

BreathiZen

FEEL THE REFRESHING DIFFERENCE®

Helps Promote Clear Breathing
And Respiratory Function⁹

Promptes Respiratory Wellness
With Natural Herbal Ingredients⁷

Supports Healthy Lung Function
And Immune Health⁶



2 oz / 60 ml

DIETARY SUPPLEMENT

Hello! We're truly happy to have you here.



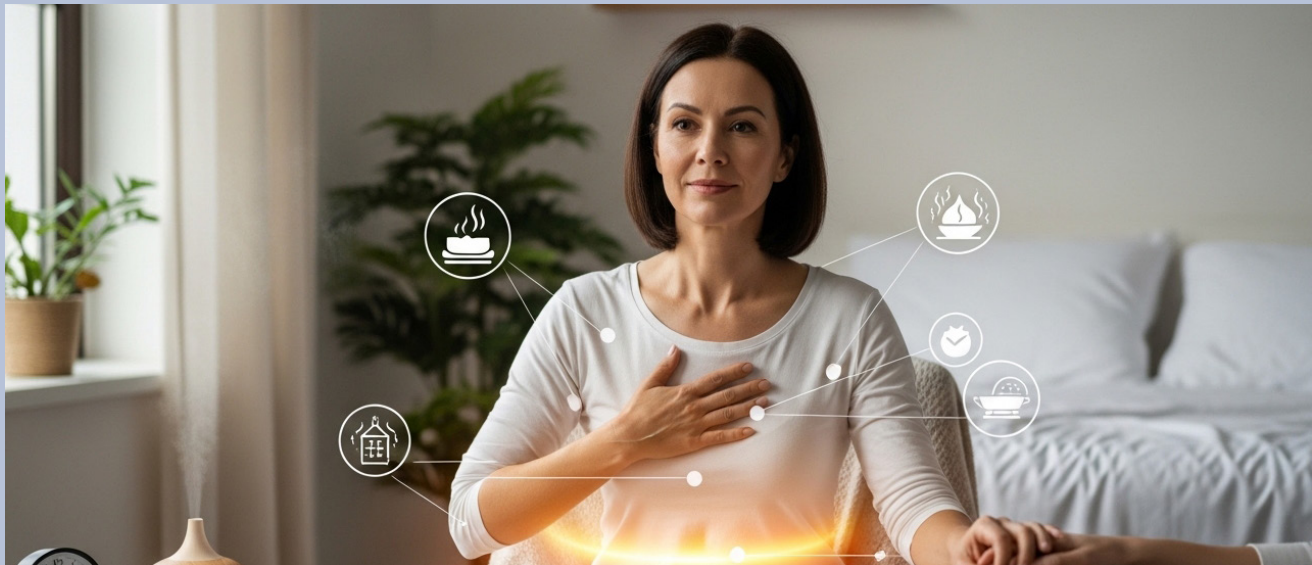
First of all, congratulations on your decision. Choosing BreathiZen is more than simply adding a respiratory supplement to your routine — it is a conscious step toward supporting clearer breathing, stronger lung function, and overall daily vitality. Breathing well is something many people only notice when it becomes difficult, yet it is one of the most fundamental pillars of energy, sleep quality, immunity, and well-being. Deciding to care for your respiratory health is a powerful investment in your quality of life.

This guide was created to support you throughout this process. We understand how environmental factors, seasonal sensitivities, airway irritation, and daily stress can affect breathing comfort, endurance, and even mental clarity. That is why BreathiZen was formulated with carefully selected botanical extracts and natural compounds designed to work in harmony with your respiratory system — helping soothe airways, support lung function, and promote easier, more comfortable breathing from the very first days of consistent use.

More than just a spray, BreathiZen becomes a daily respiratory ally. Its fast-absorbing format allows practical integration into your routine, supporting both immediate comfort and long-term respiratory resilience. From this moment forward, you are not simply reacting to breathing discomfort — you are actively strengthening your respiratory foundation.

This guide will walk alongside you step by step, helping you establish habits that protect your lungs, improve breathing efficiency, and restore the natural ease of every breath — so that energy, relaxation, and well-being can flow more freely throughout your day.

| Introduction



Welcome.

Choosing to care for your respiratory health is one of the most impactful decisions you can make for your overall well-being. Efficient breathing influences far more than lung comfort — it directly affects energy levels, sleep quality, immune resilience, mental clarity, and daily vitality. Modern environments expose the respiratory system to constant challenges: pollution, allergens, dry air, stress, and seasonal irritants. Over time, these factors may contribute to airway discomfort, congestion, reduced breathing efficiency, and fatigue.

This guide was created to help you maximize your results with BreathiZen from the very beginning.

Inside, you will learn:

- How the formula supports respiratory function
- The correct application method for optimal absorption
- Daily habits that improve lung performance
- Practical breathing techniques
- What improvements to expect throughout your journey

Better breathing is not accidental — it is trainable, supportable, and sustainable.



How BreathiZen Works

BreathiZen was formulated to support respiratory comfort, lung efficiency, and immune defense through a synergistic botanical and enzymatic blend.

Key Active Components

Mullein (Verbascum)

Traditionally used to support airway clarity and soothe respiratory tissues. Helps promote easier airflow and respiratory comfort.



Ginger Extract

Provides anti-inflammatory and antioxidant support, assisting in reducing airway irritation while supporting immune response.

Bromelain

A natural enzyme known for helping reduce mucus accumulation and supporting sinus and airway drainage.





Lemon Extract

Rich in antioxidants that support immune defense and respiratory freshness.



Cordyceps Mushroom

Widely studied for its role in supporting oxygen utilization, lung capacity, and physical endurance.



Why Spray Delivery Matters

Unlike capsules or tablets, the spray format allows:

- Rapid oral mucosal absorption
- Faster systemic availability
- Convenient daily application
- Efficient delivery without digestive delay

This enables quicker physiological response and consistent respiratory support.

Best Application Technique & Timing



Correct application maximizes effectiveness.

Recommended Dosage



- Apply 4 sprays directly into the mouth or onto the tongue
- Use once daily, or according to label instructions
- Shake well before each use

Consistency is more important than occasional higher usage.

Best Time of Day



BreathiZen may be used:

- In the morning — to support daytime breathing comfort
- In the evening — to promote relaxed nighttime breathing
- Before exposure to challenging environments
- During seasonal respiratory sensitivity

Choose one consistent daily timing whenever possible.



How BreathiZen Works



BreathiZen was formulated to support respiratory comfort, lung efficiency, and immune defense through a synergistic botanical and enzymatic blend.



- 1) Shake bottle thoroughly.
- 2) Spray directly onto tongue or inner cheek.
- 3) Allow absorption for several seconds before swallowing.
- 4) Avoid eating or drinking immediately afterward.

Anchoring application to a habit improves adherence:

- After brushing teeth
- After morning hydration
- Before bedtime routine

Routine reinforces results.

Habits That Improve Respiratory Health



Supplementation works best when supported by environment and lifestyle.

Air Quality Optimization

- Maintain good indoor ventilation
- Use air purifiers when possible
- Reduce exposure to dust and pollutants
- Control humidity levels

Avoid environments with

- Mold
- Smoke
- Strong chemical cleaners
- Poor airflow

Hydration Matters

Adequate hydration helps:

- Maintain airway lubrication
- Support mucus balance
- Improve breathing comfort

Aim for consistent water intake throughout the day.



Nutrition for Lung Support

Prefer foods rich in:

- Antioxidants (berries, citrus fruits)
- Omega-3 fatty acids
- Leafy greens
- Anti-inflammatory spices



| Limit

- Smoking exposure
- Highly processed foods
- Excess alcohol
- Extremely dry environments



Breathing Exercises for Better Lung Capacity

Your lungs respond positively to training.

Deep Diaphragmatic Breathing

- 1) Inhale slowly through the nose (4 seconds)
- 2) Expand abdomen, not chest
- 3) Exhale slowly through the mouth (6 seconds)

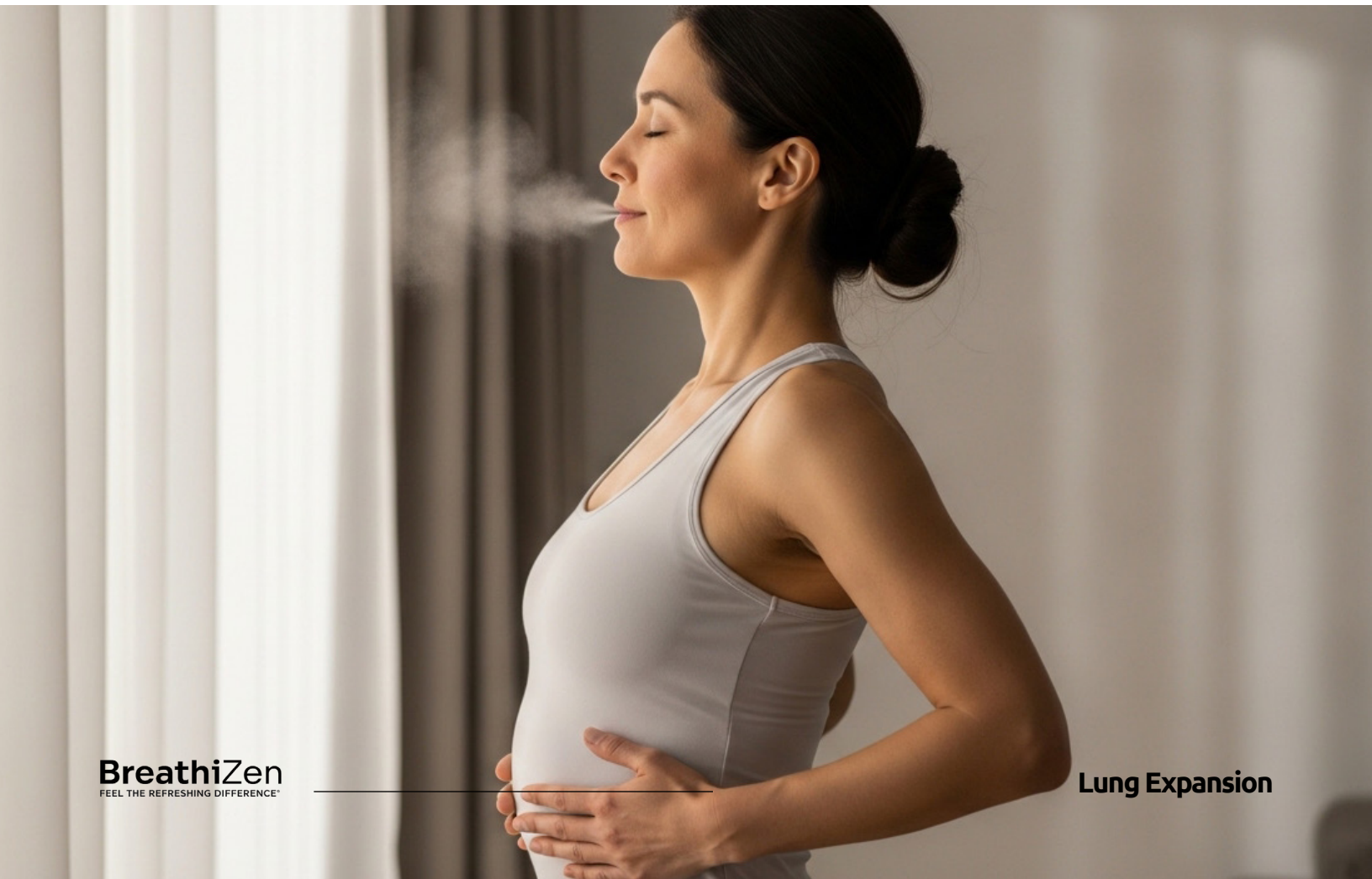
Repeat for 5 minutes daily.



Lung Expansion Practice

- Take a deep inhale
- Hold for 3–5 seconds
- Release slowly

Improves oxygen exchange efficiency.



Daily Integration

Incorporate breathing exercises:

- Upon waking
- During work breaks
- Before sleep
- After light physical activity

Light activities such as walking or stretching further enhance respiratory performance.





What to Expect: Your Respiratory Relief Journey

First Days

- Sensation of airway freshness
- Easier breathing awareness
- Initial comfort improvement



| Weeks 1-2

- Clearer breathing patterns
- Reduced respiratory discomfort
- Improved airflow perception



| After 30 Days

- More efficient breathing
- Greater endurance
- Improved recovery and sleep comfort

Respiratory health becomes stabilized rather than reactive.



10-Day BreathiZen Respiratory Reset Challenge

Purpose

This challenge accelerates respiratory improvement by combining:

- Correct daily spray use
- Environmental optimization
- Breathing training
- Hydration and lifestyle adjustments

Day 1 — Establish Your Breathing Baseline

Focus: Awareness & Consistency

- Apply your daily BreathiZen spray at a fixed time.
- Drink at least 2 glasses of water during the morning.
- Observe your natural breathing pattern throughout the day.
- Avoid dusty or poorly ventilated environments.

Goal: Begin respiratory awareness and initiate daily consistency.



Day 2 — Hydration & Airway Support

Focus: Internal Lubrication

- Apply the spray at the same time as Day 1.
- Increase total daily water intake.
- Ventilate your bedroom or workspace.
- Practice 3 minutes of slow nasal breathing.

Goal: Support airway moisture and reduce irritation.

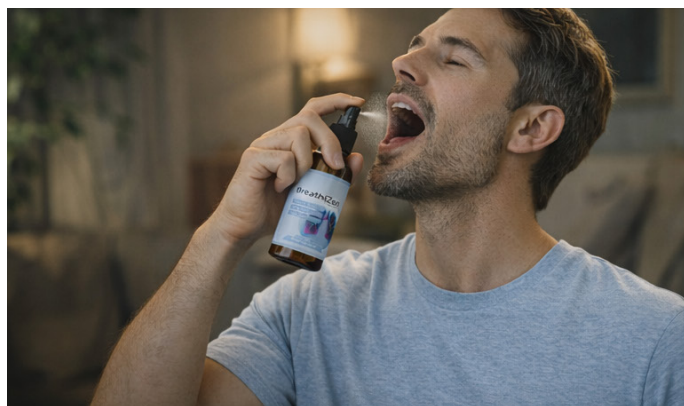


Day 3 — Nervous System Relaxation

Focus: Breathing Control

- Continue daily application.
- Perform 5 minutes of diaphragmatic breathing.
- Reduce exposure to smoke, strong fragrances, or chemicals.
- Take a short relaxed walk outdoors if possible.

Goal: Reduce respiratory tension and improve airflow rhythm.



Day 4 — Lung Activation

Focus: Expansion Capacity

- Apply BreathiZen before your most active part of the day.
- Practice lung expansion breathing (deep inhale + slow release).
- Maintain good indoor airflow.
- Avoid processed or inflammatory foods today.

Goal: Activate deeper lung engagement.



Day 5 — Environmental Optimization

Focus: Air Quality

- Maintain consistent spray timing.
- Clean or organize sleeping space to reduce dust.
- Open windows for fresh air circulation.
- Continue 5 minutes of breathing exercises.

Goal: Reduce environmental respiratory stressors.



Day 6 — Oxygen Efficiency

Focus: Movement + Breath

- Apply spray as usual.
- Add 10–15 minutes of light physical activity (walking or stretching).
- Coordinate breathing with movement.
- Maintain hydration throughout the day.

Goal: Improve oxygen utilization efficiency.



Day 7 — Recovery Breathing

Focus: Nighttime Respiratory Comfort

- Apply BreathiZen in the evening if nighttime breathing needs support.
- Dim lights earlier to promote relaxation.
- Practice slow breathing before sleep.
- Keep bedroom cool and ventilated.

Goal: Support deeper nighttime breathing recovery.



Day 8 — Respiratory Strengthening

Focus: Capacity Training

- Maintain daily application.
- Perform two breathing sessions today (morning and evening).
- Take deeper nasal breaths during daily activities.
- Avoid dry or overly air-conditioned environments.

Goal: Strengthen respiratory endurance.



Day 9 — Stability & Rhythm

Focus: Consistency Reinforcement

- Continue spray use at the same time.
- Maintain hydration and clean air exposure.
- Take mindful breathing breaks during work or stress.
- Avoid late exposure to irritants.

Goal: Stabilize breathing patterns.



Day 10 — Integration Day

Focus: Long-Term Habit Formation

- Apply BreathiZen as part of your established routine.
- Complete a full 5–10 minute breathing session.
- Reflect on improvements in breathing comfort.
- Commit to maintaining your new respiratory habits.

Goal: Consolidate respiratory balance and routine adherence.



Ongoing Support — We're With You!



If you have any questions or
need support:



contact@customerco.com

Our team is ready to assist
you with care and guidance
whenever necessary. Don't
hesitate to contact us!



Breathing well is not something you should notice only when it becomes difficult.

Each correct application, each deep breath, and each supportive habit strengthens
your respiratory system.

Consistency creates adaptation.
Adaptation creates resilience.

Protect your breath — and you protect your energy, recovery, and long-term vitality.

Your breathing is now intentional.
And better living begins with every breath.



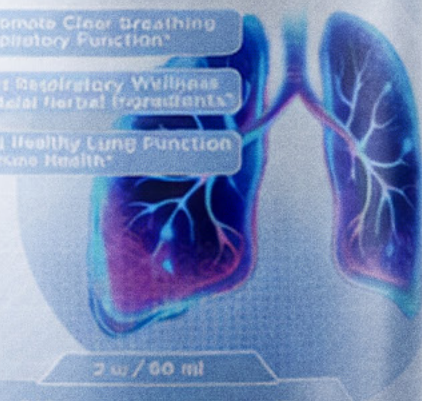
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