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REPLERE BEAUTY SHOOTERS – BEAUTIFY YOUR INSIDES

Beauty, Health

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I will admit that I don't eat the most healthiest diet. I try, but I often make the wrong choices. I don't mean grabbing a handful of Oreos instead of making lunch, but I'll have a bowl of Cheerios instead of making myself a salad or chicken sandwich.

I take vitamins and supplements. I take Biotin to help my skin and hair. I also make extra certain to drink plenty of water to keep my skin hydrated. Your body also needs

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contain the necessary ingredients to provide my skin with everything it needs to look and feel healthy.

There are ways to keep healthy. There are ways to keep your outside beautiful. Did you know you can get a lot of what your body needs in one, small, convenient shot, or rather a “shooter?” Believe it or not, it’s possible thanks to brand **Relere**.

Relere Skincare is a clinically proven, antioxidant-based collection of natural skincare products designed to slow down aging and restore skin’s radiance. The brand focuses on internal and external well-being, promoting a holistic “Mindful Beauty” approach to health and wellness.

Replere has a lot of products available including a face wash, skin lotion, night cream, and serum. In addition they offer beauty books, mindful beauty cards, and many more products.

One of their most interesting products are their Restore & Fortify Beauty Shooters, which I mentioned earlier in this post. It’s definitely a unique product.



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canola (a vitamin E-packed fat), goji and açaí berries, chokeberry, blueberries, pomegranate, and resveratrol.

- Feeds your body—and skin—from the inside out, to protect against the daily onslaught of aging free radicals
- Can be taken alone, or added to water or your favorite drink
- Two-week supply; single-use containers
- Grape/cranberry-flavored drink gives burst of energy
- Does not need to be refrigerated
- Free of artificial preservatives, artificial colors, artificial flavors, dyes, milk products or gluten
- Contains no parabens, fragrances, or dyes.

One box contains a 14 day supply. The bottles are the same size as some energy shot/shooter drinks.

You can take this any time of the day (I take it in the morning). Since it doesn't have to be kept cold you can take it anywhere.

As far as the taste is concerned, it does have a fruity taste to it. I wasn't a fan of the taste initially, but after taking it for a few days the taste didn't bother me. It's not gross or medicinal. It has a unique taste that I can't describe other than "fruity" and "unique."

Since I'm not a scientist or doctor, I can't comment much as far as the free radicals is concerned, but knowing it's helping is good enough for me.

Free radicals cause cellular damage known as oxidative stress, which can harm DNA, proteins, and fats. Excess free radicals from sources like pollution, smoking, and UV light contribute to aging and diseases like cancer, heart disease, and neurodegenerative disorders. So, knowing this shooter helps fight against free radicals gives me peace of mind.

As for the burst of energy, I'd say it does, but it's not instant. I was taking the shooter around 7:00 AM on most days. I felt like I had a burst of energy around 11:00 AM. So for me it took a few hours. If I took this drink around 11:00 AM I'd probably have enough energy to make it through the afternoon slump.

It's certainly an interesting way to beautify your insides.

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What do YOU think about the idea of drinking these unique shooters? Is it something you would like to try for yourself? Feel free to comment and share your thoughts. I always love to hear from readers.

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REPLERE®

..... BY DR. DEBBIE PALMER

Kimberly

**I received a free product sample in order to do this review. There was no compensation. The opinions expressed are my own and not influenced in any way.*



About Kimberly

Kimberly Vetrano resides in the suburbs of New York City with her family and "mini zoo" consisting of five cats, a dog and a Goldfish. Kimberly is a teacher's assistant for a Kindergarten class. When she is not working or blogging, Kimberly enjoys taking photos of nature and hanging out with family and friends.

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