
















CYMBIOTIKA®




Supplement Guide




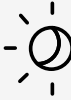










Congratulations on taking the first step towards your best self! This guide will equip you with the knowledge, guidance, and support you need to succeed. Remember, consistency is key!




















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

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

 Morning
  Anytime
  Evening

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

 Morning
  Anytime
  Evening

PRODUCT <i>Click on a product to learn more!</i>	RECOMMENDED USE	TIME OF DAY	HOW OFTEN
 Metabolic Health	Take 2 capsules 30 minutes before your largest meal of the day for metabolism support.		Daily
 Mineral Shilajit	Best taken in the morning to support overall wellbeing.		Daily
 Molecular Hydrogen	Dissolve 1 tablet in room temperature water and drink immediately. Best taken on an empty stomach apart from food.		Daily
 NMN + Trans-Resveratrol	Take 2 capsules in the morning for energy.		Daily
 Nootropic Creamer	Add 1 scoop to your cup of coffee, tea, or smoothie.		Daily
 ParaX™	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
 Plant Protein	Take 1 scoop post-workout.		Daily

PRODUCT <i>Click on a product to learn more!</i>	RECOMMENDED USE	TIME OF DAY	HOW OFTEN
 Probiotic	Take 3 capsules first thing in the morning or at night before bedtime in a fasted state.		Daily
 Pure Hydration	Add 1 pouch to 10-12 oz of cold water for hydration and recovery.		Daily
 Sleep	Take 12 pumps at least 30 minutes before bedtime.		Daily or as needed
 Super Greens	Take 1 pouch anytime for daily nutrition.		Daily or as needed
 The Omega	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
 Zinc Complex	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.