

# BioCharger Recipes for Self-Serve Circuit:

## Brain and Mood

Anxiety Support	Help anxiety and stress
Happy Days	Support mood elevation
Mental Clarity	Support mental clarity, focus and mental quickness
Nirvana	Support relaxation, meditation and/or sleep
Pineal Experience	Support and stimulate the pineal gland
Vagal Tone	Support for the Vagus nerve

## Energy, Lungs, Athletic Performance & Recovery

5 Hour Energy	Help elevate energy levels
Athletic Recovery	Support for athletic recovery
Breathe Free	Support for the lungs and breathing problems
Get The Edge	Help assist with mental clarity, focus, and mental quickness
Nitro	For physically demanding stress, such as athletic performance
Oxygenation Station	Support oxygen uptake and utilization

## Hormones, Metabolism, and Skin

Fat Buster	Support digestion health assisting fat metabolism
Hot Flash Chiller	Support for hot flashes
Libido	Support healthy libido
Weight Not	Support for excessive appetite
Wrinkle Free	support the skin related to wrinkles and similar conditions.

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## Immune, Detox, and Pathogens

Allergy and Fibromyalgia Assist	Support for allergies and fibromyalgia
Immune Strong	Support and strengthen the immune system
Liver Support	Support for the liver
Lymeaid	Support Lyme recovery
PurifyRecover	Support for purification & revitalization

## Pain and Inflammation

Arthritis Support	Help joint stiffness
I Have Your Back	Support the back and spine
Inflammation Support	Help with generalized inflammation
Pain Support	Help with reducing intense discomfort

## Spirit

Abundance 10	Enhance attraction to abundance
Aura Cleanse 8	Assist with aura cleansing
Chakra Balancing	Support for the Chakra system
Connectedness	Help to revitalize feelings of interconnectedness and healing separation sickness
Earth Pulse	Schumann resonance frequency ranges for Earth pulse entrainment