

MONTHLY NEWSLETTER



At LMN we strive to engage each customer that walks in the door. We take the time to get to know you on a personal level. We will ask about your daily routine and lifestyle to help align you with the best products to reach your health and fitness goals. That's the Like Minded Difference! Big Day, Let's Get it!!

HAPPY 1ST BIRTHDAY LMN

To celebrate our birthday we want to invite YOU to leave us a google review letting us know what you enjoy about LMN the most!

NEW PRODUCTS

- NutraBio Plant Protein in 3 flavors.
- NutriFitt Epic Aminos in 4 flavors with all 9 EAAs.
- NutraBio Green Tea Extract Capsules.
- Limited Edition Unisex LMN Core Value Tank.



SMALL HABITS LEAD TO BIG RESULTS



Immune System Boost

Supplement Support:

Consider vitamin C, zinc, and elderberry supplements to strengthen your immune system.

Healthy Diet: Eat a balanced diet rich in fruits, vegetables, and lean protein to support overall health.



Manage Energy Levels

Boost Energy: B-Complex and CoQ10 vitamins can help maintain energy levels.

Adequate Sleep: Ensure you get 7-9 hours of sleep per night to rejuvenate your body and mind. Sleep will help you feel your best!