sarahwells400mh ✓ Blake and I wanted to get a change of scenery for our mental health, so we made a trip to his parents house this week to switch up our routine. We are using this time to reset, recharge, and stay happy and healthy heading in to the new year 🤸

As a kinesiology major I know a big part of your health and immune system is in your gut. That's why as part of our to-do list this week, we made sure to order online and stock up on @usanainc probiotics to make sure we're filling our gut with healthy bacteria and giving it strength 💛 I like these to-go packets cause you can bring them any where! It's the perfect way to keep your gut health in check wherever you are 😊💯
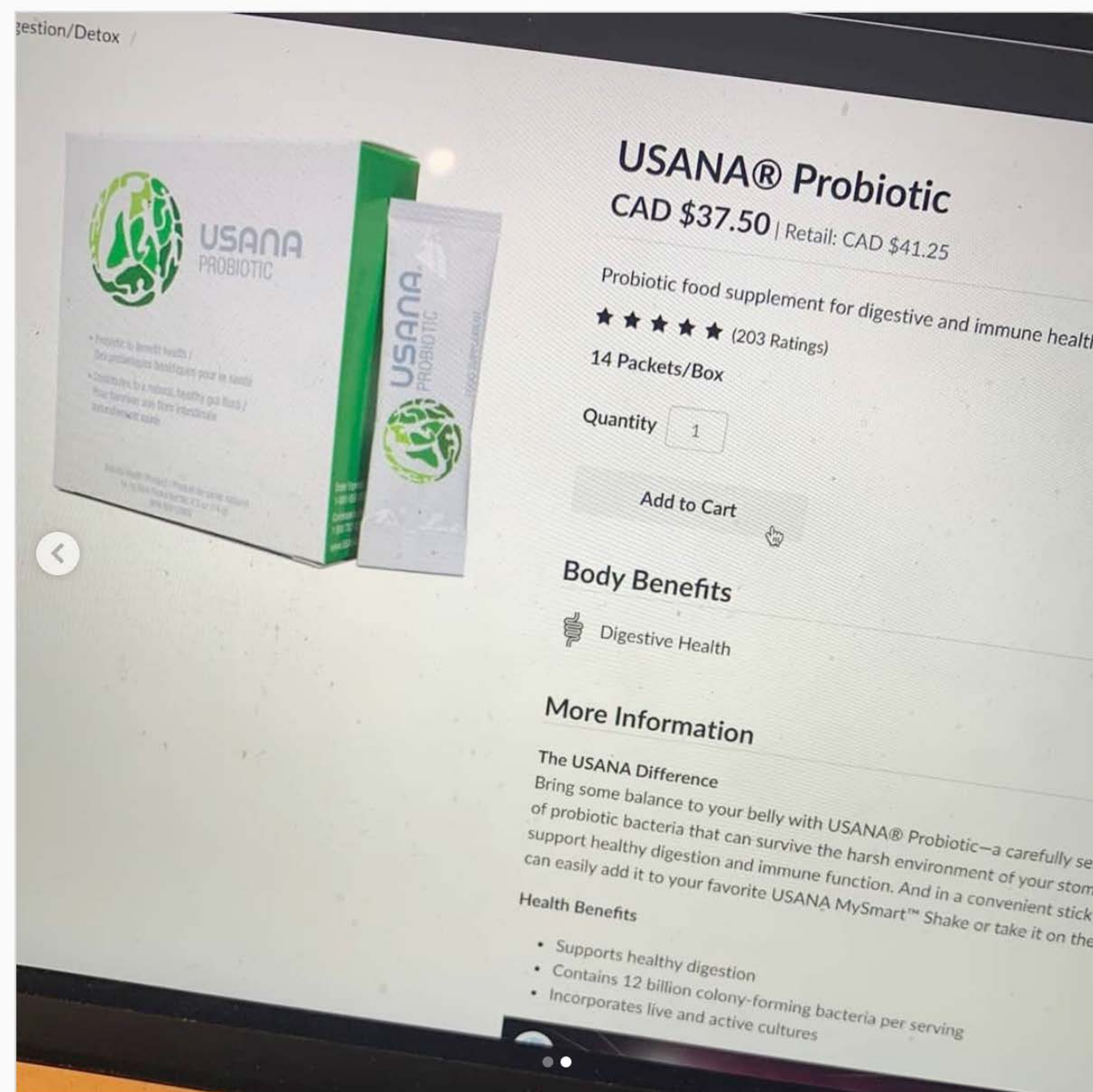
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Health Benefits

- Supports healthy digestion
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- Incorporates live and active cultures

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#usana #usanaathlete #probiotics #guthealth #healthybacteria #mentalhealth #recharge #reset #healthcheck #digestivehealth

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