



Personalized Nutrition
for Optimal Health

Nutrition Your Body Needs

Stay ahead of the curve when it comes to cutting-edge health and wellness with your own personalized nutrition plan from Ahara.

\$9.96 per year
ahara.com

GET STARTED

Ahara is like having a nutritionist in your pocket. Our Foundational personalized nutrition plan uses your health history, goals, and lifestyle factors to uncover the key nutrients your body needs to achieve optimal health. Ahara's food-first approach shows you exactly what to eat, plus recommends supplements only as needed to ensure you achieve optimal nutrient levels.

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Make this the year you achieve your health goals!

- ✓ Reduce fatigue and anxiety
- ✓ Slow aging
- ✓ Sleep better
- ✓ Avoid chronic disease

3 Steps to Personalized Nutrition with Ahara

- 1 Take the Ahara health questionnaire and choose your health goals.
- 2 Receive a Foundational personalized nutrition report that focuses on the 3 key nutrients your body needs for better health.
- 3 Get a Personalized Meal Plan focused on your key nutrients and access to the Ahara app with your individual nutrition results, key foods, meal plans, recipes, shopping lists, and more.

\$9.95 per year at ahara.com

iOS users:



Download on the
App Store

Android users:

ahara.com