

Lifestyle Solutions Supplements

Targeted support for the friction points of modern daily life - environmental load, sensitive digestion, and staying well on the move.

- Gut health
- Detox support
- Probiotics
- Travel
- Everyday resilience

3

sub-categories for detox support, digestion, and life on the go

25-38g

daily fiber target most adults fall short of

10-20B

CFU probiotic count common in digestive formulas

~60%

of adults report digestive discomfort at least monthly

About this family

Lifestyle solutions supplements target the everyday friction of modern life. Processed diets and environmental load create demand for detox support; irregular eating and stress leave many people with sensitive or sluggish digestion; and travel and commuting disrupt routine, sleep, and gut balance. Rather than harsh 'cleanses,' this family supports the body's own systems - the liver, the microbiome, and steady daily rhythms - so you feel more resilient through a busy life.

Explore the range

This family groups three sub-categories built around modern daily life. Each has its own detailed guide.

Modern Life Detox

Supports the liver and the body's natural elimination pathways under everyday load.

KEY: Milk thistle, NAC, glutathione, chlorophyll, fiber

Digestive Health

Supports a balanced microbiome, comfortable digestion, and regularity.

KEY: Probiotics, prebiotic fiber, digestive enzymes, ginger

Travel & Commuter

Helps you stay well and regular through disrupted routines and long journeys.

KEY: Probiotics, vitamin C, melatonin, electrolytes, ginger

Find your fit

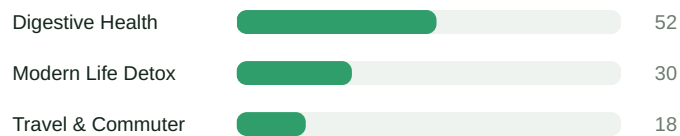
Match a goal to the right sub-category and its hero ingredients.

IF YOUR GOAL IS...	START WITH	HERO INGREDIENTS
Support the body's natural detox	Modern Life Detox	Milk thistle, NAC, fiber
Ease digestion and bloating	Digestive Health	Probiotics, fiber, enzymes
Stay well while traveling	Travel & Commuter	Probiotics, vitamin C, melatonin

The data at a glance

Shopper interest across the family

Illustrative share of demand by sub-category.



● Relative shopper interest across the family

Who shops this family

Illustrative buyer mix.



Foundations

Four principles that apply across every product in this family.



The gut is the hub

Digestion drives immunity, mood, and how well you absorb nutrients, so gut balance pays off across the whole body.



Support, don't 'cleanse'

The liver and kidneys detox on their own; good products support that machinery rather than forcing harsh flushes.



Fiber first

Prebiotic fiber feeds a healthy microbiome more reliably than any single pill - it's the foundation of digestive health.



Plan for disruption

Travel and stress upset routine; probiotics, electrolytes, and sleep timing smooth the transition.

Safety & interactions

- Aggressive 'detox' or 'cleanse' products (strong laxatives or diuretics) can be harmful - avoid them.
- Increase fiber gradually with plenty of water to prevent bloating and cramping.
- Probiotic strains differ - match the strain to your goal, and refrigerate if the label requires it.
- Some detox agents interact with medication (milk thistle; activated charcoal binds drugs) - separate the timing.
- Persistent or severe digestive symptoms deserve a medical check, not just supplements.

Frequently asked

Do detox supplements really clean out toxins?

Your liver and kidneys do the actual detoxifying. These supplements support those organs and normal elimination - they don't 'flush' toxins the way marketing sometimes implies.

Prebiotic or probiotic - what's the difference?

Probiotics are live beneficial bacteria; prebiotics are the fiber that feeds them. Both help, and getting enough fiber first gives probiotics something to work with.

Will probiotics prevent travel tummy?

Certain strains reduce the risk and severity of traveler's digestive upset. Starting a few days before you leave gives them time to establish.

How long until digestion improves?

Some effects are same-day (enzymes, ginger for nausea), but microbiome changes from probiotics and fiber usually take about 2-4 weeks of consistency.

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