

EQUILIBRIA



## Quick Start Guide

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\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



## Daily Drops

Onset: 10-30min  
Lasts: 4-6hrs

### HOW TO USE:

Hold 1 full dropper (10mg CBD) of oil under your tongue for 60 seconds before swallowing. If you don't feel your desired effect after 30 minutes, take another full dropper. USE DAILY.

### WHEN TO USE:

-  Morning:  
AND/OR 1 full dropper of Daily Drops
-  Before Bed:  
1 full dropper of Daily Drops as needed

### IF USING EXTRA STRENGTH DROPS:

Use 1/4 dropper (12.5mg CBD) in the instructions above.



## Daily Softgels

Onset: 1-3hrs  
Lasts: 6-8hrs

### HOW TO USE:

Take one softgel (10mg CBD) with a healthy fat (to increase absorption). Sustained-release softgels are great for daytime or nighttime use. USE DAILY.

### WHEN TO USE:

-  After Breakfast:  
AND/OR 1 Daily Softgel (10mg CBD)
-  After Dinner:  
1 Daily Softgel (10mg CBD)

### IF USING EXTRA STRENGTH SOFTGELS:

Use 1 (25mg CBD) softgel in the instructions above.



## Daily Gummies

Onset: 30-60min  
Lasts: 4-8hrs

### HOW TO USE:

Take gummy (10mg CBD) daily, as needed. Chew more thoroughly for a faster onset time and less thoroughly for a more sustained release. For extra-strength benefits, increase dose to 2 gummies. USE DAILY.

### WHEN TO USE:

-  After Breakfast:  
AND/OR 1 Daily Gummy (10mg CBD)
-  After Dinner:  
1 Daily Gummy (10mg CBD) as needed



*Still have questions?  
We can help.*

Book a call (or email) today  
at [myeq.com/1-on-1-support](https://myeq.com/1-on-1-support)



Get 1:1 support from an EQ Wellness Specialist who will work with you to ensure you get the most out of your products.

You can chat with your Specialist as often as you'd like, and it's free!

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CBD  
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## Daily Women's Microbiome Defense

### HOW TO USE:

Take one capsule, on an empty stomach.  
USE DAILY.

### WHEN TO USE:

Use daily as a preventative measure to consistently support your digestive, urinary, and vaginal systems.\*\*

In addition to enhanced digestive health, keep an eye out for signs Daily Microbiome Defense is enhancing your overall well-being. These might include a sense of increased vitality, uplifted mood, and an overall healthier appearance to your skin.\*\*



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## Daily Nutri-Greens

### HOW TO USE:

This super-green powder is designed to boost energy levels, support healthy brain, gut and immune function, and replenish essential vitamins and minerals that are vital to women's health.\*\*

Mix one scoop of Daily Nutri-Greens into 8 ounces of liquid.  
USE DAILY.

### PRO TIP:

Blend into a smoothie, mix into yogurt or add to the batter of your favorite baked goods!



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## Daily Women's Hormone Balance

### HOW TO USE:

Take 2 capsules daily with food.

### WHEN TO USE:

Use daily as a preventative measure to effectively reduce menstrual and menopausal symptoms, enhance skin and hair health, and elevate the body's antioxidant levels for overall well-being.

### PRO TIP:

You can take Daily Women's Hormone Balance whenever it works best for your schedule; most studies showed people choosing to take it in the morning, however, those that took it at night may have experienced positive benefits for sleep!



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## Rapid Sleep Melts

Onset: 10-15min

Lasts: 3-6hrs

### HOW TO USE:

Place under tongue. It should take less than 5 minutes to absorb. Avoid crushing, chewing or swallowing the melt.

### WHEN TO USE:

Take 1 melt (5mg CBN) as-needed in the evening, or about 10-30 minutes before bedtime, for extra support easing into sleep.



## Nightly Sleep Gummies

Onset: 30-60min

Lasts: 4-8hrs

### HOW TO USE:

Begin with 1 gummy for 5-7 nights. Increase to a full serving (2 gummies) if desired. Chew more thoroughly for a faster onset time and less thoroughly for a more sustained release.

### WHEN TO USE:

Take 1 gummy (12.5mg CBD; 2.5mg CBN) before bed. Increase to full serving (2 gummies) as needed.



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## Rapid Calming Melts

Onset: 5-10min

Lasts: 3-6hrs

### HOW TO USE:

Place under tongue. It should take less than 5 minutes to absorb.  
Avoid crushing, chewing or swallowing the melt.

### WHEN TO USE:

Take 1 melt (5mg CBD) on an as-needed basis: when you feel you need support fast, such as in times of high stress.



## Stress Gummies

Onset: 30-60min

Lasts: 4-8hrs

### HOW TO USE:

Begin with 1 gummy and increase to a full serving (2 gummies) if more support is needed. Chew more thoroughly for a faster onset time and less thoroughly for a more sustained release.

### WHEN TO USE:

Take 1 gummy (1/2 serving) in the morning or as needed on those extra stressful days for additional support.

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## Relief Balm

### HOW TO USE:

Great for targeting local discomfort like headaches, cramps and general soreness.

Rub in until absorbed; a little goes a long way!



## Recovery Roll-On

### HOW TO USE:

This non-greasy, paraben-free formula absorbs quickly and delivers rapid relief for sore muscles & joints.

Roll liberally into areas of soreness and repeat as needed.



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