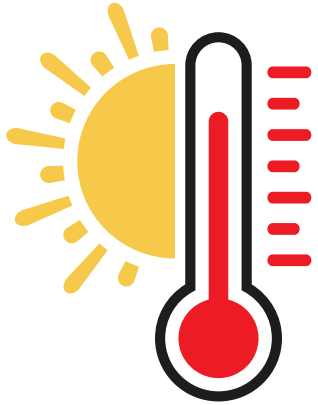


# ***Signs your metabolism is working well!***



**You sweat more**

**You poop regularly and easily**

**Sleep better**

**Feel calm**

**Have warm hands, feet and nose**

**Have enough energy to get through your day  
strong**

**Have a good heart rate and body  
temperature**

**You skin health and moisture is good**

**And your hair and nails are strong and  
beautiful.**