

## Chioma's Top Picks

### 1. Ritual Vitamins



#### [Shop Ritual Vitamins](#)

Why do I like Ritual? They have a transparent and visible supply chain where they source all of their ingredients which are top quality. The brand started off as vitamins made for women by women and the brand has extended to create vitamins for men and teens as well.

### 2. Primally Pure Natural Deodorant



#### [Shop Primally Pure](#)

I have been using Primally Pure for 3 years now. Before this brand, I have been making my own deodorant for 5 years to avoid the aluminum in mass produced deodorants. I have tried many brands, and this by far is my favorite! Try the charcoal or lavender deodorant.



mindful appetite  
chioma atanmo, nutritionist