



Approved!

Hi friend,

If you have followed me for a while, you know that I'm always going to say food comes first. Real, whole food is the foundation of health, and nothing can replace that. But here's the thing... in today's world, even with the best intentions, our bodies sometimes need a little extra support. That's where supplements come in.

I only ever share what I truly use and trust for myself and my family. These products are clean, pure, and made without questionable ingredients or shady sourcing. In fact, each company I choose guarantees NO GMO ingredients and NO heavy metals in the final product. That kind of integrity matters to me because you matter to me.

Please note that these are affiliate links. Purchases from these links will send a small commission to the ministry. Thank you!

Blessings to you on your health journey,

Annette Reeder



This content is not intended to provide medical advice or to take the place of medical advice or treatment from a personal physician. All viewers of this content are advised to consult their doctors or qualified health professionals regarding specific health questions. Neither Annette Reeder nor the publisher of this content takes responsibility for possible health consequences of any person or persons reading or following the information in this educational content. All viewers of this content, especially those taking prescription or over-the-counter medications, should consult their physicians before beginning any nutrition, supplement or lifestyle program.

Annette's Favorite Kitchen Tools



Set up your kitchen to make cooking fun and nutritious!

Grain Mills



Fresh, wholesome, nutrient-rich, flavorful, cost-saving, customizable textures, long-lasting, satisfying, health-boosting, traditional, self-sufficient, aroma-filled.

[WATCH VIDEO](#)

[ORDER NOW](#)

VitaClay Multicooker



This organic clay cookware enhances flavor, boosts nutrients, and supports healthy digestion.

[ORDER NOW](#)

Kitchen Basics

[Click item to order](#)



[USA Bread Loaf Pans](#)



[Fiskie](#)



[Scandinavian Dough Whisk](#)

Vitamix

[Automatic discount](#)

Powerful, reliable, versatile, fast, products that give me smooth blends or perfectly processed foods, are durable, and easy to clean! I love the professional quality of each item!

[Blender](#)

[WATCH VIDEO](#)

[ORDER NOW](#)

Juicer

With these juicers, I can press nutrient-rich green juices or squeeze vibrant citrus with ease.

10% OFF



[ORDER NOW](#)

[Use code ANNETTEREEDER](#)

[Immersion Blender](#)



[Blender](#)

[WATCH VIDEO](#)

[ORDER NOW](#)

Oat Flaker

3 Reasons to Flake Your Oats!

1. Nutritional Improvement – Significant improvement in several vitamins like beta glucan.
2. Super fresh flavor – you will never go back to boxes of oats!
3. More economical – buy the oat berries (plus all the other grains it flakes) and save money.



[WATCH VIDEO](#)

[ORDER NOW](#)

Tools on Amazon

Browse my go-to tools for turning simple ingredients into hearty meals that taste better, nourish deeper, and bring joy to the table.



[BROWSE NOW](#)

Dehydrator

[Use code TBN23](#)

Easily create healthy, homemade food by making full use of all the meat and products you purchase. I especially love making beef jerky, dried fruits, and herbs!



[WATCH VIDEO](#)

[ORDER NOW](#)

Mixers

My favorite mixer for over 20 years! Bosch Universal Plus Mixer has more than 60 years of high quality and trust designed for your kitchen.



[WATCH VIDEO](#)

[ORDER NOW](#)

Pantry Items

From baking items to beans to nuts and seeds. Country life is my go to store to stock up. Some of my favorites are flax seeds, chia seeds, organic lentils, sucanat, and organic avocado oil.



[Click link for 10% off order](#)

[WATCH VIDEO](#)

[ORDER NOW](#)

My Favorite Supplements

Options for Purchasing

There are a handful of supplements and products I absolutely love from different trusted companies. You'll see those sprinkled throughout my recommendations, always with a link to make it easy for you. Whenever possible, I ask the company for a discount so I can pass it on—sometimes it's built right into the link, and other times I'll share a discount code for you to use. I'm super grateful when you shop through the links I provide—it not only supports the work I do, but it also helps me keep bringing you the best deals.

Please note that these are affiliate links. Purchases from these links will send a small commission to the ministry. Thank you!

Transformation Enzymes

When I started taking Transformation Enzymes formulas, I noticed a real shift in my health, not just in energy but in overall wellness. Enzymes are at the core of every reaction in the body, and these blends make that truth so tangible. Their detox support strengthens the lymphatic system, their weight management formula helps with digestion and balance, and their protease blend supports circulation and cellular health. It's incredible how something so foundational can make you feel lighter, brighter, and yes, even glowing!

Use discount code **REEDR25 for 25% off!**



BetterWayHealth

I've truly come to love these supplements from BetterWay Health because they go beyond just "another vitamin on the shelf." Vitamin D helps build a strong defense against illness, but my favorite nutrient is Beta Glucan. It feels like a wall of protection for my health from the inside out. What amazes me about the most about the Beta Glucan Replenishment cream is that it works topically, deeply hydrating skin, reducing wrinkles, and boosting UV protection, all without the harshness of typical moisturizers. It's a difference I can see and feel daily.

Use discount code **TBN10 for 10% off!**

Amare The Mental Wellness Company

Amare products have truly helped me feel "just right." The Fundamentals line gave me that switch in clarity and balance, while Essentials like Vita GBX, Omegas, and Probiotics support my body at the core. Gut health products keep the brain-gut connection strong, and EDGE gives me the motivation and focus I need to finish my day well. It's a complete system that makes both mind and body come alive.

Use code **ANNETTE10 for 1st order discount!**

Use code **ANNETTE10** for 1st order discount!

Gut-First Foundations

These are my go to for building a strong digestion as the root of my whole-body wellness. I love fueling my body from the inside out for lasting wellness.



Favorite

My favorite gut rebuilding protein

Cold-pressed, prebiotic fiber blend



Made from 6 whole-food seed sources

Whole-Body Superfood Support

I love adding these superfood powders to my smoothies. They're loaded with plant-based nutrients, support gut health and energy, and taste delicious!

Pomegranate is in here!



Blend of 22 plant-based superfoods



Packed with fruits, vegetables, phytonutrients, and prebiotic

Start the Mental Wellness Healing

These products are easy-to-mix powders that go great in water. They support gut health, stress resilience, and help with motivation.

Supports the gut-brain axis



Helps maintain healthy cortisol levels

Support cognitive performance



I take this everyday!

Kids' Wellness Essentials

I love these kids' nutrients because they make it easy to keep my grandkids healthy, even the picky eaters love them!

No artificial dyes or sweeteners



Prebiotics, probiotics, & neuro-nutrients



Blend of prebiotics, probiotics and phytonutrients



Helps maintain focus and support mood

Transformation Enzymes



Use discount code **REEDR25** for 25% off!

Protease Enzyme Supplement

Supporting circulation with this product helps oxygen and nutrients get right into the cells and gives energy! This also removes waste and keeping immune cells flowing to support a strong, healthy body. You can see why it's my favorite!

Favorite



Optimal protein digestion

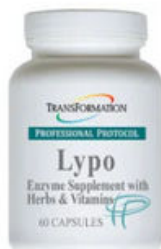


Gentler formula for those new to proteolytic enzymes

Weight Management & Appetite Control

Individuals who are interested in an effective weight management program may need additional assistance with fat digestion and appetite control during meals. These are great items to support!

Contains Chromium and Herbs!



Helps maintain healthy cholesterol



Digestive support and appetite suppressant

Detox Support (Kidney & Liver Health)

Supporting the lymphatic system helps maintain energy, circulation, and overall wellness. These three are paired well together!



Helps counter environmental toxins



Supports colon cleanse and detoxes



Made with Herbal Extracts

Digestive Enzymes

God created enzymes in all living foods. Our body even makes enzymes. Enzymes handle every reaction in the body. Yet, a deficiency leads to every problem possible. These digestive enzymes are key to daily diet.

Building block for good health



Promotes digestion and immune system health



Berry flavor for kids! Promotes digestion

Use discount code **TBN10** for 10% off!

Beta Glucan

Beta Glucan is my daily must-have for “smarter” immunity! It keeps my energy strong, resilience high, and health protected.

The cream stimulates collagen synthesis, promotes wound healing, and cellular proliferation!

Favorite



**Beta Glucan
1000 mg/svg**



**Resveratrol, Vit
C, & Selenium!**



**Beta Glucan
200 mg/svg**



Face Cream!

Curcumin

Whether it's powerful antioxidant support or daily joint comfort, this product helps me stay active and feeling my best.



**Turmeric Rhizome Extract
500 mg**

Contains Ginger
Extract



**Turmeric Rhizome Extract
1000 mg**

Vitamin D

This vitamin D supplement has been a game-changer for keeping my vitamin D levels high, while also supporting mood, energy, and strong immunity.



5000 IU Vitamin D/capsule

Kids Immunity

These tasty mixed berry gummies make it simple (and fun!) for kids to get daily immune support and stay healthy year-round.

Contains Elderberry Extract



**Sugar free!
Mixed Berry Flavor**

Annette's Favorite Skincare



Glow Facial Mist

I love this spray! It makes my face feel refreshed immediately!

ORDER NOW

Revitalize Serum

The peptides, vitamins C, & B3 help decrease my wrinkles



ORDER NOW

Nighttime Serum

I put this on before bed. I love the smell, it is very calming.



ORDER NOW



Skin to Mind™ Collection

Formulated to work through the skin-mind connection, to target visible stress signals and support bliss signals at the cutaneous level.

ORDER NOW

DermaBiotics™



This probiotic oral spray supports natural collagen production, skin hydration, and elasticity!

ORDER NOW

Thicker Hair Pack

It's true, my hair is thicker and fuller since using Amare's shampoo, conditioner, and serum! My team loves it, and I know you will love it too!



ORDER NOW



I have been using Amare products for years and I am loving their new skin care line which is built on neuroscience.



I love Purity Woods because they help my skin stay young while being 100% organic!



The Complete Skin Replenishment Bundle



Reverse the tell-tale signs of aging and achieve your healthiest, youngest-looking skin with Purity Woods' powerful 4-product Skin Replenishment Bundle.

ORDER NOW

Skin Rejuvenation Package

Visibly smooth fine lines, fade dark spots, firm skin, and remove makeup while nourishing your skin barrier using the plant power of Organic botanicals in these four age-defying skin essentials.



ORDER NOW

Our bodies are wonderfully designed, and every choice we make, what we eat, how we move, and the therapies we use shapes our health and immune system.

Simple practices like red light therapy, a portable sauna, or a reflexology roller may seem small, but they've made a big difference in how my family and I feel.

Red Light Therapy

My husband pulled a muscle in his back and I thought this was going to be a weeklong tragedy. After one session using the red light therapy on the lower back and his muscles loosened up and he was glad I bought this red light.

I use my red-light unit just 10 minutes a day, three times a week, and it's amazing for acne, anti-aging, and improving skin tone.



Can be used for:

- Promoting wound healing
- Improving Circulation
- Reducing psoriasis symptoms
- Improving melasma
- Reducing inflammation
- Reducing wrinkles and lines
- Improving skin strength and elasticity

Saunas

An infrared sauna is a great way to prevent cancer, reduce inflammation, detox, or simply renew your body. I use mine 3-4 times a week for 20-30 minutes, and after a shower I sleep deeply and wake refreshed in both mind and body.

Use discount code **BIBLICALNUTRITION**



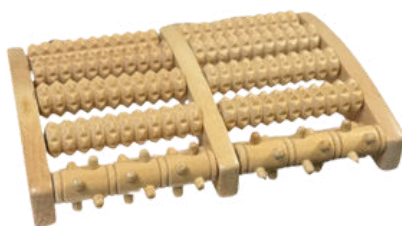
Benefits:

- Detoxification
- Decrease Inflammation
- Increase circulation
- Relieve pain
- Burn calories
- Sleep Better
- Mitochondria Support

Reflexology Roller

I reach for my reflexology roller after a long day hiking. It keeps my feet feeling great while easing tension and improving circulation. It's a simple tool that supports relaxation, recovery, and overall balance.

Use discount code **BIBLICALNUTRITION20**



Benefits:

- Provides natural relief from plantar fasciitis, heel pain, and arch tension
- Promotes better circulation and lymphatic drainage in the lower limbs
- Encourages relaxation, stress reduction, and healing when used in a calm state

Annette's Favorites for the Home



Our homes are our safe haven for our families and we want the home to be safe and toxin free. After years of testing cleaning products and living with beds that were filled with toxins, I am sharing my favorite products to take the guess work out for you.

Water Filters

I have used Waterdrop for 10 years. It consistently provides clean, great-tasting water that I can trust for my family's health. Choose from one of these great options, many more options online.



[Under Sink Filtration](#)



[Water Pitcher](#)



[Reverse Osmosis](#)

Cleaning

[Click link for 15% off!](#)

I purchased products from several companies - even 'natural' from Amazon, only to be fooled into more harmful chemicals - especially to the reproductive system and hormones! Yikes!

Yet, I don't want to spend more than necessary. So I am happy to share this great ~ Safe ~ discovery!

Branch Basics products are the bomb! I love being safe around my young ones and also pets. I also want clean! And I want economical!



Organic Plush Beds

PlushBeds has a certified organic facility and are dedicated to sustainable practices. Our bed is so soft and comfortable and I know that my husband and I are not breathing chemicals while we sleep.



[Organic Mattress](#)



[Organic Wool
Mattress Topper](#)

GotMold?

Living with mold is harmful to your health. If you are concerned with mold exposure, I highly recommend checking out these DIY Kits.



Easy to Use

[Got Mold?](#)