

# Why Essentials?

## 01. Third-party tested for quality and safety

02. Crafted with **clean, high-quality ingredients** you can trust

03. Thoughtfully  
**formulated for women,**  
especially during life's  
most demanding and  
delicate seasons



# Bloom Women's Wellness

Conveniently located both via our  
online storefront and within the  
same clinic trusted with your care



**BLOOM**  
essentials

A custom supplement line  
designed to support  
women's **mental, hormonal,  
and physical well-being-  
together.**



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www.bloomwomenswellness.  
org

# Integration

Because your body is **always speaking** through your energy, your mood, your sleep, your cycles, your stress.

And more often than not, those signals are rooted in your hormones.

When we slow down and truly listen, we can begin to connect the dots:

between your **physical symptoms and your mental health**, between what you're feeling and what your body is trying to tell you.

*And that's where real healing begins.*



**The Bloom Difference:** Every product we carry is carefully selected and recommended by our clinical team. We believe in simplifying wellness with trusted, high-quality solutions that support your mental, emotional, and physical health—together.

## What are the 5 core products?

### **Anxiety Support**

**Why We Love It at Bloom:** This is one of our go-to foundational supports for clients navigating anxiety. Gentle, effective, and pairs well with therapy.

### **Serenity**

**Why We Love It at Bloom:** Sleep is foundational to mental health. Serenity is a favorite for clients needing support with both rest and nervous system regulation.

### **Myo-Inositol**

**Why We Love It at Bloom:** This is a cornerstone supplement in hormone care—especially for clients working on cycle regulation and metabolic balance.

### **Prenatal Complete**

**Why We Love It at Bloom:** We wanted a prenatal we could fully stand behind—high quality, well-rounded, and supportive of both physical and mental health.

### **Adrenal Cortex**

## What Sets Us Apart:

Formulated with intention.  
Backed by care.



Paired with our in-house nutrition and clinical services.



Precision, data-driven healing that promotes root cause healing and treatment



We can begin to connect the dots between your physical symptoms and your mental health

