

Your Essential Guide to a Health Prostate





Welcome to your new phase of well-being!

YOU DIDN'T GET HERE BY CHANCE.

Choosing **Mentho Flow** goes far beyond taking care of your prostate health — it's a commitment to your well-being, quality of life, and vitality. It's about being able to live with more comfort, safety, and peace of mind at every stage of your life.

Mentho Flow was developed with you in mind — your needs, your challenges, and your routine. It's not just another supplement; it's a complete ally, formulated to support your prostate health in a safe, effective, and continuous way.

You're not alone on this journey. With each capsule, you take an important step toward a more balanced life, with more energy and confidence to live well.

And we'll be by your side, offering support, information, and care. Welcome to your new chapter of health and vitality.

Welcome to your new phase of well-being!

Hello,

Thank you very much for choosing
Mentho Flow!

You have just taken an important step towards a healthier, more comfortable and quality life. This guide was prepared especially to accompany you on this journey, with clear guidelines, practical tips and a personal touch, because we believe that health is a serious matter — and also unique, just like you.

Mentho Flow was carefully developed with the specific needs of prostate health in mind. Our goal is to help you achieve greater well-being, focusing on urinary function, vitality and balance in your body.



Welcome

How to Use Mentho Flow

Simple Instructions for Great Results:



Take 2 capsules per day, preferably 20 to 30 minutes before a meal.



Drink with a glass of water (about 240 ml) to facilitate absorption.

Important: Regularity is key. Taking **Mentho Flow** every day, in the correct dose, is essential to achieve the best results. Be consistent and confident in the process!



Good Practices that Boost Results

In addition to daily use of **Mentho Flow**, some simple actions in your daily life can make all the difference. See how you can complement your routine with healthy habits:



Smart Diet for the Prostate

- Include foods rich in lycopene, such as tomatoes, watermelon and guava.
- Include sources of healthy fats, such as salmon, sardines, nuts and seeds.
- Reduce your consumption of ultra-processed foods, sugar and saturated fats.



Get moving!

- Practicing light to moderate physical activities, such as walking, cycling or weight training, helps with circulation and general health.
- Set aside at least 30 minutes, 3 to 5 times a week to take care of your body.



Manage Stress

- Techniques such as meditation, yoga or simply taking a few deep breaths can significantly reduce the impact of stress on your body.
- Getting a good night's sleep is also essential for your hormonal and immune health.



Good Practices

Tips for Maximizing Results



- **Monitor your health:** Schedule periodic exams, such as PSA, and maintain regular medical follow-ups. This is the best way to assess your progress with Menthoflow.



- **Hydration is everything!** Urinary health depends greatly on water intake. Try to drink at least 2 liters of water per day.



Ongoing Support — We're With You!

If you have any questions or need guidance, we are here to help!



contact@customercs.com

Our team is ready to answer your questions and ensure that you have the best possible experience with Mentho Flow.



Remember: Your health deserves priority. And you have already started in the best possible way, by choosing a quality product with scientific backing. **Mentho Flow** is more than a supplement — it is an ally in your self-care journey. Be patient, consistent and kind to yourself. With time and dedication, the results will come. We are with you every step of the way!

Support



**MENTHO
FLOW**

Promotes Prostate Health*

Supports Urinary Flow & Comfort*

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CAPSULES
DIETARY SUPPLEMENT