CURE VITA

Your intake schedule

What to take, and when — month by month.

Your programme runs over 4 phases of roughly a month each. At the start of every phase you receive the matching schedule: you can see at a glance which supplements you are on and the time of day to take them. The supplements in beige are optional — take them only if the concern in question applies to you.

Your programme at a glance

1 **Reset — clearing the ground**
Epura Vita · Alca Vita · pH test strip · Régénératio · Curculong'arti

2 **Regenerate — repairing the ground**
Transit Vita · Epura · Oméga Calanus · InnerSync sensor

3 **Balance — finding your harmony again**
MG Top · Butyrate · Antiox Vita

4 **Optimize — reigniting your energy**
SparQ10 · Vitamin D 3000 IU · CardioMéga700

> The times shown are practical pointers; your adviser can adjust them to your own rhythm. "With meals" = during or just after the meal.

MONTH 1 · PHASE 1

Reset "clearing the ground"

Your day, from waking up to bedtime: what to take at each moment.

Morning with breakfast	Epura Vita × 1; Curculong'arti × 1; Régénératio (OA) 5–10 drops; Muco Digest × 1 if stomach troubles
Mid-morning between meals, at least 2 h apart	Alca Vita × 1
From 4 pm away from meals	Alca Vita × 1; pH test strip 1 test
Evening with dinner	Epura Vita × 1; Curculong'arti × 1; Muco Digest × 1 if stomach troubles
Bedtime before sleep	Alca Vita × 1

GOOD TO KNOW, PRODUCT BY PRODUCT

Epura Vita — with meals (morning & evening)

Alca Vita — between meals (at least 2 h apart) — or in the evening before bed; until your pH is stable between 6.4 and 7.4

Curculong'arti — with meals — or Aloe Vita 25 ml in the morning if you are on anticoagulants

Régénératio (OA) — in a single dose, in the morning

pH test strip — a measurement (not a dose) — from 4 pm onwards, away from meals

Muco Digest — if stomach troubles — with meals

In beige: optional supplements, depending on your profile alone. Times are indicative and can be adjusted with your adviser.

> Don't forget your test strip: one pH test a day, from 4 pm onwards — write it down in your "pH tracker".

MONTH 2 · PHASE 2

Regenerate “repairing the ground”

Your day, from waking up to bedtime: what to take at each moment.

Morning with breakfast	Epura × 1	Oméga Calanus × 1	Muco Digest × 1 if stomach troubles
	Liposomal Vit C 10 ml if a dip in energy		
Evening with dinner	Epura × 1	Oméga Calanus × 1	Muco Digest × 1 if stomach troubles
Bedtime before sleep	Transit Vita × 2		
At a quiet moment whenever suits you during the day	InnerSync sensor ✓		

GOOD TO KNOW, PRODUCT BY PRODUCT

Transit Vita — in the evening, at bedtime

Epura — with meals

Oméga Calanus — with meals — once a week only if you are on anticoagulants

InnerSync sensor — heart coherence: a few minutes a day, at a quiet moment

- **Muco Digest** — if stomach troubles — with meals
- **Liposomal Vit C** — if a dip in energy — in the morning

In beige: optional supplements, depending on your profile alone. Times are indicative and can be adjusted with your adviser.

MONTH 3 · PHASE 3

Balance "finding your harmony again"

Your day, from waking up to bedtime: what to take at each moment.

Morning
with breakfast

- **MG Top** × 1
- **Butyrate** × 1
- **Antiox Vita** × 1
- **Muco Digest** × 1 if stomach troubles

Evening
with dinner

- **Butyrate** × 1
- **Muco Digest** × 1 if stomach troubles

Later in the evening
after dinner

- **Mellow Yellow** × 1 if sleep/stress concerns
- **Ashwagandha** × 1 if sleep/stress concerns

GOOD TO KNOW, PRODUCT BY PRODUCT

MG Top — with a meal, morning or evening (your choice)

Butyrate — with meals

Antiox Vita — in the morning, with a meal

- **Mellow Yellow** — if sleep/stress concerns — in the evening
- **Ashwagandha** — if sleep/stress concerns — in the evening
- **Muco Digest** — if stomach troubles — with meals

In beige: optional supplements, depending on your profile alone. Times are indicative and can be adjusted with your adviser.

MONTH 4 · PHASE 4

Optimize "reigniting your energy"

Your day, from waking up to bedtime: what to take at each moment.

Morning
with breakfast

- **SparQ10** × 1
- **Vitamin D 3000 IU** 1 spray
- **CardioMéga700** × 1
- **Metab'active** × 1 — if a weight goal
- **Muco Digest** × 1 — if stomach troubles

Midday
with lunch

- **Metab'active** × 1 — if a weight goal

Evening
with dinner

- **Metab'active** × 1 — if a weight goal
- **Muco Digest** × 1 — if stomach troubles

GOOD TO KNOW, PRODUCT BY PRODUCT

SparQ10 — in the morning

Vitamin D 3000 IU — in the morning, with a meal (with a little fat)

CardioMéga700 — with a meal (morning or midday)

- **Metab'active** — if a weight goal — with meals
- **Muco Digest** — if stomach troubles — with meals

In beige: optional supplements, depending on your profile alone. Times are indicative and can be adjusted with your adviser.