



The most advanced fasting-specific mineral complex is here. Engineered for optimal performance, this product supports hydration and recovery during intermittent and prolonged fasting periods.

Directions:

Mix one serving in a cup of water in the morning while fasting. For extended fasts (36 hours or more), an additional serving may be taken in the afternoon or evening to help alleviate increased hunger and brain fog.

Fast On Ingredients:

- **Himalayan and Celtic Salts:** Supports hydration neural functions and curbs appetite with essential minerals for electrolyte balance.
- **Tripotassium Citrate:** Promotes intracellular hydration and muscle function, reduces blood pressure, and enhances cardiovascular health.
- **Magnesium Glycinate** reduces muscle cramps, enhances nerve function, sleep, and cognition, and supports over 400 enzymatic processes.
- **Aquamin (Marine Minerals):** It contains 72 trace minerals, which are essential for mineral balance, bone health, and nervous system function.
- **Apple Cider Vinegar Powder:** Detoxifies, curbs appetite, regulates blood sugar, and promotes gut and metabolic health.
- **N-Acetyl Cysteine (NAC):** A powerful antioxidant that supports liver function, reduces inflammation, and manages fasting stress.
- **Glycine:** Enhances immune function, reduces inflammation, supports joint repair and neurotransmitter function, and aids in better sleep.

Nutrition Facts	Amount/serving		% Daily Value*	
25 servings per container Serving size 1 tsp (5g) Calories per serving	Total Fat 0g	0%	Total Carbohydrate 0g	0%
	Saturated Fat 0g	0%	Dietary Fiber 0g	0%
	Trans Fat 0g		Total Sugars 0g	
	Polyunsaturated Fat 0g		Includes 0g Added Sugars	0%
	Monounsaturated Fat 0g		Sugar Alcohol 0g	
	Cholesterol 0mg	0%	Protein 0g	0%
	Sodium 1250mg	44%		
	Vitamin D 0mcg	0%	Calcium 30mg	2%
	Potassium 360mg	8%	Iron 0mg	0%
			Magnesium 100mg	25%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Powered by nature's finest animal-based superfoods for a resilient gut. Fuel your body with essential nutrients to optimize recovery and adaptation after fasting.

Directions:

Mix one serving in a cup of water before consuming your first meal. This will prepare your gut for digesting whole foods after fasting, supplying vital nutrients to enhance recovery and boost performance.

Fast On Ingredients:

- **Himalayan Pink Salt:** Enhances hydration and nutrient absorption and supports electrolyte balance for cellular health post-fast.
- **Beef Broth:** Supports gut health, immune function, and detoxification and is rich in natural amino acids for post-fast recovery.
- **Beef Liver:** Replenishes essential nutrients, supports energy production and cellular repair, and primes digestion after fasting.
- **Bovine Colostrum:** It boosts immune function, enhances recovery, and supports gut health with essential growth factors and immunoglobulins.

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	Saturated Fat 0g	0%	Dietary Fiber 0g	0%			
	Trans Fat 0g		Total Sugars 0g				
	Polyunsaturated Fat 0g		Includes 0g Added Sugars	0%			
	Monounsaturated Fat 0g		Sugar Alcohol 0g				
	Cholesterol 0mg	0%	Protein 0g	0%			
	Sodium 600mg	26%					
	Vitamin D 0mcg	0%	Calcium 30mg	2%		Iron 0.06mg	0%
	Potassium 60mg	2%					

WARNING: Store at room temperature. Consult your healthcare provider before use. Do not exceed the recommended dosage, as high doses of electrolytes may cause imbalances, particularly in individuals with kidney or heart conditions. The FDA has not evaluated these statements, and this product is not intended to diagnose, treat, cure, or prevent any disease.