

Self-care isn't an act but a loving commitment to oneself. *How did you cherish yourself this week?*

	(M)	(T)	(W)	(T)	(F)	(S)	(S)
Drink a glass of water in the morning	<input type="checkbox"/>						
Exercise or move your body	<input type="checkbox"/>						
Cook a healthy, nourishing meal	<input type="checkbox"/>						
Practice mindful meditation	<input type="checkbox"/>						
Journal your thoughts	<input type="checkbox"/>						
Plan out your week in advance	<input type="checkbox"/>						
Spend time with a loved one	<input type="checkbox"/>						
Attend a workshop or class	<input type="checkbox"/>						
Take regular breaks	<input type="checkbox"/>						
Watch a light-hearted movie	<input type="checkbox"/>						
Go for a long walk	<input type="checkbox"/>						
Read for pleasure	<input type="checkbox"/>						
Practice gratitude	<input type="checkbox"/>						
Take a long bath or shower	<input type="checkbox"/>						
Listen to your favorite music	<input type="checkbox"/>						
No screen time before bed	<input type="checkbox"/>						
Go to sleep before 10pm	<input type="checkbox"/>						



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# Reflection Exercise

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Take a few minutes to reflect on how your daily routine may be affecting your hormones. Write down your honest answers to the following questions:

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## How do you feel after a stressful week?

- Do you feel exhausted, irritable, or emotionally drained?
  - Do you experience increased cravings for sugar, caffeine, or salty foods?
  - Do you notice poor sleep quality, headaches, or bloating?
- 

## Do you sleep well most nights? If not, what keeps you awake?

- Do you struggle to fall asleep or wake up during the night?
  - Do you stay on your phone or watch TV before bed?
  - Do you wake up feeling rested or still tired?
- 

## Do you feel energized or depleted after your workouts?

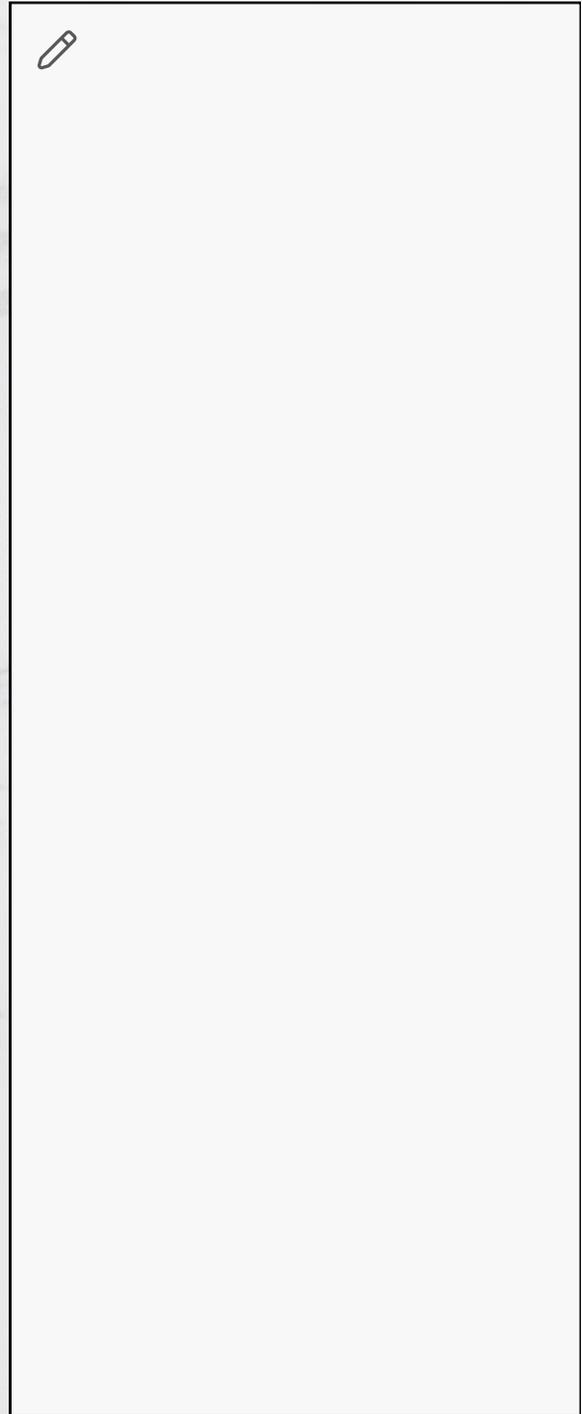
- Do high-intensity workouts leave you feeling strong or exhausted?
  - Have you noticed worsening PMS or irregular cycles with excessive exercise?
  - Are you working with your cycle, or pushing through exhaustion?
- 

## Do you use a lot of conventional beauty/skincare products?

- How many products do you use daily? (Skincare, makeup, haircare, perfume)
  - Have you checked if they contain parabens, phthalates, or synthetic fragrances?
  - Do you store food in plastic containers or drink from plastic bottles?
- 

## How often do you consume processed foods or high-sugar snacks?

- Do you frequently eat packaged or fast food?
- Do you notice energy crashes after consuming sugar?
- How often do you crave caffeine or sweets in the afternoon?



# CREATINE

## CREATINE MONOHYDRATE

*Prestige Creatine Monohydrate is your ultimate performance booster, delivering 5g of premium micronized creatine per serving for superior absorption. Designed to enhance strength, increase power, and accelerate recovery, it's the perfect addition to fuel your workouts and help you achieve your fitness goals.*

### SCIENCE-BACKED INGREDIENTS



**Micronized Creatine Monohydrate**  
*Enhances strength, boosts energy, and supports faster recovery with superior absorption.*

### HOW TO TAKE + ADDITIONAL TIPS

- **Workout Days:**
  - Mix 1 serving with 8 ounces of water or beverage of choice.
  - Drink 20 minutes prior to your workout or any other time of the day.
- **Non-Workout Days:**
  - Mix 1 serving with 8 ounces of water or beverage of choice. Drink any time of the day.



#### ENHANCED ENERGY PRODUCTION\*

*Fuel your workouts with explosive strength and sustained power, ensuring you have the energy to tackle even the toughest sessions with confidence.*



#### FASTER RECOVERY\*

*Minimize fatigue and bounce back stronger after intense training, so you're ready to crush your next workout without skipping a beat.*



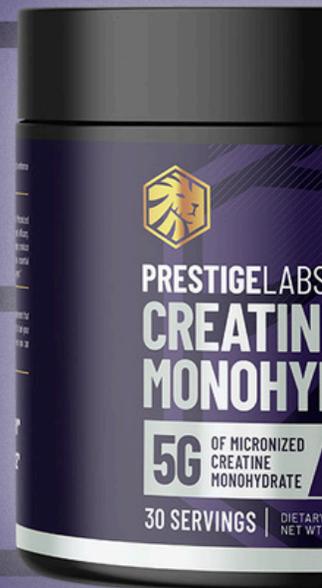
#### IMPROVED PERFORMANCE\*

*Lift heavier, sprint faster, and push harder with enhanced endurance and stamina, allowing you to consistently break through performance plateaus.*



#### HYDRATION SUPPORT\*

*Stay at peak muscle function during demanding workouts with hydration support that keeps you fueled and ready to perform at your best.*



# GREENS

## MICRONUTRIENT BLEND

Prestige Greens is a nutrient-dense powder packed with vitamins, minerals, and antioxidants to support your immune system, energy, and overall health. Whether you're on the go or looking for a convenient way to boost your nutrient intake, Prestige Greens helps you get the essential greens you need each day.

### SCIENCE-BACKED INGREDIENTS



**Barley Grass**  
Rich in vitamins A and C.



**Spinach Leaf**  
Source of iron, vitamin C, and potassium.



**Tomato**  
Excellent source of vitamin C & K, folate, potassium, and fiber.



**Spirulina**  
A nutrient-rich algae with antioxidant benefits.



**Acacia Gum**  
Dietary fiber that dissolve in water and helps you feel full.



**Alfalfa Leaf**  
Healthy source of vitamin K & C, copper, manganese, and folate

### HOW TO TAKE + ADDITIONAL TIPS

- Mix 1 scoop with 8oz of water or beverage of choice.
- May consume with or without food.
- **Greens Boost:** Add 1 scoop of Prestige Greens into your daily smoothie, use it to make ice cream or in any of your favorite dessert or snack recipes.
- **Greens & Protein:** Mix 1 scoop of Prestige Greens and 1 scoop of any flavor of Prestige Fuel for a daily dose of micronutrients and protein.
- **Fiber Boost:** Mix 1 scoop of Prestige Greens and 1-2 tablespoons of chia seeds with 8 ounces of water and drink for a daily dose of micronutrients and an added boost of fiber.

### BOOSTS METABOLISM\*



By helping your body use nutrients more effectively, Prestige Greens supports a steady energy flow that lasts all day, making it easier to stay active and reach your wellness goals.

### SUPPORTS IMMUNE SYSTEM\*



A strong immune system is key to feeling your best every day. Prestige Greens provides vital support, helping you stay resilient against life's daily challenges, from busy schedules to seasonal changes.

### INCREASES ENERGY LEVELS\*



Packed with essential greens, Prestige Greens offers a natural pick-me-up without the caffeine crash, keeping you energized and focused, ready to take on whatever comes your way.

### SUPPORTS HEALTHY CHOLESTEROL LEVELS\*



Heart health is a priority, and Prestige Greens provides nutrients that support balanced cholesterol levels, giving you peace of mind and helping you maintain overall wellness for years to come.



# SLEEP

## SLEEP OPTIMIZER

Prestige Sleep is a gentle, natural sleep aid that helps you achieve deeper, more restful sleep, so you wake up refreshed and ready to take on the day. By supporting relaxation and reducing stress, it ensures a high-quality night's rest for overall wellness and performance.

### SCIENCE-BACKED INGREDIENTS



**Melatonin**  
Natural sleep hormone



**L-Theanine**  
Calms the mind



**Valerian Root**  
Helps ease tension.



**Phosphatidylserine**  
Reduces cortisol for better rest.



**Selenium & Iodine**  
Supports optimal thyroid function and metabolism.



**Magnesium**  
Reduces stress and anxiety for a deeper sleep.



**Lemon Balm**  
Reduces stress and anxiety.



**Chamomile, Passion Flower, & Hops Flower**  
Eases anxiety and insomnia, especially sleeplessness related

### HOW TO TAKE + ADDITIONAL TIPS

- Take 3 capsules about 30 minutes prior to bedtime, with or without food.
- For optimal results, take consistently for at least 90 days.
- You may want to start with 1 capsule 30 minutes prior to bed, then titrate up to 3 capsules over the next few days; this is a very potent sleep formula!

### IMPROVES SLEEP QUALITY\*



Prestige Sleep helps you drift off faster and stay asleep, so you wake up feeling genuinely rested, recharged, and ready to take on a new day without dragging through it.

### SUPPORTS HEALTHY BLOOD PRESSURE\*



Good sleep and relaxation go hand-in-hand with heart health. This sleep aid promotes relaxation, helping your body naturally manage stress and support healthy blood pressure levels, making it easier to feel calm and balanced.

### PROMOTES HEALTHY INFLAMMATION LEVELS\*



Deep, restorative sleep allows your body to recover and manage inflammation naturally. With Prestige Sleep, you're giving your body the support it needs to feel better and recover faster every night.

### SUPPORTS HEALTHY JOINTS AND MOBILITY\*



Quality sleep is essential for muscle and joint recovery, especially if you live an active lifestyle. Prestige Sleep helps you wake up with less soreness and more freedom to move comfortably.



# FAT BURNER

FORMERLY PRESTIGE HEAT

Prestige Fat Burner is a stimulant-free thermogenic supplement that supports your body's natural fat-burning processes without overstimulation. It's designed for those wanting a steady boost to their metabolism, helping you manage weight goals without the energy dips or jitters.

## SCIENCE-BACKED INGREDIENTS



**ECGG**  
Aids fat burning at rest.



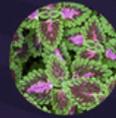
**Evodiamine**  
Increases calorie burning and fat oxidation.



**Carnitine**  
Transports fat for energy.



**Aloe Vera**  
Supports digestion and metabolism.



**Coleus Forskolin**  
Aids in breaking down stored fat.



**White Willow Bark**  
Supports healthy inflammation levels.



**Cyanidin 3-Glucoside**  
Supports nutrient partitioning to muscle cells.



**Garlic**  
Supports healthy inflammation levels.

## HOW TO TAKE + ADDITIONAL TIPS

- Take 3 capsules first thing in the morning, with or without food.
- For optimal results, take consistently for at least 90 days.
- For best fat loss and energy results, take Prestige Heat in the morning, Prestige Crush in the evening, and Prestige Energy prior to workouts.

### BOOSTS METABOLISM\*



This formula works behind the scenes to keep your metabolism fired up, even when you're resting, so you're burning more calories effortlessly as you work toward your weight goals.

### SUPPORTS FAT LOSS\*



Prestige Fat Burner helps your body naturally use stored fat for energy, making it easier to achieve the leaner look you're working toward. It's your sidekick in turning those goals into reality.

### INCREASES NATURAL ENERGY LEVELS\*



By tapping into your fat stores for fuel, this supplement provides a smooth, natural energy boost, helping you feel motivated and ready to take on whatever the day brings—without any caffeine crashes.

### SUPPORTS SATIETY\*



Helps curb cravings, making it easier to resist those snack temptations and stick to your meal plan. Feel more in control of your hunger, so you can stay on track with confidence.



# CRAVINGS CRUSHER

FORMERLY PRESTIGE CRUSH

Prestige Cravings Crusher is a blend designed to help you stay in control of cravings, reduce stress, and stick to your nutrition goals. With natural ingredients that manage both appetite and stress, it's ideal for anyone struggling to stay on track and wanting to avoid those late-day snack attacks. Make Prestige Cravings Crusher your go-to support for a balanced diet and stable energy.

## SCIENCE-BACKED INGREDIENTS



**Chromium Picolinate**  
Balances blood sugar and helps control appetite.



**5-HTP**  
Increases serotonin to reduce cravings.



**Beta Glucan**  
A soluble fiber that promotes fullness.



**Rhodiola Rosea**  
Reduces stress and fatigue.



**Panax Ginseng**  
Improves energy, insulin sensitivity, and helps manage cravings.



**Ashwagandha**  
Reduces the effects of stress, helping with cravings.

## HOW TO TAKE + ADDITIONAL TIPS

- Take 3 capsules in the evening or at the time of day where you struggle with cravings the most
- Ideal to take without food or on an empty stomach at least 60min before/after meals.
- For optimal results, take consistently for at least 90 days.
- If you experience mild nausea, you may need to start with 1 or 2 capsules and/or consider taking with food.

### SUPPORTS FEELINGS OF SATIETY\*



Keeps you feeling full, making it easier to avoid unnecessary snacking and stay on track with your diet.

### SUPPORTS HEALTHY BLOOD SUGAR LEVELS\*



Helps balance blood sugar, keeping energy levels stable and making it easier to resist cravings that might throw you off track.

### SUPPORTS HEALTHY INFLAMMATION LEVELS\*

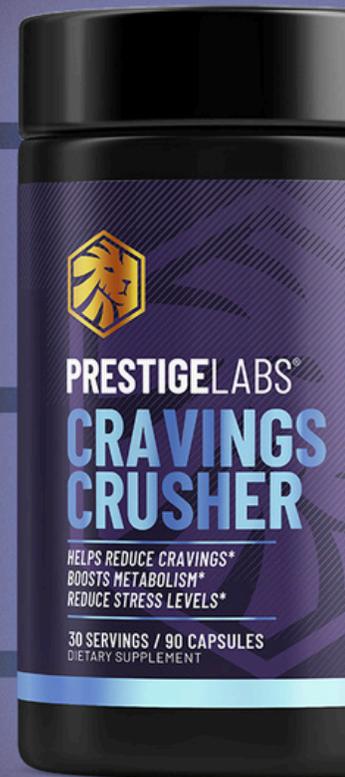


Maintains a balanced internal environment, promoting overall wellness and supporting your body's natural resilience.

### REDUCES STRESS\*



The adaptogenic ingredients in this formula help reduce stress levels, making it easier to stick to healthy habits even when life gets challenging.



# EFA COMPLEX

FORMERLY PRESTIGE BALANCE

Prestige EFA Complex is packed with essential fatty acids that support hormone balance, a positive mood, and overall wellness. This daily supplement provides vital nutrients for those looking to maintain a balanced, healthy lifestyle. Prestige EFA Complex is here to enhance both your physical and mental well-being with just a few capsules a day.

## SCIENCE-BACKED INGREDIENTS



**Omega-3**  
Supports cardiovascular and brain health.



**Evening Primrose Oil**  
Reduces inflammation and balances hormones.



**Vitamin D3**  
Essential for bone health and immune function.



**Borage Oil**  
Provides gamma-linolenic acid (GLA) for overall health.



**Vitamin K1**  
Fat-soluble vitamin that is important for skin recovery. Can help reduce inflammation.



**MCT Oil**  
Quick source of healthy fats for energy.



**Alpha Lipoic Acid**  
Helps the body break down carbohydrates and convert them into energy.

## HOW TO TAKE + ADDITIONAL TIPS

- Take 4 capsules daily, with or without food.
- For optimal results, best to take consistently for at least 90 days.
- Especially recommended if you are following a low-fat diet
- Most ideal to take in the morning with food for best absorption

### REGULATES HORMONE PRODUCTION\*



Hormone balance plays a huge role in how you feel every day. With Prestige EFA Complex, you'll experience fewer mood swings and more consistent energy levels, helping you stay balanced and on top of your game.

### SUPPORTS A BALANCED MOOD\*



Life gets stressful, but a steady mood can make all the difference. With the right support, this formula helps you manage stress more calmly, so you can keep a positive outlook and mental clarity even on the busiest days.

### SUPPORTS HEALTHY BLOOD SUGAR LEVELS\*



Stable blood sugar isn't just about energy; it's about feeling your best all day. This supplement helps keep energy dips at bay, so you can stay focused and energized, avoiding the afternoon slumps that can drain you.

### SUPPORTS REPRODUCTIVE HEALTH\*



Essential fatty acids contribute to a healthy reproductive system by supporting hormone balance. With Prestige EFA Complex, you're giving your body the foundational support it needs for overall reproductive wellness and vitality.



# HER MULTI

## WOMEN'S MULTIVITAMIN

Designed specifically for women, Prestige Multi+ Her fills essential nutritional gaps with vitamins and minerals that support energy, balance hormones, and enhance metabolism. Whether you're dealing with a busy lifestyle or need added support for well-being, this multivitamin keeps you feeling your best each day.

### SCIENCE-BACKED INGREDIENTS



**Selenium**  
Antioxidant for cell protection and immune health.



**Biotin**  
Vital for healthy hair, skin, and nails.



**Folate**  
Aids cell growth, protein creation, nutrient absorption, and red blood cell production.



**Iron**  
Maintains energy and combats fatigue, especially for active women.



**Calcium**  
Essential for strong bones and proper function of the heart, muscles, and nerves.



**Magnesium**  
Supports muscle function and relaxation.

### HOW TO TAKE + ADDITIONAL TIPS

- Take 2 tablets daily, with or without food.
- For optimal results, best to take consistently for at least 90 days.

Set a reminder on your phone to help you remember to take every day.



#### BOOSTS METABOLISM\*

Kickstart your day with sustained energy. Multi+ Her helps your body burn calories more efficiently, keeping you energized and ready to take on any challenge that comes your way.



#### REDUCES BLOATING\*

Say goodbye to discomfort. Multi+ Her promotes healthy digestion, reducing bloating and gas, so you can feel lighter, more comfortable, and focused on what really matters.



#### SUPPORTS PMS COMFORT\*

Multi+ Her helps ease PMS symptoms like cramps and mood swings, while providing the nutrients your body needs to stay balanced and comfortable throughout your cycle.



#### IMPROVES OVERALL VITALITY\*

With essential vitamins and minerals, Multi+ Her supports your immune system, skin health, and overall well-being, giving you the boost you need to live your life to the fullest.



# COLLAGEN

## PEPTIDES POWDER

Prestige Collagen revitalizes your skin, hair, nails, and joints with bioavailable collagen peptides that are easy for your body to absorb. As collagen naturally declines with age, this supplement replenishes vital proteins to support a youthful appearance, resilient joints, and stronger hair and nails. A simple daily ritual for lasting wellness and beauty.

### SCIENCE-BACKED INGREDIENTS



**Hydrolyzed Collagen Peptides**  
Easily absorbed collagen that helps repair and strengthen hair, skin, nails, and joints.

### HOW TO TAKE + ADDITIONAL TIPS

- Mix one (1) scoop in 8-10oz of water, milk or any beverage of choice. Vary the amount of liquid for taste preference. Use any time of day including directly after a workout, during meals and between meals.

Great for mixing in with coffee, smoothies, baking, sauces, and more!

### SUPPORTS HEALTHY SKIN\*



Over time, you'll notice a firmer, smoother complexion as collagen works to rebuild elasticity, reducing fine lines and wrinkles. With regular use, you'll be giving your skin the support it needs to maintain its youthful glow.

### STRENGTHENS HAIR & NAILS\*



Say goodbye to brittle nails and thinning hair! Biotin and collagen work together to give your hair and nails the resilience they need, keeping them stronger and healthier, even with the daily wear and tear of life.

### BOOSTS JOINT HEALTH\*

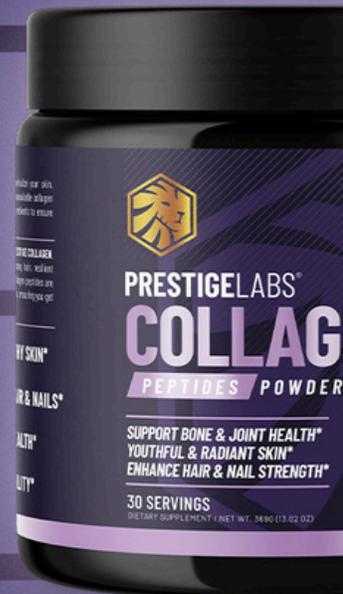


Your joints work hard every day, so give them the support they deserve. Prestige Collagen helps keep them flexible, minimizing stiffness and discomfort so you can stay active and do the things you love.

### HIGH BIOAVAILABILITY\*



These peptides are formulated for easy absorption, so your body can quickly start using the collagen where it's needed most, giving you visible results over time with consistent use.



# STRENGTH BOOSTER

FORMERLY PRESTIGE ENHANCE

Designed to naturally boost testosterone, balance hormones, and support strength, Prestige Strength Booster is a go-to for anyone looking to improve workout performance and build lean muscle. With ingredients that enhance natural vitality, it's perfect for those seeking an edge in strength and stamina.

## SCIENCE-BACKED INGREDIENTS



**Maca Root**  
Supports energy and vitality.



**Fenugreek**  
Increases strength and lean muscle.



**DIM**  
Balances estrogen levels.



**D-Aspartic Acid**  
Boosts testosterone production.



**Stinging Nettle Root**  
Supports free testosterone levels.

## HOW TO TAKE + ADDITIONAL TIPS

- Take 4 tablets daily, with or without food.
- For optimal results, take consistently for at least 90 days.
- If you don't like swallowing pills, add to a spoonful of yogurt or protein smoothie.

### INCREASES TESTOSTERONE LEVELS\*

Prestige Strength Booster provides natural support for testosterone, helping you unlock more energy and power. With balanced levels, you'll feel more energized and motivated to push through challenging workouts and achieve your fitness goals.



### DECREASES FAT & INCREASES MUSCLE MASS\*

If you're aiming for a leaner, stronger physique, this supplement supports fat loss while promoting muscle growth. It's designed to help you see tangible results and feel stronger with every workout, making progress toward a fitter you.



### INCREASES PERFORMANCE & STRENGTH\*

When breaking through fitness plateaus feels tough, Prestige Strength Booster gives you the extra push you need. It helps you maintain the stamina to tackle more intense workouts, giving you confidence and strength to go further every time.



### SUPPORTS SEXUAL HEALTH\*

Maintaining hormonal balance is essential for overall well-being and vitality. This supplement naturally supports balanced hormone levels, helping you feel more in control, energized, and confident in your everyday life.



# PROTEIN

## WHEY PROTEIN BLEND

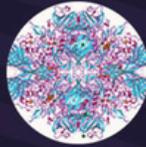
FORMERLY PRESTIGE FUEL

Prestige Protein makes meeting your daily protein goals easy, with a delicious whey protein blend that's versatile enough for shakes, smoothies, and recipes. This high-quality protein supports lean muscle growth and recovery, giving you the nutrients you need to stay fit, strong, and energized. Whether you're looking to support workout recovery or simply need a convenient way to boost protein intake, Prestige Protein is here to help.

### SCIENCE-BACKED INGREDIENTS



**Whey Protein Concentrate & Isolate**  
Bioavailable protein sources for muscle health.



**Lactase**  
Enzyme to aid in lactose digestion.



**Cane Sugar**  
Provides natural sweetness with minimal processing.

### HOW TO TAKE + ADDITIONAL TIPS

- Mix 1 scoop with 8 oz of water or milk. Vary the amount of liquid for taste preference.
- Try out one of our protein recipes with your favorite flavor to create a guilt-free dessert!



### PROMOTES LEAN MUSCLE GROWTH\*

This protein blend gives your muscles the essential amino acids needed to repair and grow, helping you stay strong and resilient as you work toward your fitness goals.



### DECREASES FAT MASS\*

Protein helps keep you full and supports a higher metabolism, making it easier to maintain a lean physique.



### INCREASES METABOLISM\*

Protein requires more energy to digest, meaning it can give your metabolism a natural boost while supporting weight management.



### SUPPORTS CARDIOVASCULAR HEALTH\*

Whey protein has been shown to support heart health, giving you a well-rounded approach to fitness and wellness.



ALSO AVAILABLE  
IN SINGLE  
SERVE PACKS



# PRE WORKOUT

FORMERLY PRESTIGE ENERGY

Prestige Pre Workout is a unique, caffeine-free pre-workout supplement that boosts focus, endurance, and performance without overstimulation. It's crafted for those who want to be at their best for every workout, with long-lasting energy and mental clarity that help you stay motivated. Whether you're getting ready for a tough workout or just want a natural boost to your day, Prestige Pre Workout is here to support you in showing up strong every time.

## SCIENCE-BACKED INGREDIENTS



**L-Citrulline**  
Enhances blood flow and endurance.



**Beta Alanine**  
Supports endurance by delaying muscle fatigue.



**Creatine**  
Increases power and muscle performance.



**Theobromine**  
Supports respiratory health and endurance.



**Alpha GPC**  
Improves focus and cognitive stability.



**Alpha Amylase**  
Aids in energy production from food.



**L-Tyrosine**  
Enhances focus, memory, and motivation.



**Synephrine HCl**  
Boosts metabolism and energy levels.



**B Vitamins (B3, B6, B9, B12)**  
Essential for energy conversion and overall health.

## HOW TO TAKE + ADDITIONAL TIPS

- Mix 1 scoop with 8 oz of water or beverage of your choice. Drink 20 minutes prior to your workout.
- May also consume on nonworkout days to use as a caffeine and/or "energy drink" replacement and nootropic.
- For an extra kick, try Prestige Caffeine Capsules for a dose of caffeine.

### INCREASES POWER\*



This supplement boosts your power for those tough, explosive movements, helping you lift heavier and train harder without feeling held back.

### INCREASES FOCUS\*



Keeps you mentally sharp, making it easier to block out distractions and stay engaged in each set and rep, so you can make every workout count.

### BOOSTS METABOLIC RATE\*



Supports your body's natural calorie-burning processes, giving your metabolism a boost that lasts beyond your workout.

### INCREASES ENDURANCE\*



With ingredients that support your stamina, this pre-workout lets you push through longer workouts without tiring out too quickly.



ALSO AVAILABLE  
IN SINGLE  
SERVE PACKS



# INTRA WORKOUT

FORMERLY PRESTIGE RECOVERY

Prestige Intra Workout is crafted to keep you performing at your peak during every rep, set, and workout. This intra-workout formula supports hydration, endurance, and faster muscle recovery, giving you the stamina to power through tough workouts and helping you bounce back with less soreness. It's the perfect addition to your routine if you want to feel stronger from start to finish and reduce recovery time, so you're always ready for the next session.

## SCIENCE-BACKED INGREDIENTS



**Amino Acid Blend**  
Essential for muscle growth, endurance, and recovery.



**Glycerol**  
Hydrates and supports muscle fullness.



**Sodium Chloride**  
Electrolyte for optimal hydration and muscle function.



**Potassium Chloride**  
Helps prevent muscle cramps



**Betaine**  
Helps reduce fatigue and supports endurance.



**Creatine**  
Supports muscle contraction and improves cognitive performance.

## HOW TO TAKE + ADDITIONAL TIPS

- **Workout Days:** Mix 1 scoop with at least 8 oz of water. Drink half during your warmup and sip the rest throughout the remainder of your workout.
- **Non-Workout Days:** Mix 1 scoop with at least 8 oz of water or beverage of choice and drink morning or night for added hydration, energy, and recovery support.
- Try out one of our mocktail recipes or combine with your favorite flavor of Prestige Pre Workout for the best of both worlds!

### PROMOTES POST-WORKOUT RECOVERY\*

Helps your muscles recover faster, so you're back to feeling strong sooner. Less downtime means you can stay on top of your fitness goals without the struggle of lingering soreness.



### REDUCES MUSCLE SORENESS\*

This formula is designed to support your muscles through intense workouts, minimizing post-workout soreness so you can keep pushing toward your goals without discomfort holding you back.



### INCREASES MUSCLE TONE\*

Consistent use helps promote lean muscle growth, enhancing your muscle tone and helping you see the results of all your hard work.



### REDUCES FATIGUE\*

With a balanced blend of ingredients, this intra-workout keeps your energy steady, helping you push harder and go further without the crash.



ALSO AVAILABLE IN SINGLE SERVE PACKS

