

GABRIELA BARRETO, MS, RD, CDN, CSSD
UGC PORTFOLIO



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Gabriela Barreto, MS, RD, CDN, CSSD

Functional Sports Dietitian

UGC Creator | Women's Health | Fitness | Motherhood | Wellness

Gabriela (Gabby) is a Functional Sports Dietitian specializing in women's health, hormones, gut health, ADHD, fitness, and sustainable lifestyle habits. She is the Founder of Women in Motion Nutrition. As a business owner, athlete, and mom, I create relatable, educational, and conversion-focused content that helps brands connect with health-conscious women.



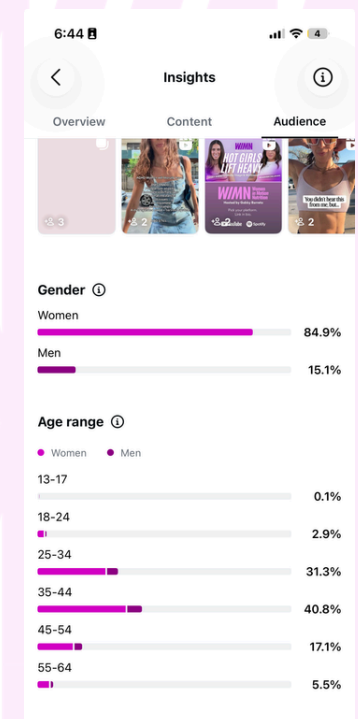
Brands I've Worked With

- Throne SPORT COFFEE — Performance-focused ready-to-drink coffee brand backed by elite athletes.
- Buoy Digestion Drops — Gut health and digestive support drops designed for convenient daily use.
- Lifeway Kefir — America's leading kefir brand featuring probiotic-rich fermented dairy products.
- Holos Overnight Muesli - holos.com
- Stasis ADHD Supplement - <https://takestasis.com/>
- Inito Fertility Monitor - <https://www.inito.com/>
- Everyday Dose -<https://www.everydaydose.com/>
- Borjomi Mineral Water - <https://borjomi.com/en>
- Body Glove Bikini - <https://www.bodyglove.com/>

INSTAGRAM INSIGHTS

@GABBYMBARRETO

Instagram (Main Platform)
5,726 followers (organically grown)
84.9% women, 15.1% men
Main age group: 35-44 years old



FUNCTIONAL NUTRITION

Hormone Support
PMS/PMDD
Weight loss
Gut health
Autoimmune
Supplements
Peptides
ADHD

SPORTS NUTRITION + FITNESS

Running
Strength training
Recovery
Performance nutrition

LIFESTYLE

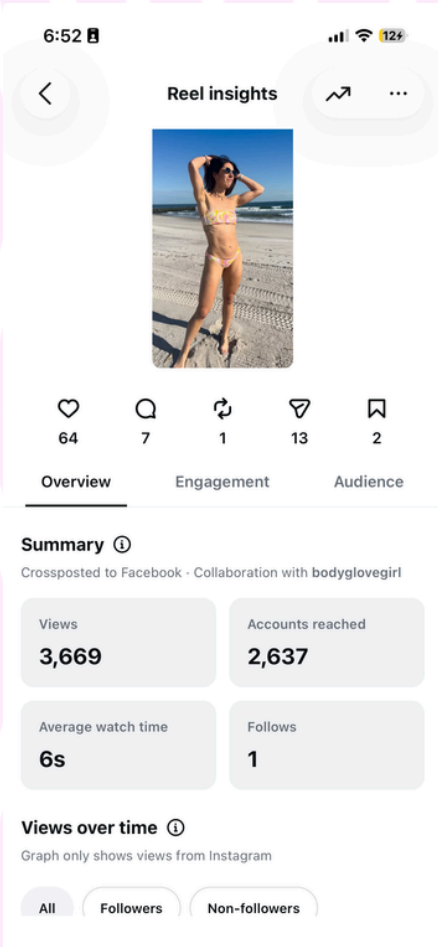
Motherhood
Business Owner
Productivity
Hair + Make up
Nails
Daily routines

FOOD + NUTRITION

High-protein recipes
Hormone balancing foods
Meal prep
Functional nutrition


UGC CONTENT @GABBYMBARRETO

BODYGLOVE



6:52 | 12% battery

Reel insights



64 likes, 7 comments, 1 share, 13 saves, 2 bookmarks

Overview | Engagement | Audience

Summary ⓘ

Crossposted to Facebook · Collaboration with bodyglovegirl

Views	Accounts reached
3,669	2,637
Average watch time	Follows
6s	1

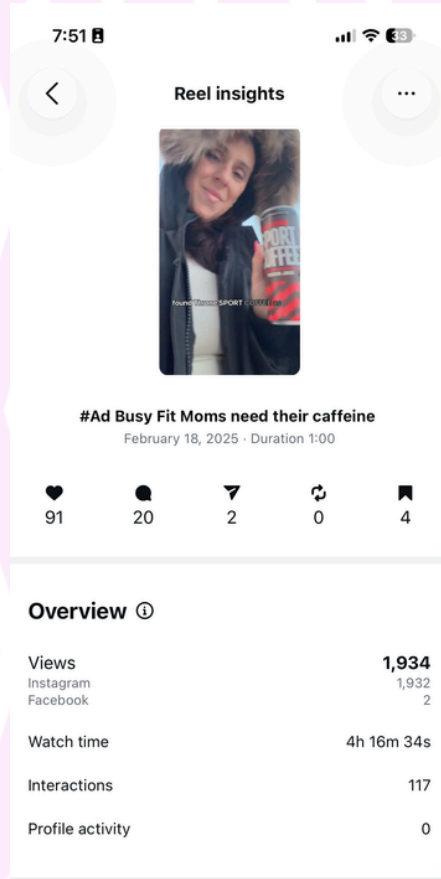
Views over time ⓘ

Graph only shows views from Instagram

All | Followers | Non-followers

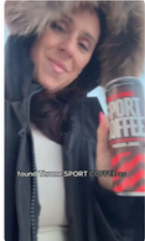
[BODYGLOVE REEL HERE](#)

THRONE SPORT COFFEE



7:51 | 63% battery

Reel insights



#Ad Busy Fit Moms need their caffeine
February 18, 2025 · Duration 1:00

91 likes, 20 comments, 2 shares, 0 saves, 4 bookmarks

Overview ⓘ

Views	1,934
Instagram	1,932
Facebook	2
Watch time	4h 16m 34s
Interactions	117
Profile activity	0

[THRONE REEL LINK](#)

STASIS



6:40 | 5% battery

Ad

gabbybarreto and takestasis
Paid partnership with takestasis



at my son's evaluation

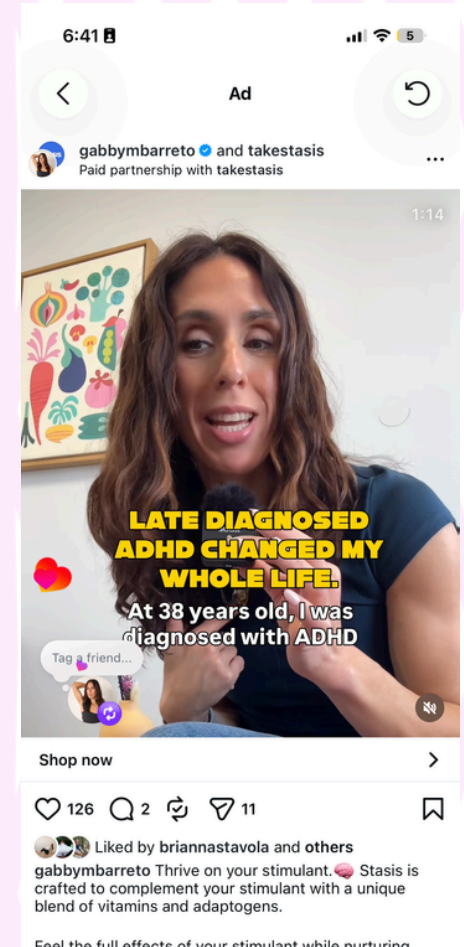
Drop an emoji...

Shop now

578 likes, 18 comments, 68 shares

Liked by madisonleighkearney and others

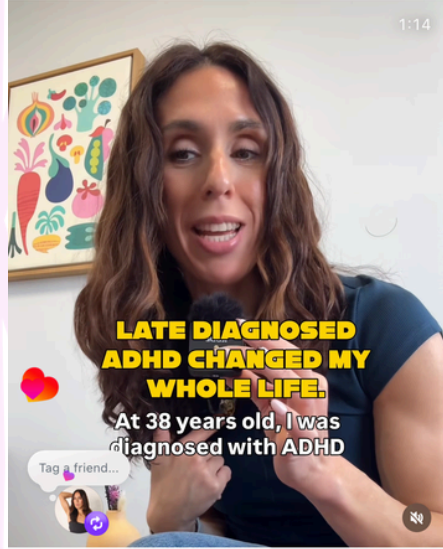
[VIDEO 1](#)
[VIDEO 2](#)
[VIDEO 3](#)



6:41 | 5% battery

Ad

gabbybarreto and takestasis
Paid partnership with takestasis



LATE DIAGNOSED
ADHD CHANGED MY
WHOLE LIFE.

At 38 years old, I was
diagnosed with ADHD

Tag a friend...

Shop now

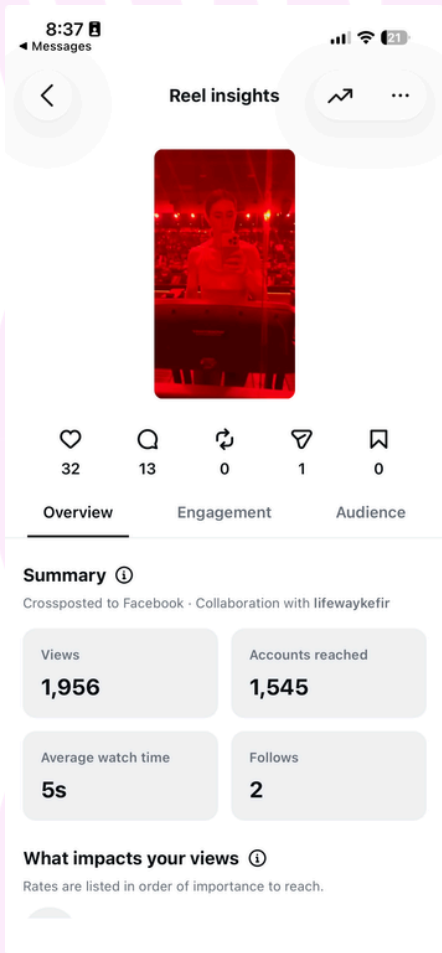
126 likes, 2 comments, 11 shares

Liked by briannastavola and others
gabbybarreto Thrive on your stimulant. Stasis is crafted to complement your stimulant with a unique blend of vitamins and adaptogens.

Feel the full effects of your stimulant while nurturing

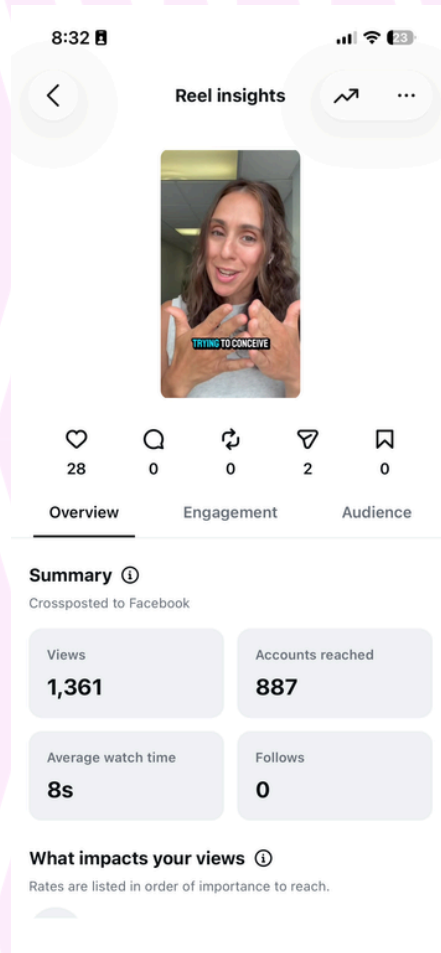
UGC CONTENT @GABBYMBARRETO

LIFEWAY X BARRY'S



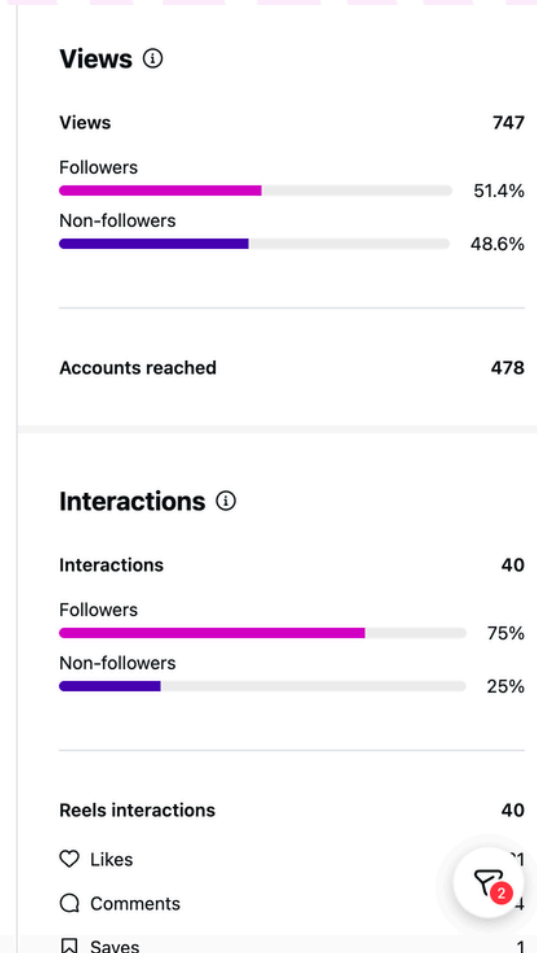
LIFEWAY AD

INITO



INITO REEL LINK

EVERYDAY DOSE



EVERYDAY DOSE LINK

BORJOMI REEL