

| Alpha Max

Restore Your Energy, Strength and Natural Rhythm

A straightforward guide to restoring your testosterone levels and regaining control of your vitality.





You deserve to live with more energy, balance and confidence. And this transformation starts now

YOU DIDN'T GET HERE BY CHANCE.

Choosing **Alpha Max** goes far beyond improving your testosterone levels — it's a commitment to your health, your strength and your best version. It's about waking up more energetic, regaining control of your body and living with more presence and confidence every day.

Alpha Max was designed for you — for your pace, your challenges and your goals.

It's not just another supplement: it's a daily ally, formulated with natural and powerful ingredients that work in harmony with your body to promote hormonal balance, improve physical and mental performance and boost your vitality.

And best of all: you're not alone on this journey. With each capsule, you take a firm step towards a life with more power, focus and well-being. And we'll be by your side, offering support, clarity and the support you need to achieve your results. Believe me: taking care of your hormonal health means taking care of your confidence, your performance and your quality of life.

Welcome to a new cycle — stronger, healthier and more yours.

Welcome to Your New Phase of Vitality

Congratulations on choosing **Alpha Max**. You have just taken a firm step towards controlling your hormonal health, your performance and your masculine energy.

This guide was developed to accompany you on this journey, with simple, effective guidelines that can be adapted to your routine.

Alpha Max is not just a supplement — it is an ally in your transformation. It was specially formulated to support men like you, who seek hormonal balance, more energy and confidence every day.



How to Use Alpha Max Correctly



• Recommended Dosage:

Take two (2) capsules per day, with a glass of water (approximately 240 ml).



• Best Time:

We suggest taking it in the morning or before training — when your body needs focus and energy the most. But you can also adjust the time according to your routine, as long as you use it daily.



• Consistency is Key:

Real results come with discipline. Continuous use of **Alpha Max** helps to:

- Stimulate natural testosterone production;
- Improve physical and mental performance;
- Increase daily energy and vitality;
- Maintain balanced hormonal health.



Good Practices to Boost Results



Your lifestyle is an essential part of this journey. Combine Alpha Max with healthy habits to achieve maximum performance.



• Eat Hormonally Intelligently:

Prioritize foods that promote testosterone production:

- Lean proteins: eggs, chicken, beans, chickpeas;
- Sources of zinc and vitamin D: pumpkin seeds, chestnuts, fish, mushrooms;
- Good fats: avocado, olive oil, nuts;
- Avoid excessive consumption of refined sugars, fried foods, and ultra-processed foods.



• Exercise Regularly:

Physical activity boosts your testosterone and improves circulation. Focus on:

- Weight training and strength training (3x per week);
- Aerobic exercise (walking, light jogging, cycling).



• Value Quality Sleep:

Your body recovers its hormone levels during rest. Aim for 7 to 9 hours of deep sleep per night. Establish a nighttime ritual and avoid screens before bed.

Advanced Tips for Men Who Want More



• Monitor Your Progress:

Laboratory tests help you monitor your testosterone levels. Talk to your doctor periodically and adjust your strategy as needed.



• Reduce Stress:

High levels of cortisol (the stress hormone) negatively affect testosterone production. Practice:

- Guided meditation
- Breathing techniques
- Outdoor walks
- Recreational moments and digital disconnection



• Avoid Habits that Sabotage the Process:

Smoking, excessive alcohol and a sedentary lifestyle are enemies of your hormonal health. If possible, eliminate or reduce these habits as much as possible.

We're With You, Always



If you have any questions or need help getting the most out of Alpha Max, count on our support.

✉ contact@customercs.com

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Our team is ready to guide you and ensure your experience is transformative.



You're in Control Again

Hormonal health is the foundation of male vitality, confidence, and performance. With **Alpha Max** and consistent choices, you'll be building a stronger, more balanced version of yourself — every day.

Be consistent. Be confident. Be Alpha.
You're in control of your journey. And it's just beginning.

**Alpha
Max**

We are with you



Alpha Max