



PowerUp:

Your Daily Checklist for Optimal Health by C60 Power

Tip

Action

Hydrate

Drink plenty of filtered clean water throughout the day. Avoid sugary drinks and too much caffeine. Add lemon or cucumber to your water for extra flavor.

Prioritize Sleep

Prioritize your sleep by creating a nighttime sleep ritual. Avoid blue light, fear-based news, or stress, 2 hours before bedtime. Bonus Points if you are in bed by 9:00 pm every night.

Daily Sunlight & Fresh Air

Attempt to get 15-20 minutes of natural sunlight and fresh air every day.

Get Outside & Move

Enjoy a brisk walk or your favorite form of exercise, 5-6 days per week. For optimal sleep, plan a walk in the morning to help reset and stabilize your circadian rhythm.

Incorporate C60 into your Morning Routine

Take C60 daily as part of your morning routine. C60 is a powerful antioxidant that supports mitochondrial function and protects against the effects of oxidative stress and toxic free radicals.

Clean Up the Toxic Load

Get rid of cleaning products that contain toxic chemicals, avoid air fresheners and scented candles, switch to organic foods (when possible), invest in an air purifier, choose non-toxic beauty products and clothing.

Invest in Clean Water for Your Home & Family

Invest in a water filtration system, or filters for your kitchen and shower and enjoy clean water daily. Avoid drinking from plastic bottles when possible.

Reduce EMF Exposure

Avoid using electronic devices close to your body, turn them off when you're not using them or put them on airplane mode. Do not sleep with a cell phone, tablet, or laptop in your bedroom. Turn off your Wi-Fi at night if possible.

Become an Intentional Eater

Read food labels and menus carefully, cook with healthy fats, supplement with fish oil, avoid deep-fried foods, choose organic meats, and fresh, organic whole foods (when possible). Avoid seed and vegetable oils and opt for healthy oils such as Coconut Oil, Avocado Oil, Extra Virgin Olive Oil, or other healthy fats such as grass-fed butter, ghee, tallow, or lard.

Avoid Excess Sugar, Alcohol, Grains, & Processed Foods

Moderation is the key. When possible, avoid excess sugar, alcohol, fried foods, and processed foods. Read food labels carefully, cook with natural sweeteners, drink unsweetened tea and coffee, limit your intake of fruit juice, and enjoy 1-2 servings of fresh fruits per day. Cook with gluten-free flours or grains, add plenty of fresh organic vegetables, fruits, nuts, and seeds to your diet.

Questions? Visit shopc60.com or call 1.800.367.9364

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, mitigate, or prevent any disease. Individual results may vary.