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


# Supplement Guide















Congratulations on taking the first step towards your best self! This guide will equip you with the knowledge, guidance, and support you need to succeed. Remember, consistency is key!




<b>PRODUCT</b> <i>Click on a product to learn more!</i>	<b>RECOMMENDED USE</b>	<b>TIME OF DAY</b>	<b>HOW OFTEN</b>
 <b>Activated Charcoal</b>	Take 1 pouch 30 minutes away from other supplements or medications for detox support.		6 days on, 1 day off, and repeat
 <b>Adrenal Super Tonic</b>	Take 12 pumps in the morning or afternoon for stress support.		Daily or as needed
 <b>Allergy Defense</b>	Take 2 capsules first thing in the morning for allergy support.		Daily or as needed seasonally
 <b>Apple Cider Vinegar</b>	Take 2 capsules 30 minutes before meals to support metabolism and digestion.		Daily
 <b>Coated Silver</b>	Take 1 drop in the morning or evening, or upon sickness, for immune support.		As needed

<b>PRODUCT</b> <i>Click on a product to learn more!</i>	<b>RECOMMENDED USE</b>	<b>TIME OF DAY</b>	<b>HOW OFTEN</b>
 <b>Golden Mind</b>	Take 1 pouch in the morning or afternoon for increased energy and focus.		Daily or as needed
 <b>Heart Health</b>	Take 1 pouch in the morning or evening for cardiovascular support.		Daily
 <b>Healthy Glow™</b>	Take 2 capsules in the morning for skin support.		5 days on, 2 days off, and repeat
 <b>Inflammatory Health</b>	Take 2 capsules with breakfast or with your last meal of the day		Daily
 <b>Liposomal Creatine+</b>	Consume 1 pouch with water within an hour before or after your workout for muscle support and recovery.		5 days on, 2 days off, and repeat
 <b>Liposomal Elderberry</b>	Take 1 pouch daily anytime in between meals.		Daily or as needed
 <b>Liposomal Glutathione</b>	Take 1 pouch in the morning or evening on an empty stomach for detoxification support.		6 days on, 1 day off, and repeat

<b>PRODUCT</b> <i>Click on a product to learn more!</i>	<b>RECOMMENDED USE</b>	<b>TIME OF DAY</b>	<b>HOW OFTEN</b>
 <b>Liposomal Vitamin B12+B6</b>	Take 12 pumps after breakfast.		Daily
 <b>Liposomal Vitamin C</b>	Take 1 pouch daily anytime in between meals.		Daily or as needed
 <b>Liposomal Vitamin D3+K2+CoQ10</b>	Take 12 pumps in the morning or afternoon for immune, bone, and heart support.		Daily
 <b>Liver Health+</b>	Take 3 capsules with a meal.		Daily
 <b>Longevity Mushrooms</b>	Take 1 pouch anytime or before your workout.		Daily
 <b>Magnesium L-Threonate</b>	Take 1 pouch anytime for improved focus.		Daily
 <b>Matcha Powder</b>	Take in the morning or afternoon. Recipes <a href="#">here</a> .		Daily

<b>PRODUCT</b> <i>Click on a product to learn more!</i>	<b>RECOMMENDED USE</b>	<b>TIME OF DAY</b>	<b>HOW OFTEN</b>
 <b>Metabolic Health</b>	Take 2 capsules 30 minutes before your largest meal of the day for metabolism support.		Daily
 <b>Mineral Shilajit</b>	Best taken in the morning to support overall wellbeing.		Daily
 <b>Molecular Hydrogen</b>	Dissolve 1 tablet in room temperature water and drink immediately. Best taken on an empty stomach apart from food.		Daily
 <b>NMN + Trans-Resveratrol</b>	Take 2 capsules in the morning for energy.		Daily
 <b>ParaX™</b>	All 3 capsules can be taken daily at the same time or individually. Take 1 capsule each in the morning, early afternoon, and evening, as you prefer.		21 days on, 7 days off, and repeat
 <b>Plant Protein</b>	Take 1 scoop post-workout.		Daily
 <b>Probiotic</b>	Take 3 capsules first thing in the morning or at night before bedtime in a fasted state.		Daily







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 <b>Pure Hydration</b>	Add 1 pouch to 10-12 oz of cold water for hydration and recovery.		Daily
 <b>Sleep</b>	Take 12 pumps at least 30 minutes before bedtime.		Daily or as needed
 <b>Super Greens</b>	Take 1 pouch anytime for daily nutrition.		Daily or as needed
 <b>The Omega</b>	Take 12 pumps daily with taken with food for brain, eye, and heart support <i>Note: Not absorbed well on an empty stomach</i>		Daily
 <b>Ultimate Pain Balm</b>	Apply topically anytime or as needed. <i>Note: Do not apply to broken skin.</i>		Daily or as needed
 <b>Zinc Complex</b>	Take 1 capsule in the evening with your largest meal.		Daily

It's important to consult with a healthcare professional before starting any new supplementation regimen to ensure proper dosage and suitability for individual needs. Everyone is different, therefore results may vary.

*Disclaimer: If you are pregnant, nursing a baby, or have a chronic medical condition, such as, diabetes, hypertension or heart disease, be sure to consult your doctor or pharmacist before purchasing or taking any supplement.*

# SYMBIOTIKA® Kids Supplement Guide



<b>PRODUCT</b> <i>Click on a product to learn more!</i>	<b>RECOMMENDED USE</b>	<b>TIME OF DAY</b>	<b>HOW OFTEN</b>
 <b>Infant D3</b>	0.5 mL (20 drops), or as directed by your pediatrician.		Daily
 <b>Toddler D3 + K2</b>	0.5 mL (20 drops) daily, or as directed by your pediatrician		Daily

*As always, before taking or providing this product or any other dietary supplement to your children, please consult a qualified healthcare professional and always seek his or her advice with respect to any questions you may have concerning any medical condition. **Please review our disclaimer here.***