

# How to mix & match JoySpring products for maximum magic

We get it—navigating the world of supplements can feel like **solving a puzzle with missing pieces**. That's why we put together this super simple guide to help you pair our products like a pro.

Most of our formulas are **made to play nice together**, so you can mix and match to support whatever your kiddo needs most, whether it's a **mood boost, sharper focus, stronger immunity, or a little detox magic**.

Need to know what DOESN'T pair well? [Check this other guide](#).

## How to use this guide

On the following pages, you'll find **hand-picked product combos built around your child's health goals**—whether you're looking to boost focus, ease tummy troubles, or help them grow stronger.

**Just pick the right routine, follow the step-by-step plan, and let the natural goodness do its thing.**

At the end of each section, you'll also find daily habits that help supercharge the benefits of JoySpring's vitamins. Easy peasy!


### **Detox support combinations**

- Whole Body Detox Routine
- Detox + Focus Boost 1
- Detox + Focus Boost 2
- Gut-Focused Detox
- Enhance your child's detox & cognitive development with simple habits

### **Speech support combinations**

- Comprehensive Speech + Detox Support
- Gentle Speech + Cognitive Boost
- Speech + Nutrient Support
- Enhance your child's speech & cognitive development with simple habits



-  **Mood & focus support combinations**
- Mood + Stress Relief with Sleep Support
  - Focus + Attention with Anxiety Relief
  - Focus + Attention 2
  - Enhance your child’s mood & focus support with simple habits
-  **Daily wellness & growth support combinations**
- Daily Essentials for Strong Immunity & Energy
  - Immune Boosting Herbal Support
  - Healthy Appetite + Growth Routine
  - Enhance your child’s wellness & growth support with simple habits

## Detox support combinations

Help your kiddo feel lighter, brighter, and more balanced by giving their system a gentle (yet powerful!) reset. Pick the plan that best fits your child’s needs and follow the steps below.

### Whole Body Detox Routine - For a deep, all-over cleanse

BEST FOR	WHAT’S IN THE MIX	HOW TO USE IT	KID-FRIENDLY RESULTS
<div><div>✓</div> Frequent tummy troubles, fatigue, or sleep issues</div> <div><div>✓</div> Dark circles under the eyes</div> <div><div>✓</div> Parents ready for a more thorough detox</div>	<ul style="list-style-type: none"><li>• <b>DetoxZee or DetoxZee Cilantro (Morning):</b> Sweeps out heavy metals and toxins</li><li>• <b>ParaPatrol:</b> Targets unwanted gut visitors</li><li>• <b>GlutaGuard:</b> Boosts detox pathways and shields cells</li><li>• <b>BrainyBrocc:</b> Long-term support for detox + brain health</li></ul>	<ul style="list-style-type: none"><li>• 1 dropper of each daily for 90 days</li><li>• Then take a 1-month break</li><li>• Resume at ½ dropper daily for maintenance</li></ul>	<div><div>♥</div> Happier tummies and smoother digestion</div> <div><div>♥</div> More energy, fewer mood swings</div> <div><div>♥</div> Sharper thinking and better focus</div>

**Detox + Focus Boost 1** - Gentle detox with brain perks

BEST FOR	WHAT'S IN THE MIX	HOW TO USE IT	KID-FRIENDLY RESULTS
<div><div>✓</div> Sluggishness, trouble concentrating</div> <div><div>✓</div> A softer approach to detox</div> <div><div>✓</div> Kids needing a little extra help in school</div>	<div><div>•</div> <b>DetoxZee Cilantro:</b> Herbal detox with a gentler touch</div> <div><div>•</div> <b>GlutaGuard:</b> Supports cell-level detox</div> <div><div>•</div> <b>BrainyBrocc:</b> Helps detox + brain power</div>	<div><div>•</div> 1 dropper of each daily for 90 days</div> <div><div>•</div> Pause DetoxZee Cilantro for 1 month, then resume at ½ dropper daily</div>	<div><div>♥</div> Light, refreshed feeling in the body</div> <div><div>♥</div> Better digestion, fewer headaches</div> <div><div>♥</div> Clearer thinking, sharper memory, and easier learning</div>

**Detox + Focus Boost 2** - Everyday detox for busy brains

BEST FOR	WHAT'S IN THE MIX	HOW TO USE IT	KID-FRIENDLY RESULTS
<div><div>✓</div> Distracted but energetic kids</div> <div><div>✓</div> Mild, ongoing detox support</div> <div><div>✓</div> Kids who need help staying engaged</div>	<div><div>•</div> <b>DetoxZee Herbal:</b> Natural support for heavy metal detox</div> <div><div>•</div> <b>GlutaGuard:</b> Cellular detox booster</div> <div><div>•</div> <b>BrainyBrocc</b> or <b>Genius Drops:</b> Focus and cognitive support</div>	<div><div>•</div> 1–2 droppers daily of each</div> <div><div>•</div> No break needed – this one's built for daily use</div>	<div><div>♥</div> Gentle cleanse without energy dips</div> <div><div>♥</div> Better attention span and easier conversations</div> <div><div>♥</div> More engaged and ready to learn</div>

**Gut-Focused Detox** - For tummy trouble & gut health

BEST FOR	WHAT'S IN THE MIX	HOW TO USE IT	KID-FRIENDLY RESULTS
<div>✓ Constipation, bloating, or irregular stools</div> <div>✓ Suspected parasites or food sensitivities</div> <div>✓ Kids who need better nutrient absorption</div>	<div>• <b>DetoxZee:</b> Binds and removes toxins</div> <div>• <b>ParaPatrol:</b> Clears gut invaders</div> <div>• <b>Potty Wise:</b> Supports smooth digestion</div>	<div>• 1 dropper of each daily for 90 days</div> <div>• Pause DetoxZee &amp; ParaPatrol for 1 month, then resume at ½ dropper daily</div> <div>• Potty Wise = safe for daily use, no break needed</div>	<div>♥ Happier bellies with regular poops</div> <div>♥ Less gas and bloating</div> <div>♥ Improved appetite and energy</div> <div>♥ Fewer tummy-related meltdowns</div>

## Enhance your child's detox & cognitive development with simple habits

Supplements are awesome, but pairing them with a few daily habits is where the real magic happens! These simple lifestyle tips help your child's body detox like a champ and keep those brain gears turning smoothly.



### HYDRATION IS KEY

Water is your child's best friend during a detox! Keep them hydrated throughout the day to help flush out toxins and keep energy levels up.



### NUTRIENT-DENSE DIET

Think colorful plates—leafy greens, broccoli, berries, and whole foods that fuel their little detox engines and sharpen their brains.



### MOVE IT, MOVE IT

Outdoor play, jumping, stretching, or yoga—whatever gets the wiggles out also gets the detox going by boosting circulation and lymphatic flow.



### REDUCE ENVIRONMENTAL TOXIN EXPOSURE

Cut back on processed foods, swap synthetic fragrances, and go for non-toxic household products to lighten your child's toxin load.



### SLEEP = SUPERPOWER

Detox and brain repair go full throttle at night! Keep a consistent bedtime routine so your kiddo can recharge, grow, and feel their best by morning.

## Speech support combinations

Help your little chatterbox find their voice with routines that **gently detox, support brain and nerve development**, and build confidence in communication. Choose the path that fits your child's needs, and let the magic begin!

### Comprehensive Speech + Detox Support -

For speech delays + heavy metal detox



BEST FOR	WHAT'S IN THE MIX	HOW TO USE IT	KID-FRIENDLY RESULTS
<div><div>✓</div> Trouble with speech, pronunciation, or forming sentences</div> <div><div>✓</div> Suspected heavy metal exposure or methylation issues</div> <div><div>✓</div> Parents ready for a full detox + brain and nerve boost</div>	<div><div>•</div> <b>LingoLeap (Zeolite):</b> Clears heavy metals and supports methylation (big helper for speech!)</div> <div><div>•</div> <b>LingoLeap Herbal:</b> Gentle detox with Lion's Mane for nerve growth</div> <div><div>•</div> <b>Genius Drops:</b> Focus, attention, and cognitive support</div>	<div><div>•</div> 1 dropper of each daily for 90 days</div> <div><div>•</div> Pause LingoLeap Zeolite for 1 month, continue with LingoLeap Herbal + Genius Drops</div> <div><div>•</div> Resume full protocol after 1 month if needed</div>	<div><div>♥</div> Brain pathways clear up = quicker thinking &amp; clearer speech</div> <div><div>♥</div> Supports language processing + sentence-building</div> <div><div>♥</div> Boosts focus and memory recall for better conversations</div>

## Gentle Speech + Cognitive Boost

Mild detox for talkers who need support

BEST FOR	WHAT'S IN THE MIX	HOW TO USE IT	KID-FRIENDLY RESULTS
<div><div>✓</div> Kiddos who speak but struggle with fluency, word recall, or sentence structure</div> <div><div>✓</div> Parents who want a softer, herbal-based detox</div> <div><div>✓</div> Kids needing nerve + focus support</div>	<div><div>•</div> <b>LingoLeap Herbal:</b> Gentle detox + Lion's Mane for brain and nerve function</div> <div><div>•</div> <b>Genius Drops:</b> Focus, learning, and attention</div>	<div><div>•</div> 1–2 droppers of each daily</div> <div><div>•</div> No breaks needed – safe for ongoing support</div>	<div><div>♥</div> More mental clarity and smoother communication</div> <div><div>♥</div> Fewer “I forgot the word!” moments</div> <div><div>♥</div> More confidence and calm during conversations</div>

## Speech + Nutrient Support

For picky eaters & sensory kiddos

BEST FOR	WHAT'S IN THE MIX	HOW TO USE IT	KID-FRIENDLY RESULTS
<div><div>✓</div> Picky eaters or kids with sensory challenges affecting nutrition ...</div>	<div><div>•</div> <b>LingoLeap Herbal:</b> Detox + cognitive support</div> <div><div>•</div> <b>Genius Vitamin:</b> Brain-boosting vitamins for sensory-sensitive kids</div>	<div><div>•</div> 1–2 droppers of each daily</div> <div><div>•</div> No breaks needed – daily use = daily benefits</div>	<div><div>♥</div> Clearer speech and easier expression</div> <div><div>♥</div> Better memory and language development ...</div>

✓ Parents who want to support speech, focus, and nutrient absorption			♥ Improved nutrition = sharper thinking and better communication
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## Enhance your child’s speech & cognitive development with simple habits

Pair our formulas with everyday brain-boosting habits and **watch your child’s voice shine**. When you mix your supplement routine with fun, holistic practices, the results get even better!

### TRY SPEECH THERAPY

Working with a speech therapist can help fine-tune pronunciation, build vocabulary, and strengthen expressive language.

### MAKE MUSIC TOGETHER

Singing, clapping, and rhythm games activate speech and memory centers in the brain—plus, it’s just plain fun!

### GET MOVING!

Physical activity boosts brain-body coordination, which helps with everything from speech to learning. Try hopping, dancing, or crawling games!

### METHYLATION-FRIENDLY FOODS

Support detox and brain health with folate-rich goodies like spinach, avocados, and eggs. Yum and functional!

## Mood & focus support combinations

Help your kiddo feel **calmer, more focused, and ready to take on the day** with routines that support brain function, emotional balance, and restful sleep. Whether they need a little zen or sharper focus, we’ve got you covered.

### Mood + Stress Relief with Sleep Support

BEST FOR	WHAT'S IN THE MIX	HOW TO USE IT	KID-FRIENDLY RESULTS
<ul style="list-style-type: none"> <li>✓ Big emotions, mood swings, or meltdowns</li> <li>✓ Worries, anxious feelings, or trouble winding down</li> <li>✓ Families looking for natural calm and deeper sleep</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Calmify (Morning):</b> Natural stress soother and nervous system support</li> <li>• <b>Mood Munchies or Mood Magic (Daytime):</b> Balances mood and reduces irritability</li> <li>• <b>SleepBerry 1mg + 5HTP (Night):</b> Promotes deep, restful sleep</li> </ul>	<ul style="list-style-type: none"> <li>• Up to 1 dropper of each per day (for ages 3+)</li> <li>• Spread doses out during the day for better effect</li> <li>• No breaks needed – built for daily support</li> </ul>	<ul style="list-style-type: none"> <li>♥ Fewer meltdowns, smoother transitions</li> <li>♥ More patience and emotional resilience</li> <li>♥ Calm days and dreamy nights = happy brains and balanced moods</li> </ul>

## Focus + Attention with Anxiety Relief

BEST FOR	WHAT'S IN THE MIX	HOW TO USE IT	KID-FRIENDLY RESULTS
<ul style="list-style-type: none"> <li>✓ Easily distracted kiddos who struggle to stay on task</li> <li>✓ Focus issues linked to anxiety or overwhelm</li> <li>✓ Parents looking to support learning without overstimulation</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Genius Drops (morning):</b> Boosts focus, memory, and brain performance</li> <li>• <b>Calmify (as needed):</b> Calms the mind and eases anxious distractions</li> </ul>	<ul style="list-style-type: none"> <li>• 1 dropper of each per day (for ages 3+)</li> <li>• Take the two droppers at different times during the day for best results</li> <li>• Use daily—no breaks needed for ongoing clarity and calm</li> </ul>	<ul style="list-style-type: none"> <li>♥ Longer attention span and better task completion</li> <li>♥ Less impulsivity and more thoughtful listening</li> <li>♥ Focused energy = better learning and fewer frustrations</li> </ul>

## Focus + Attention 2 - For gummy lovers

BEST FOR	WHAT'S IN THE MIX	HOW TO USE IT	KID-FRIENDLY RESULTS
<ul style="list-style-type: none"> <li>✓ Kids who prefer gummies over liquids</li> <li>✓ Mood + brain support in a tasty, chewable form</li> <li>...</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Genius Gummy:</b> Brain-boosting Bacopa + Gotu Kola</li> <li>• <b>Mood Magic:</b> Saffron + Magnesium for emotional balance</li> </ul>	<ul style="list-style-type: none"> <li>• For kids 4+: 1–2 servings daily</li> <li>• Take consistently for steady support</li> </ul>	<ul style="list-style-type: none"> <li>♥ Clearer thinking, stronger problem-solving</li> <li>♥ Fewer mood swings, more emotional balance</li> <li>...</li> </ul>

✓ Older kiddos who need help with focus and emotions			♥ Smoother school days and better task follow-through
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## Enhance your child’s mood & focus support with simple habits

Supplements lay the foundation, and daily habits help your child thrive emotionally and mentally. Pair these routines with a few lifestyle upgrades to boost brainpower, calm the chaos, and bring out their best selves.

### BREATHE IN, BREATHE OUT

Deep breathing and simple mindfulness activities help kids manage big feelings and build self-awareness. Even 2 minutes makes a difference!

### BALANCED DIET

Cut back on sugar and processed snacks. Whole foods = steady moods, better focus, and fewer energy crashes.

### MOVE & GROOVE DAILY

Exercise sparks feel-good brain chemicals like dopamine and serotonin. Hello, better moods and laser focus!

### SLEEP LIKE A CHAMP

A well-rested brain = better behavior, fewer meltdowns, and sharper thinking. Stick to a bedtime routine your child can count on.

### SPEND TIME OUTSIDE

Sunlight helps regulate mood and stress hormones—so grab some fresh air, play outside, and soak in those happy rays!

## Daily wellness & growth support combinations

Help your kiddo stay **strong, energized, and growing like a champ!** These routines are designed to give their body the daily support it needs—from immunity to appetite to all-around well-being.



Daily Essentials - For stronger immunity & energy

BEST FOR	WHAT'S IN THE MIX	HOW TO USE IT	KID-FRIENDLY RESULTS
<div><div>✓</div> Daily immune and energy support</div> <div><div>✓</div> Kids who get sick often or crash mid-day</div> <div><div>✓</div> Parents who want to cover all the wellness bases</div>	<div><div>•</div> <b>Burst B12:</b> Brain + energy booster for sharper focus and more stamina</div> <div><div>•</div> <b>D3+K2 Drops:</b> Bone strength + immune power, especially for indoor kiddos</div> <div><div>•</div> <b>ZincBerry:</b> Gut health + immune support</div>	<div><div>•</div> 1 serving of each daily (ages 3+)</div> <div><div>•</div> Spread out through the day for better absorption</div> <div><div>•</div> Use daily, no breaks needed</div>	<div><div>♥</div> Fewer sick days and stronger defenses</div> <div><div>♥</div> More steady energy—no afternoon crashes</div> <div><div>♥</div> Better focus, stronger bones, and a happier immune system</div>

Immune Boosting Herbal Support -  
For extra protection during the cold season

BEST FOR	WHAT'S IN THE MIX	HOW TO USE IT	KID-FRIENDLY RESULTS
<div><div>✓</div> Kids facing seasonal sniffles or school germs</div> <div><div>✓</div> Parents who want a herbal edge alongside daily vitamins</div>	<div><div>•</div> <b>Immune Boost:</b> Elderberry + Echinacea for herbal immune strength</div> <div><div>•</div> <b>ZincBerry:</b> Doubles up on immune + gut support</div>	<div><div>•</div> 1 serving of each daily (ages 3+)</div> <div><div>•</div> Use during high-risk seasons or when extra support is needed</div>	<div><div>♥</div> Faster recovery when colds hit</div> <div><div>♥</div> Fewer runny noses and sore throats</div> <div><div>♥</div> More resilience during germey months</div>

Healthy Appetite + Growth Routine

BEST FOR	WHAT'S IN THE MIX	HOW TO USE IT	KID-FRIENDLY RESULTS
<div><div>✓</div> Low appetite or picky eaters</div> <div><div>✓</div> Kids needing a boost in natural growth</div> <div><div>✓</div> Parents looking for added nutrition between meals</div>	<div><div>•</div> <b>Hungry Hero:</b> Supports appetite with Lysine, Zinc, and B1</div> <div><div>•</div> <b>Grow Getter:</b> Essential nutrients and fruit extracts to fuel healthy height + weight</div>	<div><div>•</div> 1 serving of each daily (ages 4+)</div> <div><div>•</div> Best before meals for appetite support</div> <div><div>•</div> Use daily, long-term for best growth results</div>	<div><div>♥</div> Bigger appetite and smoother mealtimes</div> <div><div>♥</div> Better nutrient absorption = more energy</div> <div><div>♥</div> Steady growth and healthy development</div>

## Enhance your child's wellness & growth support with simple habits

Supplements give your child a strong foundation—but when you pair them with healthy daily habits, things bloom! These simple lifestyle tweaks help your kiddo thrive from head to toe.



### **BUILD BALANCED PLATES**

Pair supplements with meals that include protein, healthy fats, and colorful fruits & veggies. Whole foods help fuel growth and support immunity.



### **HYDRATION = POWER**

Water keeps everything flowing—digestion, nutrient absorption, and energy levels. Keep a fun water bottle nearby and make sipping a game!



### **SUNSHINE BOOST**

Natural sunlight helps the body make vitamin D, which supports bone health and immunity. Even a few minutes a day makes a difference!



### **GET THAT BODY MOVING**

Movement helps regulate metabolism, builds strength, and stimulates appetite. Encourage running, climbing, or just dancing around the living room.



### **PRIORITIZE RESTFUL SLEEP**

Kids grow and heal in their sleep! A calming, consistent bedtime routine helps their body reset and recharge for the day ahead.

