

# SWIFT FOX WELLNESS

## *Sarah's Favorite Things*

Products, Brands & Resources I Trust

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## SECTION 1: FOOD & PANTRY

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### Pantry Staples

- **Primal Kitchen** — All of it — avocado oil, dressings, mayo, ketchup, sauces, collagen bars. Clean label benchmark. [Amazon](#) | [Shop Direct](#)
- **Rao's** — Pasta sauce. Short ingredient list, no added sugar. [Amazon](#) | [Shop Direct](#)
- **Bragg's** — Apple cider vinegar, liquid aminos, dressings. [Amazon](#) | [Shop Direct](#)
- **Noble Foods** — Clean dressings and sauces. [Shop Direct](#)
- **Siete** — Grain-free tortillas, chips, and sauces. Clean, family-friendly. [Amazon](#) | [Shop Direct](#)
- **Chosen Foods** — Avocado oil spray — 1 ingredient. [Amazon](#) | [Shop Direct](#)
- **Bob's Red Mill** — Organic flours, flaxseeds, oats. [Amazon](#) | [Shop Direct](#)
- **Anthony's Organic Peanut Powder** — 1-2 ingredients, non-GMO. [Amazon](#)
- **Clean Simple Eats** — Protein powder + pantry items. Sweetened with stevia + monk fruit only. No maltodextrin, no sucralose. [Amazon](#) | [Shop Direct](#)
- **RX Sugar / Allulose** — Clean sweetener swap — fiber gummies + allulose granules. [Amazon](#) | [Shop Direct](#)

### Protein Powders

#### Powders

- **Equip Prime Protein** — Grass-fed beef isolate. 21g protein. Stevia-sweetened. Dairy-free, gluten-free, all 9 amino acids. Best flavors: Chocolate, Salted Caramel, Vanilla. [Amazon](#) | [Shop Direct](#)
- **Just Ingredients Protein Powder** — Grass-fed whey from NZ + pea, pumpkin, chia, collagen. No gums, no artificial sweeteners, real food flavors only. [Amazon](#) | [Shop Direct](#)
- **Heart & Soil Plain Protein** — Organ-based protein powder. Minimal ingredients. [Amazon](#) | [Shop Direct](#)
- **Clean Simple Eats Protein** — Grass-fed whey isolate, stevia + monk fruit. No sucralose, no maltodextrin. [Amazon](#) | [Shop Direct](#)
- **OWYN** — Plant-based, dairy-free. Good for clients avoiding whey. [Amazon](#) | [Shop Direct](#)
- **Marine Collagen** — Unflavored, mixes into anything. [Amazon](#)

- **Truveni** — Organic plant-based, ~5 clean ingredients. [Amazon](#) | [Shop Direct](#)

### Pre-Mixed / Ready to Drink

- **Equip Prime Protein RTD** — Also available in ready-to-drink format. [Amazon](#) | [Shop Direct](#)
- **Slate Protein Shakes** — Pre-mixed, clean, great macros. [Amazon](#) | [Shop Direct](#)
- **Oikos Pro** — Stevia-sweetened, shelf-stable. Great grab-and-go option. [Amazon](#)
- **Jokko** — Clean RTD option. [Amazon](#) | [Shop Direct](#)
- **OWYN RTD** — Plant-based ready-to-drink. Dairy-free clients. [Amazon](#) | [Shop Direct](#)

## Protein Bars

### Whey-Based

- **MOSH Bar** — Grass-fed whey + collagen, lion's mane, ashwagandha. Sweetened with allulose. Brain + body bar. [Amazon](#) | [Shop Direct](#)
- **Hormbles Chormbles** — 10g protein, 0g sugar. Allulose + monk fruit + stevia. Candy bar vibe that actually works. [Amazon](#) | [Shop Direct](#)
- **Atlas Bar** — Monk fruit sweetened, 13g fiber. [Amazon](#) | [Shop Direct](#)
- **Bulletproof Bar** — Collagen protein, stevia + allulose. [Amazon](#) | [Shop Direct](#)

### Dairy-Free / Plant-Based

- **No Cow Bar** — Stevia + monk fruit, vegan, high fiber. [Amazon](#) | [Shop Direct](#)
- **IQBAR** — Plant protein, stevia + allulose, 8–10g fiber. [Amazon](#) | [Shop Direct](#)
- **Kailo Bar** — Whole food sweetened — dates, walnuts, pea protein. [Amazon](#)

### Flag / Proceed with Caution

- **Misfit Bars** — Uses maltitol in chocolate coating — may cause GI distress. Doesn't meet sweetener standards.

## Protein Snacks & Grab-and-Go

- **Wilde Chips** — Chicken breast, egg whites, bone broth. 10–13g protein. No gluten, corn, dairy, or nuts. Flavors: Buffalo, BBQ, Himalayan Salt, Nashville Hot. [Amazon](#) | [Shop Direct](#)
- **Chomps Snack Sticks** — Grass-fed beef or turkey. Zero sugar, minimal ingredients. [Amazon](#) | [Shop Direct](#)
- **Epic Bars & Bites** — Meat-based, short ingredient list. [Amazon](#) | [Shop Direct](#)
- **Paleovalley Beef Sticks** — Fermented, no nitrates, grass-fed. [Amazon](#) | [Shop Direct](#)
- **Moon Cheese** — 100% real cheese, essentially 1 ingredient. Crunchy, high protein. [Amazon](#) | [Shop Direct](#)
- **RXBARs** — Dates + egg whites + nuts. Ingredient transparency on the front of the package. [Amazon](#) | [Shop Direct](#)
- **Good Culture Cottage Cheese Cups** — Clean, grab-and-go high protein. [Amazon](#) | [Shop Direct](#)
- **Siggi's Yogurt Tubes** — High protein, low sugar, Icelandic-style. [Amazon](#) | [Shop Direct](#)
- **Klud Protein Popcorn** — High protein popcorn. Check flavor-specific labels. [Amazon](#) | [Shop Direct](#)
- **Solely Fruit Snacks** — 1-ingredient whole fruit jerky and gummies. Nothing added. [Amazon](#) | [Shop Direct](#)
- **Hormbles Chormbles** — Also fits here — protein candy. Allulose + monk fruit. [Amazon](#) | [Shop Direct](#)

## Granola, Crackers & Baking

- **Purely Elizabeth Granola** — Founder-led. Organic ancient grains, non-GMO. Use as topping. Best: Dark Chocolate Sea Salt, PB Cookie. [Amazon](#) | [Shop Direct](#)
- **Michele's Granola** — Small-batch handmade, Maryland bakery, wind-powered. Non-GMO, plant-based. Great on yogurt. [Amazon](#) | [Shop Direct](#)
- **Go Raw Sprouted Granola** — Zero added sugar — sweetened only with dates and raisins. 7 ingredients. [Amazon](#) | [Shop Direct](#)
- **Flackers Flaxseed Crackers** — Sea Salt = 3 ingredients: organic flaxseeds, organic ACV, sea salt. 9g fiber, 1g net carb. Doctor-developed. [Amazon](#) | [Shop Direct](#)
- **Bob's Red Mill** — Organic flours, oats, flaxseed. Baking staple. [Amazon](#) | [Shop Direct](#)
- **Anthony's Organic Peanut Powder** — 1-2 ingredients. Non-GMO. Great protein add to smoothies and baking. [Amazon](#)

## Fermented Foods

- **Cleveland Kitchen Kimchi** — Fresh fermented, gut happy. Classic flavor. Refrigerated. [Amazon](#) | [Shop Direct](#)
- **Bubbies Horseradish** — Non-GMO, live cultures. Gut health bonus. [Amazon](#) | [Shop Direct](#)  
*Also look for: organic sauerkraut, kefir, plain yogurt with live cultures, miso*

## Family & Kids Snacks

- **BEEUP Fruit Snacks** — David Beckham's honey-powered gummies. Non-GMO, no artificial colors or corn syrup. Honey-sweetened. Great lunchbox grab. Flavors: Very Berry, Tropical Mix, Sour Watermelon. [Amazon](#) | [Shop Direct](#)
- **Siete Grain-Free Chips** — Great for family snacking. Clean ingredients, grain-free. [Amazon](#) | [Shop Direct](#)
- **Solely Fruit Snacks** — 1-ingredient whole fruit. Kids love them. [Amazon](#) | [Shop Direct](#)
- **RXBARS Kids** — Date + egg white + nut bars sized for kids. [Amazon](#) | [Shop Direct](#)

## SECTION 2: SUPPLEMENTS

### Daily Foundations

- **Just Ingredients Magnesium** — Current daily magnesium. Real food-based supplement line. [Amazon](#) | [Shop Direct](#)
- **Natural Calm Magnesium** — Nightly ritual — powder in warm water. Wind-down routine. [Amazon](#) | [Shop Direct](#)
- **Vitamin D3 + K2 in MCT Oil** — Liquid format. Current brand: Pure. Look for: D3 + K2 combined in MCT oil for best absorption. [Amazon](#)
- **Heart & Soil (Organ Vitamins)** — Grass-fed, regenerative organ-based vitamins. Founded by Dr. Paul Saladino. Batch-tested, Informed Sport certified. [Amazon](#) | [Shop Direct](#)
- **Just Ingredients General Line** — Supplements across the board — clean, real food based, third-party tested. [Amazon](#) | [Shop Direct](#)

### Creatine

- **Momentus Creatine** — NSF Certified for Sport. Clean, clinically dosed. [Amazon](#) | [Shop Direct](#)
- **Thorne Creatine Monohydrate** — 1 ingredient. NSF certified. Budget-friendly option. [Amazon](#) | [Shop Direct](#)

### Collagen

- **Ancient Nutrition Collagen** — Powder + capsules. Multi-type collagen. Widely available. [Amazon](#) | [Shop Direct](#)

- **Momentus Collagen Peptides** — 15g collagen + FORTIGEL + Vitamin C. NSF certified. Joint and connective tissue support. [Amazon](#) | [Shop Direct](#)
- **Marine Collagen** — Unflavored, mixes easily. Great skin + gut support. [Amazon](#)

## Colostrum

- **Ancient Nutrition Colostrum** — Powder + capsules. Gut health, immunity, recovery. [Amazon](#) | [Shop Direct](#)

## Probiotics & Gut Health

- **Jarrow Saccharomyces Boulardii + MOS** — Probiotic + prebiotic combo. 6 billion CFU. Great for gut repair and travel. [Amazon](#) | [Shop Direct](#)
- **Garden of Life MegaFlora** — 14 probiotic strains. Daily gut support. [Amazon](#) | [Shop Direct](#)
- **Dr. Formulated Organic Kids Probiotics** — 5 billion CFU. Great for kids. Family-friendly option. [Amazon](#) | [Shop Direct](#)

## Fiber

- **Metamucil Psyllium Husk** — Original fiber supplement. Daily fiber support. [Amazon](#) | [Shop Direct](#)
- **RX Sugar Fiber Gummies** — Allulose-based fiber gummies. Clean sweetener. Easy daily habit. [Amazon](#) | [Shop Direct](#)
- **Flackers Crackers** — 9g fiber per serving from flaxseeds. Food-first fiber source. [Amazon](#) | [Shop Direct](#)

## Omega-3 / Fish Oil

- **Nature Made Fish Oil** — 1000mg burp-less, pharmacist recommended. Budget-accessible option. [Amazon](#)

*Upgrade options: Momentus Omega-3 or Thorne Super EPA — both NSF certified and higher quality*

## SECTION 3: SKINCARE & BODY

- **Queen of the Thrones Castor Oil** — Post-shower ritual. Organic, cold-pressed, glass bottle. Pack: castor oil pack for liver/lymph support. [Amazon](#) | [Shop Direct](#)
- **OneSkin Peptide Lotions** — Peptide-based skincare. Targets skin aging at the cellular level. [Amazon](#) | [Shop Direct](#)
- **Alloy** — Custom estrogen cream + tretinoin. Telehealth-based hormone support. [Shop Direct](#)
- **Primally Pure** — Indie clean deodorant, body oils, tallow-based skincare. Very short ingredient lists, no synthetic fragrance. [Amazon](#) | [Shop Direct](#)
- **Dr. Bronner's Castile Soap** — Multi-use. Organic, fair trade. Unscented baby version = truly fragrance-free. [Amazon](#) | [Shop Direct](#)

## SECTION 4: FITNESS GEAR

- **Apexup Weighted Vest** — Women's fit, adjustable weights, washable liner, reflective strips, mesh pocket. Available: 5lb, 10lb, 15lb, 20lb. [Amazon](#)
- **CRZ Yoga Workout Clothes** — Affordable, quality leggings and sports bras. Amazon staple. [Amazon](#)
- **Urevo SpaceWalk E4 Walking Pad** — Quiet motor, magnetic remote, under \$300. Great for home office or small spaces. [Amazon](#)
- **WalkingPad A1 Pro** — Sleek design, auto-speed adjust based on foot position. Alternative walking pad option. [Amazon](#)

## SECTION 5: HOUSEHOLD & CLEANING

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*Philosophy: low-ingredient, low-fragrance, non-toxic, indie brands where possible*

- **Branch Basics** — One concentrate does everything — dishes, laundry, counters, stains. Plant + mineral-based, MADE SAFE certified, fragrance-free. [Amazon](#) | [Shop Direct](#)
- **Molly's Suds Laundry Detergent** — Fewer than 4 ingredients. Powder. EPA Safer Choice certified. Gentle for babies and sensitive skin. [Amazon](#) | [Shop Direct](#)
- **Charlie's Soap** — 4 plant-based ingredients. Powder, unscented. EPA Safer Choice certified. Also cleans your washing machine. [Amazon](#) | [Shop Direct](#)
- **Meliora** — MADE SAFE certified, B Corp, 1% for the Planet. Zero-waste packaging. Chicago small business. [Amazon](#) | [Shop Direct](#)
- **Attitude** — ECOLOGO + PETA certified. Vegan, plant-based surfactants. Kids line available — hypoallergenic. [Amazon](#) | [Shop Direct](#)

***This list is always growing.***

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