

Crack the ENERGY code

Enjoy a new lease of life – it's time to recharge your batteries with Lumity

There are endless amounts we are told we can do to achieve our optimum selves. Drink two litres of water daily, do the recommended amount of exercise, eat the right amount of vegetables each day – it can be hard to tick all the boxes for healthy living 24/7. That combined with the stresses of the daily routine from looming deadlines to sleepless nights – how do we know we're doing it right? We all want to get the most out of life but sometimes we just need a helping hand for extra support and it is wellness brands such as Lumity that can show you how.

For a long time, supplements have been the key to a hassle-free and surefire way to get the vitamins and minerals you need. Still, looking to supplements to improve your daily living doesn't come without questions: What are the correct vitamins to take? When is best to take them? It can be a wellness minefield with an endless amount of research to boot. But there

is an easier way. Lumity Morning & Night Male Supplements provide a simple, two step routine demystifying how we can get maximum results with minimum effort.

These innovative supplements work as extra support to our circadian rhythm (our built-in internal clock to you and I). Also known as the sleep/wake cycle, our circadian rhythm determines our sleep patterns as well as influencing our focus, body temperature and digestion, endurance and overall, day-to-day mood. And it needs a steady rhythm to keep all these in check. A disrupted circadian rhythm means these bodily functions struggle to perform as they should and as a result we become tired, anxious and generally not feeling ourselves.

That said, there are ways we can be more mindful to keep our circadian rhythm balanced. Practising a consistent lifestyle such as going to bed and waking up at the same time everyday,

eating meals regularly and at set times will definitely help. But when modern living gets in the way it can be easier said than done, so Lumity Morning & Night Male Supplements can offer extra support.

Scientifically formulated for men's optimum health, these soft gel capsules deliver a mix of vitamins, minerals and amino acids plus three hero ingredients around the body: L-citrulline, pumpkin seed oil and Taurine. Taken regularly, this powerhouse blend works together with your body's internal clock. In return, not only will this optimise your energy levels but also support your immune system, protect against oxidative stress as well as increasing endurance, focus and performance. In even better news, these supplements will fit seamlessly into your routine. Take four of the Morning capsules before midday and then four of the Evening capsules before you go to bed. Looking and feeling your best has never been so easy.

Lumity Morning & Night
Male Supplements from £65



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