



@cristijayo [Instagram] [Facebook] [TikTok]

Cristi Jayo • cristi.jayo@gmail.com

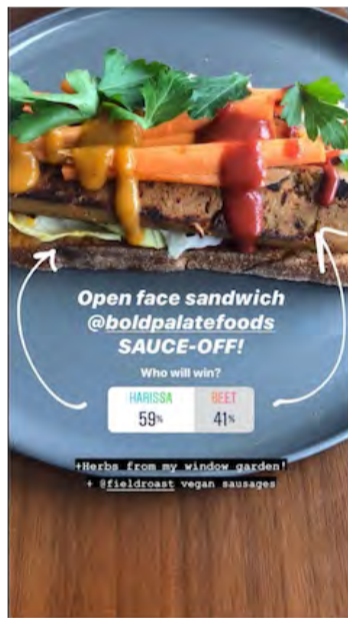
BRAND PARTNERSHIPS

TOPICS: Wellness, Style, Sustainability, Travel

AUDIENCE: Men & Women in USA ages 25-45

EXTRA: Bilingual (Spanish/English)

RATES: Product exchange (Stories/Reels) +\$100 (Feed Post)

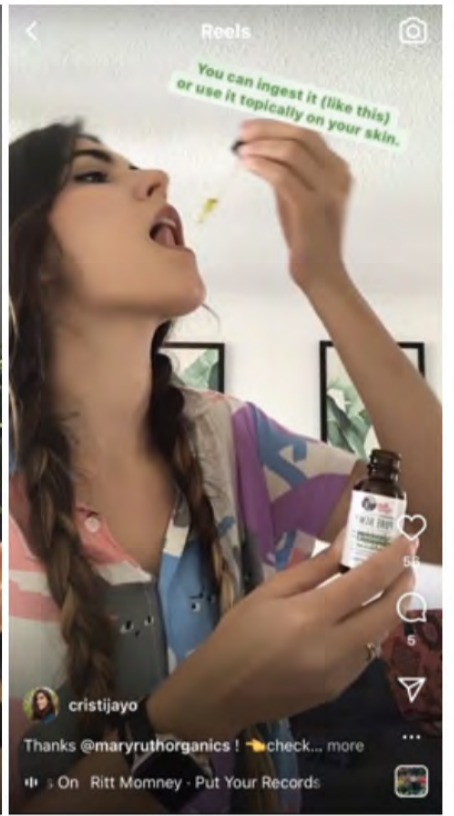
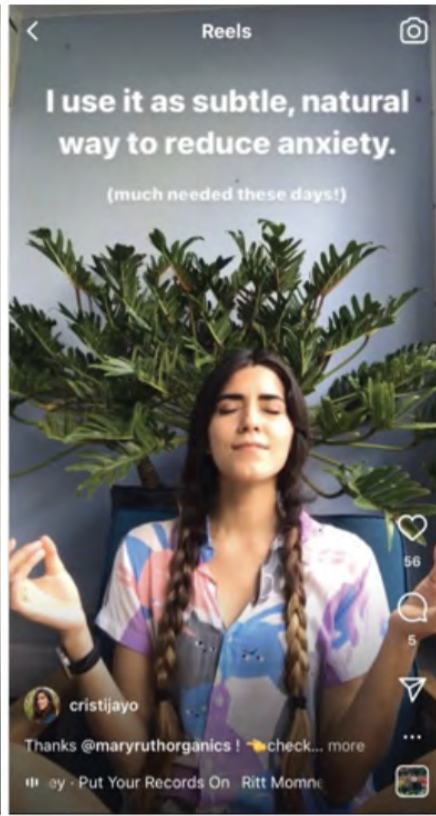


cristijayo Deciding to be an entrepreneur has probably been the best decision I ever made, but I'm not gonna lie, sometimes it can be incredibly stressful. I've never been very into weed or smoking so I didn't really give CBD a chance before, but recently I got an opportunity to work with this cool brand Holiday, so I thought, heck I'll give it a try! At first I was afraid I'd get high, or sleepy or unmotivated to work, but it turns out, these are fully CBD gummies, NO THC so they somehow helped me relax but stay focused at the same time. PERFECT COMBO right? Plus, who doesn't love gummies? If you want to try it, there one extra perk I should mention: Holiday wants to help you 'take a holiday' & escape your day-to-day stresses by giving out TWO FREE VIP TICKETS to ONE OF THE BEST FESTIVALS OUT THERE! Hit the link in my bio learn more & enter!!



cristijayo It has taken me ages to post about this @wholesomefood protein powder. But you know your girl comes through ~+ eventually ~+ Key thoughts cause I don't want to bore you by promoting a product but actually this one's worth checking out!! - it's super tasty (didn't see that one coming.. bone broth + chocolate?! Yeah it just tastes like a delicious chocolate shake) - the ingredients are awesome (it's gluten/soy free and keto/paleo friendly) - it supports your joints & gut health - conveniently available on Amazon Honestly I'm a fan! Now I just need to work out more often so I can drink it PS. Stop sending me cool new wellness products! I may take forever to post, but like I guess you can keep sending them if you want #wellnessproduct #proteinpowder #bonebroth #ketoproduct #paleoproduct #wellnessbrandinfluencer #wellnesswednesday #wellnessbrand





cristijayo Sorry if I freaked some of you out, but I'm not pregnant or trying to have a baby right now. In general one should ONLY take prenatal multivitamins in those specific scenarios ...but there's a few reasons why you might want to consider asking your doctor about trying a prenatal vitamin regardless.

My reason for trying it is that I will soon be taking out my IUD, which could lead to a hormonal imbalance dubbed the "Mirena crash" (you can read tons of anecdotal evidence online, but Bayer denies it's real)... Basically, the hormonal imbalance can deplete your body of some key nutrients like folate, vitamins C, E, B12, magnesium, selenium and zinc - all of which this multivitamin can help with.

On top of that, I've recently had trouble getting enough B12, vitamin D, and magnesium (my sometimes vegan-ish diet doesn't help, and also affects my iodine, zinc, and calcium intake), so this multivitamin could be a good way to supplement for that as well!

I'm looking forward to get the extra boost in those specific nutrients and hopefully avoid a post-birth-control "crash". And not gonna lie, I'll want to start a family soon enough, so it'll be good to keep this handy for that moment. Since I'll be off birth-control, it's good to ensure my body has what it needs in case it happens.

I want to highlight that I do not plan on taking this regularly, and that can be unsafe for many folks, so be careful when making that decision and ask your Dr. before trying any new supplements. I definitely recommend anything from @maryruthorganics since all their products are made with the high quality natural ingredients. This multivitamin is best when mixed with a juice! Enjoy & stay safe! ❤️ #maryruthpartner #mirenacrash #prenatalmultivitamin



cristijayo Allergy trouble? Read this! @tryarmra contacted us for some branding work a little while ago and sent us a product sample so we could try it.

...fam... IT MADE MY ALLERGIES DISAPPEAR. like within a week! and I was having gnarly sniffles this spring. Anyway, it has a ton of other benefits, like immune support, 200+ bioactives & prebiotics that are linked with improving skin elasticity/hydration, decrease depth of wrinkles, and increase melanin. I also love that it doesn't have any sugar, that it was developed by certified doctors, and of course, that it's super tasty!!! I tried the the blood orange one. Oh and FYI: it has dairy, but I'm lactose sensitive and it didn't affect me.

Here's a code for 20% off if you wanna try it: CRISTI20

Happy to support this woman-led startup! Thank you!! #supportsmallbusinesses

