

Meet our family of products.

Made with the clean ingredients you rely on for your patients, Regular Girl® is now a complete care system that works with the body's natural ability to restore itself. All our premium products are uniquely formulated for women and support everything from regularity and gut health to overall balance and nutrition.*



GLUTEN FREE | NON-GMO | NON-DAIRY | BPA-FREE PACKAGING

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A new care system from the brand you know and trust.





BALANCE & REGULARITY

Improve gut health and overall wellness with clean ingredients that support digestion and urinary tract health.*

PRODUCTS:

Regular Girl® Starter Kit Regular Girl® On-The-Go Regular Girl® Travel Kit Regular Girl® Original Powder Regular Girl® Wellness



NUTRITION & ENERGY

Stay in balance and get the daily essentials you need to be well.*

PRODUCTS:

Regular Girl® Multivitamin



IMMUNITY & WELL-BEING

Help your body stay healthy with the immune support and restful sleep you need.*

PRODUCTS:

Regular Girl® Restore



JUST FOR FUN

Check out our merch and show off your cute sense of style.

PRODUCTS:

Regular Girl® Blender Bottle Regular Girl® Yoga Shirt Regular Girl® Tote Bag Regular Girl® Cap

Get the full scoop on our complete care system at regulargirl.com.



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