

BODi Daily Hormone & Stress Support

BODi Belle Vitale Daily Hormone & Stress Support User Manual

Brand: BODi

1. INTRODUCTION AND PRODUCT OVERVIEW

The BODi Belle Vitale Daily Hormone & Stress Support is a dietary supplement formulated to assist the body in adapting to stress and promoting overall well-being. This product is designed to support a healthy stress response by maintaining already healthy cortisol levels, thereby contributing to emotional resilience.

It features a blend of adaptogens, including Ashwagandha and Rhodiola, along with essential vitamins and minerals. This supplement aims to help manage stress responses throughout the day, support immune health, bone strength, and promote healthy skin, hair, and nails.



Image 1.1: Front view of the BODi Belle Vitale Daily Hormone & Stress Support bottle.

2. PRODUCT FEATURES AND BENEFITS

- **Stress and Hormone Balance:** Formulated with adaptogens, vitamins, and minerals to support the body's response to stress and help reduce fatigue. Includes Ashwagandha and Rhodiola to aid in stress adaptation and maintain healthy cortisol levels.
- **Cortisol Level Support:** Clinically studied Ashwagandha and Rhodiola, this adaptogenic formula helps support the body's healthy cortisol response under stress, promoting a calmer state.
- **Immune and Bone Health:** Provides essential minerals like iodine and zinc for hormone health, and vitamins to

support immune function, bone strength, and overall wellness.

- **Fatigue Reduction:** Rhodiola traditionally helps reduce stress-related fatigue, while Vitamin B12 supports nervous system function and energy metabolism.
- **Skin, Hair, and Nail Health:** Supports healthy thyroid function and hormones, contributing to vibrant skin, nails, and hair.



Image 2.1: Visual representation of key benefits including stress reduction, cortisol support, and cognitive function.

Quality Assurance

This product adheres to high quality standards:

- **Gluten-Free:** Suitable for individuals avoiding gluten.
- **Plant-Based:** Formulated with plant-derived ingredients.
- **Keto-Friendly:** Compatible with ketogenic dietary practices.
- **3rd-Party Tested:** Independently verified for quality and purity.
- **GMP Certified Facility:** Manufactured in a facility that meets Good Manufacturing Practices standards.



Image 2.2: Icons illustrating the product's quality certifications and dietary compatibility.

3. INGREDIENTS

The Belle Vitale Daily Hormone & Stress Support capsules contain a blend of key ingredients known for their adaptogenic and nutritional properties:

- **Rhodiola rosea root extract:** An adaptogen traditionally used to help reduce fatigue and support nervous system function.
- **Ashwagandha:** A well-known adaptogen that helps the body adapt to stress and maintain healthy cortisol levels.
- **Vitamin B12:** Essential for energy metabolism and normal nervous system function.
- **Other essential vitamins and minerals:** Including Vitamin D, Vitamin C, B-complex Vitamins, Iodine, Zinc, and Magnesium, which contribute to overall health, immune support, and bone strength.

4. USAGE INSTRUCTIONS (OPERATING)

For optimal results, follow the recommended dosage and administration guidelines:

Dosage: Take 1 capsule.

Frequency: Two times a day.

Administration: Take with food, preferably in the morning.

Quantity: Each bottle contains 60 capsules, providing a 30-day supply when taken as directed.



Image 4.1: Visual guide for daily dosage and key ingredients.

5. SAFETY INFORMATION AND WARNINGS

Adhere to the following safety guidelines to ensure proper use:

- **Consult a Healthcare Professional:** If you are pregnant, breastfeeding, taking any medication, or have a medical condition, consult with a healthcare professional before using this product.
- **Keep Out of Reach of Children:** Store this product in a location inaccessible to children.
- **Dietary Supplement Disclaimer:** Statements regarding dietary supplements have not been evaluated by the Food

and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease or health condition.

6. STORAGE AND HANDLING (MAINTENANCE)

To maintain the quality and efficacy of your Belle Vitale Daily Hormone & Stress Support capsules, store them properly:

- Store in a cool, dry place.
- Keep the bottle tightly closed when not in use.
- Avoid exposure to excessive heat or moisture.

7. TROUBLESHOOTING

As a dietary supplement, this product does not typically require troubleshooting in the traditional sense. If you experience any unexpected reactions or concerns after taking the supplement, discontinue use immediately and consult with a healthcare professional.

8. SPECIFICATIONS

Attribute	Detail
Brand	BODi
Item Form	Capsule
Flavor	Daily Hormone & Stress Support
Special Ingredients	Ashwagandha
Unit Count	60 Count
Package Dimensions	2.68 x 2.64 x 2.32 inches
Item Weight	3.21 ounces
ASIN	B0F6VFX676
Date First Available	April 29, 2025
Manufacturer	BODi




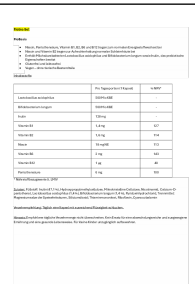


9. WARRANTY AND SUPPORT

Specific warranty information for this dietary supplement is not provided in the available product details. For any product-related inquiries or support, please refer to the manufacturer's official contact channels.

Manufacturer: BODi

For further assistance, please visit the official BODi website or contact their customer service.

Related Documents - Daily Hormone & Stress Support

	<p>25 Minute Speed Train Get Started Guide BODi</p> <p>Start your fitness journey with the 25 Minute Speed Train Get Started Guide from BODi. Learn about workouts, nutrition, and tracking progress for strength and endurance.</p>
	<p>VitaMoment Produkt Einnahmetabelle & Ratgeber</p> <p>Umfassende Einnahmetabelle und Ratgeber für VitaMoment Nahrungsergänzungsmittel, inklusive Anwendungszeitpunkten, Kombinationsempfehlungen und Hinweisen zur optimalen Versorgung.</p>
	<p>Vita Moment Product Usage Guide and Information</p> <p>A comprehensive guide to Vita Moment's range of nutritional supplements, detailing their usage, benefits, and recommended intake times. The document outlines how to combine products for optimal results and provides information on potential interactions and specific use cases.</p>
	<p>Probiotic Supplements: ProBio-Set, ProBalance, ProMental, ProSkin, ProImmun Overview</p> <p>Comprehensive information on the Probiotic Supplements product line, including ProBio-Set, ProBalance, ProMental, ProSkin, and ProImmun. Details key benefits, ingredients, and recommended usage for each supplement.</p>
	<p>Adult Slow Ox™ by VYKON CUSTOMS - Metabolism and Oxidation Support</p> <p>Explore Adult Slow Ox™ by VYKON CUSTOMS, a dietary supplement designed to support metabolism and slow oxidation rates. This product contains essential vitamins, minerals, and enzymes, with detailed ingredient information and usage instructions.</p>
	<p>Needed: Your Comprehensive Guide to Nutritional Support for Fertility, Pregnancy, and Beyond</p> <p>A detailed guide from Needed on how to optimize nutritional intake for women and men throughout fertility, pregnancy, postpartum, and beyond, covering a range of supplements for various health needs.</p>



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Container Charts 35 5 Tips for Success 40 Food Lists Regular 41 Vegan Plan 53
Vegan Container Charts 55 Fo...

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