FREE PRINTABLE CHECKLIST · LONGEVITY TRACKER HUB

5 Things to Check Before You Buy Anything for Tingling Feet



Illustrative image

Print this page, keep it on the kitchen counter, and check every product against it before you pay. If a product fails even one point, think twice.

1 **A label you can actually read** ☐

Every ingredient and its amount is printed on the bottle. No "secret" or "proprietary blend".

2 **A routine you will really keep** ☐

Simple enough to do every day, like once a day with breakfast. Complicated routines get dropped after a week.

3 **Gentle ingredients with a known history** ☐

Plant-based ingredients with a long history of traditional use, and a label you can show your pharmacist.

4 **A real money-back guarantee** ☐

At least 30 to 60 days, written on the order page, with a clear way to ask for a refund.

5 **No subscription traps** ☐

One payment, no automatic renewals. Shipping and taxes shown before you pay.

Questions to ask your doctor or pharmacist

- What could be causing the tingling or burning in my feet?
- Is it safe to take this product with my current medications?
- Is there anything on this label I should avoid?

See a doctor promptly if the tingling is new, spreading, or getting worse.

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