

Thrive!

SUMMER 2026

Vol. 1

Your Quarterly Dose of Wellness

Healthy Starts Here

Summer has a way of shifting our routines. Longer days, travel plans, and time outdoors can be refreshing—but they can also make consistency harder to maintain.

The habits that support your health—sleep, digestion, movement, and daily nutrition—often become less structured this time of year. And while that’s part of the season’s appeal, it can also leave you feeling a step behind your best.

The good news? Staying on track doesn’t require perfection—it requires consistency.

Small, simple adjustments can help you support your body in a way that fits naturally into your summer lifestyle. Whether it’s getting outside for natural light, choosing more nutrient-rich foods, or maintaining a few key daily habits, structure can still exist—just in a more flexible form.

Inside this issue of *Thrive!*, you’ll find practical, approachable ways to support your health all summer long—so you can stay active, feel your best, and enjoy the season—without compromise.

Thrive! stands for:

- Topics in **H**ealth
- **R**eviews
- Innovative Insights
- **V**aluable Guidance
- **E**ducation



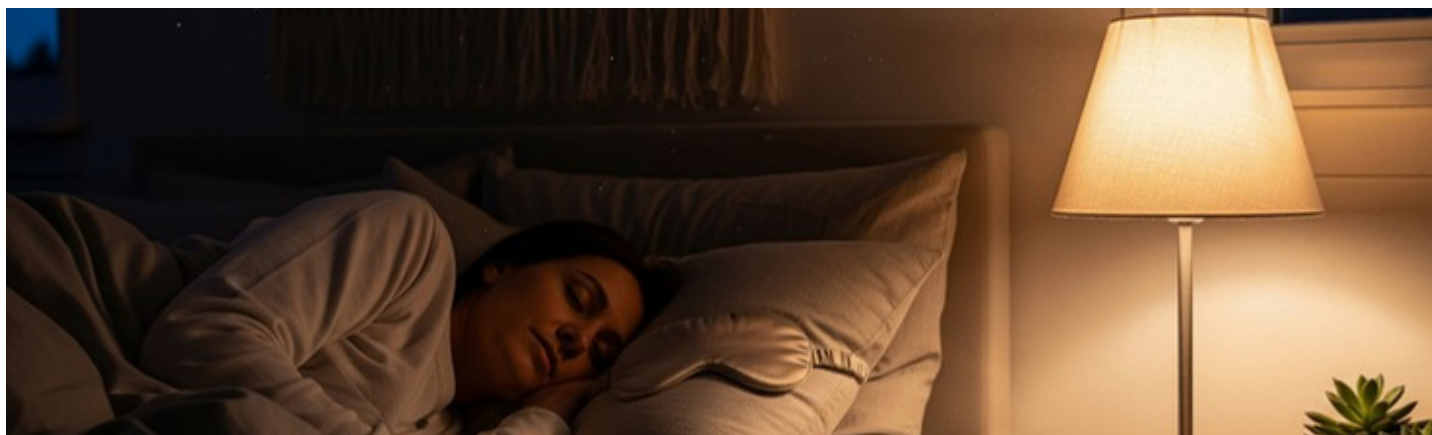
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Why Sleep Matters More Than You Think

Especially in the Summer



Summer has a way of shifting your routine. Longer days, later evenings, travel plans, and social gatherings can all be refreshing—but they can also quietly disrupt one of the most important parts of your overall wellness: sleep.

What often starts as subtle shifts—going to bed a little later, waking earlier, or spending more time in evening light—can gradually affect how rested you feel the next day.

In the summer, these shifts can build more quickly than you might expect.

You may not notice it right away. A single late night can feel harmless. But when your sleep schedule becomes inconsistent over time, your body can begin to feel slightly out of sync.

You might feel more tired during the day, less focused, or simply not quite like yourself.

Sleep is when your body does much of its daily “reset” work. It supports natural recovery processes, helps maintain cognitive function, and plays a role in overall balance throughout the body.*

When sleep becomes irregular—even for a short time—you may begin to feel the difference. You might wake up feeling less refreshed or notice your usual routine feels more challenging.

The good news is that getting back on track doesn't require perfection.

Small, consistent habits can make a meaningful difference. By staying aware of how your routine shifts during the summer months, you can make simple adjustments that help support more restful, refreshing sleep—without giving up the flexibility of the season.

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Simple Ways to Support Better Sleep This Summer

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(Recovery processes, helps maintain cognitive function, and plays a role in overall balance throughout the body.*

When sleep becomes irregular—even for a short period of time—you may start to feel the difference. You might wake feeling less refreshed or notice that your usual routine feels more challenging.

And while summer schedules can be less structured, your body still benefits from consistency.

Simple ways to support better sleep:

- **Keep a consistent sleep schedule**

Try to go to bed and wake up at similar times—even if your days look different.

- **Be mindful of evening light exposure**

Long summer evenings are enjoyable, but winding down with lower light can help signal your body it's time to rest.

- **Create a calming nighttime routine**

Simple habits like reading, stretching, or limiting screen time can help support relaxation before bed.

- **Watch late meals and stimulants**

Eating too late or consuming caffeine in the evening may make it harder to settle into restful sleep.

- **Stay active during the day**

Regular movement contributes to overall wellness and can help promote more restful sleep at night.

- **Support relaxation with nutrients and herbs**

Magnesium helps support relaxation, while chamomile, passion flower, and ashwagandha are traditionally used to promote calm and support sleep quality.*

What to Pay Attention To

Sometimes the signs of disrupted sleep aren't obvious at first. Small shifts in how you feel day to day can be easy to overlook, especially during a busy summer schedule.

You may want to take note if you begin to feel more tired than usual, have trouble focusing throughout the day, notice changes in mood or if you rely more on caffeine or naps to get through the day

These subtle signals can be your body's way of letting you know your sleep routine may need a small reset.



A consistent nighttime routine
helps signal your body it's time to rest.

Travel, Routine Changes & Your Gut



Travel has a way of disrupting even the most consistent routines. Changes in schedule, different foods, long travel days, and shifts in sleep patterns can all influence how your digestive system functions—sometimes more than you might expect.

What feels like a simple shift—eating at different times, staying hydrated less consistently, or sitting for long periods—can affect how your gut responds. For some, this may mean occasional constipation. For others, it can lead to digestive discomfort. Even positive experiences like dining out or trying new foods can create subtle shifts in digestion. Your body thrives on rhythm, and when that rhythm changes, your gut often notices first.

Hydration is one of the most common factors impacted during travel. Whether flying, driving, or simply out of routine, it's easy to drink less water than usual—potentially contributing to slower digestion. Movement also plays a role. Long periods of sitting can affect normal digestive activity, especially when combined with changes in food choices.

In some cases, travel can have the opposite effect. Exposure to unfamiliar foods or differences in water sources may lead to temporary digestive upset.

While these changes are often short-term, they can still disrupt comfort and routine. The key is recognizing that your digestive system is responding to change—not necessarily something going wrong.

Your gut thrives on consistency—even small routine changes during travel can influence digestion.

Small, consistent habits can make a meaningful difference. Staying mindful of hydration, maintaining some structure in meal timing, and supporting your body with familiar routines when possible can help ease the transition.

As your schedule shifts, paying attention to how your body responds can help guide simple adjustments. With a bit of awareness, you can support more comfortable, consistent digestion—wherever your plans take you.

Simple Ways to Support Your Gut While Traveling



Consistency supports digestive balance—even when your schedule shifts.

Small steps can help keep digestion balanced—even when your routine isn't. Support your gut while traveling:

- **Stay hydrated**

Travel often reduces water intake—drink consistently, especially during flights or long drives.

- **Keep meals consistent**

Even when food choices change, regular timing helps support digestion.

- **Be mindful with new foods**

Enjoy new options, but balance with lighter, familiar choices.

- **Keep moving**

Walking or light activity can help support normal digestive function.

- **Listen to your body**

Early signals are often temporary, adjusting habits may help prevent discomfort.

Travel can disrupt your normal patterns, including digestion. Changes in meals, hydration, and timing may lead to occasional discomfort—sometimes slowing digestion, or in other cases, the opposite.

Support Your Gut with Familiar Nutrients

Foods like yogurt or kefir, along with prebiotics and probiotics, may help maintain digestive balance when your routine shifts.*

Staying hydrated, keeping meals as consistent as possible, and maintaining light movement can also support more comfortable digestion while away.

Magnesium may also help support occasional constipation—especially when travel routines, hydration, or activity levels change.*

Support Your Gut—Even While Traveling*



Kefiran Supreme

Supports digestive balance*
Supports a healthy gut environment*

Learn more at [LaneInnovative.com](https://www.laneinnovative.com)

*These statements have not been evaluated by the Food & Drug Administration.
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Keep Things Moving—Even When You're Away From Home



Travel is exciting—but it can also throw your body slightly off track. One of the most common changes people notice is a shift in how regular they feel.

A different schedule, new foods, less water, and more time sitting can all add up. Even small changes—like eating later, skipping meals, or relying on convenience foods—can influence digestion.

For some, that may mean going less often. For others, things may simply feel slower or less predictable—especially when you're away from your usual routine.

Common Triggers to Be Aware Of

Hydration is often one of the first things to slip. Whether flying, driving, or staying busy, it's easy to drink less than your body needs—and even mild dehydration can affect digestion. Food choices also tend to change. Dining out more often or getting less fiber than usual can impact how your body responds.

Travel can also mean more time sitting—on planes, in cars, or during long days—which may slow normal digestive activity. These effects are typically temporary—but understanding them is the first step to staying more comfortable and consistent while you're away.



Simple Ways to Stay Regular and Comfortable While Traveling

Simple Ways to Stay on Track

Supporting regularity while traveling doesn't require a complete routine overhaul. A few simple, consistent habits can make a meaningful difference.

Start with the Basics

1. **Stay hydrated:** Drinking water regularly—especially on travel days—helps support normal digestive function and keeps things moving more comfortably.
2. **Keep meals consistent:** Even if your schedule shifts, try to eat at similar times. Including familiar, fiber-containing foods—like fruits, vegetables, and whole grains—can help maintain balance.
3. **Keep moving:** Walking, stretching, or staying active throughout the day can help support normal digestive activity—especially after long periods of sitting.

Additional Support When Needed

Magnesium helps support muscle relaxation—including in the digestive tract—and may help with occasional constipation when travel disrupts routine.*

Listen to Your Body

It's helpful to pay attention to how your body responds. Small changes are often temporary signals that your routine has shifted.

With a bit of awareness and consistency, you can support more comfortable, predictable regularity—so you can focus on enjoying your trip.



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For over 30 years, guided by a passion for health—and genuine care for our customers, our friends.

“The groundwork
for all happiness
is good health.”

— Leigh Hunt

Refreshing Summer Kefir Bowl

Ingredients

- 1 cup plain kefir
- ½ cup fresh berries
- 1 tbsp chia seeds
- 1 tbsp granola or nuts
- Honey (optional)

Directions

- Pour kefir into a bowl
- Add toppings
- Drizzle honey if desired
- Enjoy fresh

Why it helps

Kefir contains beneficial probiotics that help support a healthy gut environment, while fiber-rich toppings help maintain balance and digestive comfort.



Product Spotlight

Support **Better Sleep**—Even When Your Routine Changes*



SomniTM

Support Better Sleep—Even When Your Routine Changes

Sleep can become less predictable when routines shift—especially during travel or busy seasons. Even small disruptions can leave you feeling less refreshed.

That's where targeted, non-habit forming support can help. Somni is designed to promote relaxation and support restful, restorative sleep—**without melatonin**.*

- Helps support natural sleep cycles*
- Promotes relaxation without melatonin*
- Supports deeper, more restorative rest*
- Non-habit forming*

★★★★★

Better Sleep with Somni

“Somni for sleep support helps me to sleep better through the night. I sleep for longer periods of time and wake up in the night less frequently.”*

Bradley P.

★★★★★

Great Sleep Product

“I am very happy I have found Somni. It really helps me to sleep, it is gentle and I am looking forward to take it every night. Thank you for this great product!”*

Alice F.

★★★★★

Wonderful Night Sleep!

“I have been taking Somni and I get a good night's sleep and wake up refreshed every morning. I highly recommend this product.”*

Frances F.

*A testimonial reflects a personal experience of one person. Individual results may vary.

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5 Ways to Support

Strong, Healthy Bones This Summer



Strong Bones Start with Daily Habits

Small, consistent changes can help support long-term strength.

The warmer weather season is the perfect time to focus on summer bone health. With longer days and nicer weather, you have more opportunities to strengthen your bones and support overall bone health.

You may be surprised to learn just how easy it is to make small changes that could have big impacts on your health.

Here are five effective ways to ensure your bones stay strong and healthy throughout the summer months

1. Get Natural Sunlight for Vitamin D

Vitamin D plays an essential role in helping your body absorb calcium. Spending short periods of time outdoors—about 10–15 minutes several times per week—can support natural vitamin D production.

Be mindful of sun safety, especially during peak hours, but regular exposure can be a simple and effective way to support bone health.

2. Focus on Calcium-Rich Foods

Calcium remains one of the most important nutrients for maintaining bone strength.

Include foods such as:

- Dairy (milk, yogurt, cheese)
- Leafy greens (kale, spinach)
- Fortified foods and cereals
- Tofu and plant-based calcium sources

3. Stay Active with Weight-Bearing Exercise

Movement is one of the most effective ways to support bone density.

Helpful activities include:

- Walking
- Hiking
- Light jogging
- Strength training
- Dancing



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Simple Ways to Support **Strong Bones** All Summer

(Continued)

Aim for about 30 minutes most days of the week to support both bone and muscle strength.

4. Be Mindful of Certain Beverages

Some common summer drinks—especially soda and highly carbonated beverages—may interfere with calcium balance when consumed frequently.

Instead, prioritize:

- Water
- Herbal teas
- Mineral-rich beverages

Strong bones are built through daily habits—not just higher intake, but better absorption.

5. Focus on Calcium Absorption

Getting enough calcium is important—but how well your body absorbs it matters just as much. Highly absorbable forms of calcium, along with adequate vitamin D, help support bone strength and long-term bone health.*

Not all calcium is utilized equally. The form of calcium, with vitamin D, influences how effectively your body absorbs and uses it.*

Staying hydrated also supports overall body function, including bone health.

A Seasonal Opportunity for Long-Term Strength

Bone health isn't built overnight—it's supported through consistent, everyday habits.

Summer makes it easier to:

- Spend time outdoors
- Eat fresh, nutrient-rich foods
- Stay active

By taking advantage of these seasonal opportunities, you can support strong bones now and over time.

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A simple way to continue supporting your wellness routine

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The LaneInnovative Care Team

When you reach out to LaneInnovative, you connect with a real person who's here to listen, help, and guide you.

FROM THE WORDS OF OUR CUSTOMERS



"I have used this product for many years...especially helpful when traveling. H2GO enables you to have one less thing to worry about!"*

Bonnie L. - H2Go Customer



"I Started using AdvaCal in my 40's because of low bone density. Switched to Intensive when I hit 60. Haven't had any problems since. It does the job."*

Evelyn S. - AdvaCAL Intensive Customer

A testimonial reflects a personal experience of one person. Individual results may vary.

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