

Gelanic[®]

Advanced Gummies For Skin Health^{*}



Youthful
Glow^{*}



Deep
Hydration^{*}



Smooth
Appearance^{*}



Personalized Usage Guide — Maximize Your Gelanic Results

A practical, clear, and confidence-building guide to help you support radiant-looking skin from the inside out with a consistent Gelanic routine.



► Introduction

Your skin reflects more than what you apply on the surface. Hydration, nourishment, rest, stress levels, and daily consistency all influence how smooth, luminous, and healthy your complexion appears.

Gelanic was designed to make inner beauty care simple. Instead of adding a complicated step to your day, it gives you a practical gummy format that fits naturally into a modern wellness and skincare routine.

This guide will help you understand how to use Gelanic consistently, when to take it, which habits may enhance your results, and what kind of skin transformation journey you can reasonably expect over time.

Your Daily Beauty Support

Gelanic works best when it becomes part of a steady routine. A single daily gummy, paired with water, nourishing foods, sleep, skincare, and sun protection, can help you build a stronger foundation for visible radiance.

What This Guide Will Help You Do

- Understand how Gelanic supports your skin from within.
- Learn the best daily timing and dosage for consistent use.
- Build simple habits that complement your supplement routine.
- Know what to expect during the first weeks, months, and long-term maintenance phase.
- Create a realistic beauty ritual that feels effortless, enjoyable, and sustainable.

Why Inside-Out Skin Care Matters

Topical skincare is important, but the appearance of your skin is also shaped by internal balance. When your body is consistently hydrated, nourished, and supported, your skin is better positioned to look fresh, supple, and naturally luminous.

Inside-out care is not about replacing your skincare products. It is about giving your skin daily support from another direction, so your routine feels more complete.

Think of your beauty routine as a complete system: what you apply, what you consume, how you sleep, how you manage stress, and how consistently you care for yourself.

Why Gummies Make Consistency Easier

Many beauty routines fail because they feel too complicated. Gummies offer a more enjoyable way to stay consistent because they are easy to remember, pleasant to take, and simple to pair with a daily ritual. When a routine feels comfortable, you are more likely to repeat it. And when you repeat it daily, your skin has a better chance of showing gradual, visible improvements over time.

The Key Word Is Consistency

Gelanic is not meant to be used occasionally or only when your skin feels dull. The most reliable way to maximize your results is to take it every day as part of a stable routine.

How to Start With Confidence

- 1** - Choose the daily moment that feels easiest to remember, such as after your morning skincare routine or before your afternoon meal.
- 2** - Place Gelanic somewhere visible, safe, and aligned with that habit.
- 3** - Take one gummy per day with a full glass of water, ideally about 30 minutes before your morning or afternoon meal.
- 4** - Track how your skin feels and looks each week instead of judging your results from one day to the next.

What You May Notice Early On

During the first days, the most important result is routine formation. You are teaching your body and your schedule that beauty care can be simple, pleasurable, and steady.

As the weeks progress, many users focus on signs such as hydration, softness, a more refreshed appearance, and a healthier-looking glow.

▶ Module 1 — How Gelanic Works

Gelanic supports your beauty routine by helping you care for your skin from within. Its purpose is to complement your daily skincare, hydration, nutrition, and lifestyle habits so your complexion can appear more luminous, smooth, and revitalized.

The skin is influenced by internal and external factors. External factors include sun exposure, pollution, weather, and topical products. Internal factors include hydration, nutrient intake, sleep, stress, and overall wellness habits.

The Inner Balance and Skin Connection

When your body is supported consistently, your skin can appear more balanced. A well-supported routine may help the complexion look fresher, more hydrated, and more radiant over time. This is why Gelanic should be seen as part of a larger beauty system.

The gummy is one daily support point, while your habits create the environment where that support can perform at its best.

A radiant complexion often begins with steady internal care, not with last-minute corrections.

Inside-Out Beauty Principle

Healthy-looking skin is not built from one isolated habit. It is the result of repeated, supportive choices that work together day after day.

How Gelanic Supports Visible Radiance

Gelanic is intended to support the appearance of hydrated, smooth, and luminous skin. With consistent daily use, it becomes a simple ritual that helps reinforce your commitment to long-term skin vitality.

- It supports a beauty routine focused on luminosity.
- It encourages daily consistency through a pleasant format.
- It complements hydration, skincare, nutrition, and rest.
- It fits easily into morning or afternoon routines.
- It helps make skin wellness feel simple rather than overwhelming.

Why Hydration Matters for the Look of Skin

Hydrated-looking skin often appears plumper, smoother, and more comfortable. When hydration is neglected, the complexion can look dull, tight, tired, or less elastic.

Gelanic should be paired with daily water intake because hydration is one of the simplest ways to support a fresh and supple appearance.

Simple Hydration Reminder

Take your Gelanic gummy with a full glass of water. This reinforces the habit and helps you connect your supplement routine with daily hydration.

Why Smoothness Takes Time

Skin appearance changes gradually. Texture, softness, and radiance are influenced by repeated behaviors, which means a daily routine matters more than a perfect routine followed only occasionally. Instead of expecting overnight transformation, use Gelanic as part of a weekly rhythm. Small improvements may become more noticeable when you look back after several weeks of consistency.

The Gummy Format Advantage

The gummy format is designed for comfort and adherence. A routine that feels pleasant is easier to maintain, and a routine you maintain is more likely to support visible results.

For many people, the biggest challenge in beauty supplementation is not starting. It is remembering to continue. Gelanic helps make that daily step feel simple and enjoyable.

A gummy ritual can turn a wellness step into a small moment of daily self-care.



How to Think About Results

- 1 - Begin by focusing on daily adherence rather than immediate visible change.
- 2 - Notice how your skin feels in terms of softness, comfort, and hydration.
- 3 - Observe your skin in similar lighting each week to avoid judging changes unfairly.
- 4 - Combine Gelanic with sunscreen, water, sleep, and gentle skincare for a stronger routine.
- 5 - Review your progress after 30, 60, and 90 days instead of evaluating results day by day.

What Gelanic Is Not

Gelanic is not a replacement for a balanced diet, medical care, sunscreen, or dermatologist-recommended treatments. It is a beauty supplement designed to support your routine.

If you are pregnant, nursing, managing a medical condition, taking medication, or unsure whether a supplement is right for you, consult a qualified healthcare professional before use.

Use With Awareness

Supplements work best when used responsibly. Follow the recommended dosage, avoid doubling up, and keep your expectations realistic and consistent.

► Module 2 — Best Time and Dosage for Optimal Results



The recommended dosage is simple: take two Gelanic gummies per day. This daily rhythm is easy to remember and designed to support consistency without complicating your routine. The best time to take Gelanic is approximately 30 minutes before your morning or afternoon meal, accompanied by a full glass of water.

Your Recommended Daily Use

- **Take two gummies per day.**
- Take it about 30 minutes before breakfast or your afternoon meal.
- Always pair it with a full glass of water.
- Choose the same daily time whenever possible.
- Do not exceed the recommended dosage unless advised by a qualified professional.

Morning Routine Option

The morning is ideal if you already have a structured skincare or wellness routine. Taking Gelanic before breakfast can connect your inner beauty support with the start of your day.

A morning Gelanic ritual can pair beautifully with cleansing, moisturizing, sunscreen, and your first full glass of water.

Afternoon Routine Option

The afternoon can work well if your morning sare rushed. Taking Gelanic before an afternoon meal or snack may help you avoid forgetting it during a busy start. The most important choice is not whether morning or afternoon is better. The most important choice is the time you can repeat consistently.

How to Build a Routine That Sticks



1 - Choose a daily trigger that already exists, such as brushing your teeth, finishing skincare, preparing breakfast, or filling your water bottle.



2 - Place Gelanic near that trigger, while keeping it stored safely according to the product instructions.



3 - Take one gummy with a full glass of water about 30 minutes before your chosen meal.



4 - Mark the habit on a calendar or wellness tracker for the first 30 days.



5 - Keep the routine simple enough that you can follow it even on busy days.

Why Timing Helps

Taking Gelanic at a consistent time helps reduce decision fatigue. You do not need to ask yourself when to take it each day because your routine already answers that question. Consistency also helps you evaluate results more fairly. If your use is irregular, it becomes harder to understand how your skin is responding over time.

Do Not Chase Perfection

The goal is a routine you can repeat. A simple, stable habit usually performs better than an ambitious routine that becomes difficult to maintain.

Tips to Support Absorption and Hydration

While Gelanic is designed to be easy to take, your lifestyle can help create a more supportive environment for your skin. Water, balanced meals, and steady routines all matter.

- Drink water throughout the day, not only when you feel thirsty.
- Include colorful fruits and vegetables in your meals.
- Pair your supplement routine with a nutrient-rich eating pattern.
- Avoid taking your gummy in a distracted rush if that makes you forget your water.
- Keep your schedule realistic during travel, workdays, and weekends.

What to Do If You Miss a Day

Missing one day does not ruin your journey. Simply return to your normal routine the next day and continue with the recommended dosage. Do not take extra gummies to compensate for a missed day.

Consistency over time is more important than trying to make up for one skipped moment.

- 1 - Notice that you missed your gummy without judging yourself.
- 2 - Return to your regular schedule the next day.
- 3 - Use the missed day as a cue to improve your reminder system.
- 4 - Keep your dosage at one gummy per day.

Weekend and Travel Strategy

Routines often break on weekends and during travel because the usual triggers disappear. Plan ahead by choosing a backup trigger, such as your first glass of water or your morning skincare bag.



Travel can be easier when Gelanic is connected to a portable ritual, such as your toiletry bag, sunscreen, or daily water bottle.

Consistency Travel Tip

Before leaving home, decide when you will take Gelanic during the trip. A routine chosen in advance is easier to follow than one improvised later.

Your 7-Day Consistency Reset

- 1-Pick your daily Gelanic time for the next seven days.
- 2-Prepare a visible reminder in your bathroom, kitchen, or wellness area.
- 3-Take two gummies with a full glass of water every day.
- 4-Write one short note about how your skin feels at the end of each day.
- 5-At the end of the week, adjust only what made the habit difficult.

► Module 3 — Skin-Loving Habits That Enhance Your Results



Gelanic can support your skin routine, but your daily habits help determine how radiant, hydrated, and smooth your complexion looks. The most effective approach is to combine supplementation with nourishing choices. This module focuses on the skin-loving habits that can enhance your results: antioxidant-rich foods, hydration, quality sleep, sun protection, and reducing habits that may dull the appearance of the skin.

Eat for a More Radiant Appearance

A color ful, nutrient-dense eating pattern supports overall wellness and can contribute to healthier-looking skin. Focus on foods that bring antioxidants, healthy fats, water, and fiber into your routine.

- Berries, such as blueberries, strawberries, raspberries, and blackberries.
- Leafy greens, such as spinach, arugula, kale, and romaine.
- Healthy fats, such as avocado, olive oil, nuts, and seeds.
- Water-rich foods, such as cucumber, watermelon, citrus, and zucchini.
- Balanced protein sources that help support overall wellness and daily vitality.



A skin-supportive plate is usually colorful, fresh, balanced, and rich in hydration-focused foods.

Beauty Plate Principle

At most meals, aim for color, water, fiber, and healthy fats. These simple anchors can make your nutrition more supportive of a luminous complexion.

Choose Antioxidant and Anti-Inflammatory Foods

Antioxidant-rich foods help support the body against everyday oxidative stress. Anti-inflammatory eating patterns may also support a calmer, more balanced-looking complexion. This does not require a restrictive diet. It simply means making more room for fresh, whole foods and reducing choices that leave your skin looking tired or dull.

Simple Skin-Loving Grocery List

- Blueberries, strawberries, pomegranate, oranges, and kiwi.
- Spinach, kale, broccoli, arugula, and parsley.
- Avocado, extra virgin olive oil, walnuts, chia seeds, and flaxseeds.
- Cucumber, celery, zucchini, tomatoes, and watermelon.
- Greek yogurt, eggs, beans, lentils, fish, or other balanced protein sources according to your diet.

Hydration for Firmness and Glow

Daily hydration is one of the most important habits for skin that appears firm, elastic, and luminous. When your water intake is low, your complexion may look less plump and less refreshed.

Pairing Gelanic with a full glass of water helps reinforce this habit, but your hydration should continue throughout the day.

- 1 - Start your day with a full glass of water.
- 2 - Take Gelanic with water at your chosen time.
- 3 - Keep a bottle nearby during work, errands, or travel.
- 4 - Include water-rich foods in at least one meal.
- 5 - Reduce habits that leave you feeling dehydrated, especially when your skin looks dull.

Hydration Check

If your skin feels tight, your lips are dry, or your energy drops, review your water intake before adding more products to your routine.

Sleep and Nightly Regeneration

Quality sleep plays a major role in how refreshed your skin looks. During the night, the body moves through important restorative processes that support overall wellness and a healthier appearance. Poor sleep can make the skin look dull, tired, uneven, or less firm. A steady sleep routine is one of the most underrated beauty habits.



A calm evening routine can support both better rest and a more revitalized appearance in the morning.

Build a Skin-Friendly Evening Routine

- 1 - Choose a consistent bed time window that allows enough rest.
- 2 - Dim bright lights and reduce screen exposure before bed when possible.
- 3 - Cleanse your skin gently to remove sunscreen, makeup, and daily buildup.
- 4 - Apply moisturizer or your preferred night products according to your skin needs.
- 5 - Prepare your water, Gelanic reminder, or morning skincare setup for the next day.

Sun Protection Is Non-Negotiable

Daily sun protection is one of the most important habits for maintaining a youthful-looking complexion. It helps protect against visible concerns such as dark spots, fine lines, uneven tone, and loss of luminosity.

Even the best supplement routine cannot replace sunscreen. Gelanic supports your beauty routine from within, while sunscreen helps protect your skin externally.

- Use sunscreen daily, even when the weather is cloudy.
- Apply enough product to cover exposed areas properly.
- Reapply as directed, especially during outdoor exposure.
- Use hats, sunglasses, and shade as extra protection.
- Do not rely on makeup with SPF as your only protection unless it provides adequate coverage and is applied correctly.

The Number One Glow Protector

Sun screen is the daily habit that helps preserve brightness, even tone, and a younger-looking complexion over time.

What to Reduce for Better-Looking Skin

Some habits can work against your skin goals. You do not need to be perfect, but reducing these triggers can help support a clearer, fresher-looking complexion.

- Excess sugar, especially when it becomes a daily pattern.
- Ultra-processed foods that replace nutrient-rich meals.
- Smoking, which can affect the appearance of skin vitality.
- Excess alcohol, which may contribute to dehydration and dullness.
- Very hot showers, which can leave skin feeling dry or uncomfortable.

Your 14-Day Skin-Loving Habit Challenge

- 1 - Take one Gelanic gummy every day with a full glass of water.
- 2 - Add one antioxidant-rich food to your daily routine.
- 3 - Drink water consistently from morning to evening.
- 4 - Use sunscreen every morning and reapply when needed.
- 5 - Choose one habit to reduce, such as excess sugar, very hot showers, or late-night screen time.

► Module 4 — Lifestyle Practices for Lasting Radiance



Lasting radiance is built through daily lifestyle practices. Gelanic can help support your routine, but your skin also benefits from consistent skincare, movement, stress management, and intentional self-care.

This module helps you create a balanced beauty lifestyle that feels realistic and supportive, not complicated or extreme.

Skincare Consistency as Your Daily Base

A simple skin care routine can complement your Gelanic routine beautifully. The foundation does not need to be complex: gentle cleansing, hydration, and daily protection are the essentials.

- Cleanse gently without stripping your skin.
- Moisturize according to your skin type and climate.
- Use sunscreen every morning.
- Introduce active ingredients gradually if you use them.
- Stay consistent before frequently changing products.



Your topical skincare and Gelanic routine should work together as two parts of the same beauty system.

Less Confusion, More Consistency

A routine that you can follow every day is more valuable than a complicated routine that overwhelms you after one week.

Morning Skincare Companion Routine

- 1 - Cleanse your face gently or rinse according to your skin needs.
- 2 - Apply lightweight hydration or moisturizer.
- 3 - Apply sunscreen as the final morning skincare step.
- 4 - Take Gelanic with a full glass of water about 30 minutes before your morning meal if this is your chosen time.
- 5 - Begin your day with one additional hydration cue, such as filling your water bottle.

Movement and the Natural Glow Effect

Daily movement supports circulation, energy, mood, and overall wellness. Many people notice a natural post-movement glow because activity can help the complexion appear more awake and refreshed.

You do not need intense workouts every day. Gentle, consistent movement can still support your beauty and wellness goals.

- Brisk walking.
- Yoga or Pilates.
- Strength training.
- Dancing.
- Stretching breaks during long workdays.

How to Add Movement Without Pressure

- 1 - Choose one movement style you enjoy enough to repeat.
- 2 - Start with 10 to 20 minutes if your schedule is busy.
- 3 - Pair movement with an existing routine, such as a morning walk or evening stretch.
- 4 - Drink water before and after movement.
- 5 - Track how your skin and energy feel over time.

Movement Should Feel Supportive

The best exercise for lasting radiance is the one you can practice consistently and safely.

Stress and the Look of Your Skin

Stress can influence how the skin appears. Many people notice dullness, sensitivity, tension, or early signs of fatigue during stressful periods. Managing stress is not only about feeling calmer. It is also part of protecting your glow, your confidence, and your long-term self-care rhythm.

Quiet moments of recovery can help your beauty routine feel more complete and emotionally grounding.



Simple Stress Reset Practices

- Take five slow breaths before beginning your morning routine.
- Step outside for natural light when possible.
- Stretch your neck, shoulders, and jaw after long screen sessions.
- Create a short evening wind-down ritual.
- Protect small moments of silence during the day.

The 3-Minute Glow Reset

- 1 - Pause and relax your shoulders.
- 2 - Take five slow breaths, inhaling through the nose and exhaling gently.
- 3 - Drink a glass of water.
- 4 - Apply lip balm, hand cream, or facial mist if it fits your routine.
- 5 - Return to your day with one clear next action.

Self-Care and Positive Beauty Mindset

Beauty is not only correction. It is also care, attention, and respect for your body. A positive mindset helps your routine feel nurturing rather than critical. When you take Gelanic, use that moment as a reminder that you are choosing consistency, not perfection. This small shift can make your entire routine feel more empowering.

Your Routine Is a Relationship

Do not treat your skin as a problem to fix. Treat it as something you support daily with patience, kindness, and consistency.

Weekly Self-Care Review

- 1-Choose one day each week to review your routine.
- 2-Notice how consistently you took Gelanic.
- 3-Review your water intake, sleep, sunscreen, and movement.
- 4-Identify one habit that helped your skin feel better.
- 5-Choose one small adjustment for the next week.

► Module 5 — What to Expect: Your Skin Transformation Journey



Skin transformation is a gradual journey. Gelanic is designed to support your routine over time, and the most meaningful changes are often easier to notice when you compare your skin week by week and month by month.

This module helps you understand the general timeline: the first weeks, the 30-to-60-day window, the 90-day phase, and long-term maintenance.

The First Weeks

During the first weeks, focus on building the habit. Your skin may begin to feel more hydrated, softer to the touch, or more revitalized, especially when Gelanic is paired with water and supportive habits.

Early changes can be subtle. Pay attention to comfort, softness, and how your skin looks in the morning before applying makeup or skincare.



The first stage is about creating momentum, not judging your entire transformation too soon.

First Weeks Mindset

Do not look for dramatic overnight change. Look for signs that your routine is becoming easier, steadier, and more supportive.

What to Track in Weeks 1 to 4

- Whether your skin feels more comfortable during the day.
- Whether your complexion looks less tired.
- Whether your skin feels softer after cleansing and moisturizing.
- Whether you are drinking more water because of the routine.
- Whether the habit feels easy to remember.

The 30-to-60-Day Window

Between 30 and 60 days, consistent users may begin to notice a more evident natural glow, a smoother-looking texture, and a more even, refreshed appearance.

This is often when the value of consistency becomes more visible. The routine has had time to become part of your lifestyle, and your supportive habits may begin to feel more automatic.

How to Evaluate Your Progress Fairly

- 1 - Take a simple progress photo in natural light once every two weeks.
- 2 - Use the same location and similar lighting each time.
- 3 - Notice hydration, softness, brightness, and texture.
- 4 - Avoid judging your skin during unusually stressful, sleepless, or dehydrated days.
- 5 - Compare your routine consistency with your visible results.

Progress Is Not Always Linear

Your skin may look better some days than others depending on sleep, hydration, stress, hormones, weather, and sun exposure. Look at the overall trend, not one isolated day.

After 90 Days

After 90 days of consistent use, your routine is no longer new. It has become part of your lifestyle. At this stage, skin may appear more luminous, smoother, more hydrated, and visibly more youthful-looking.

The 90-day mark is also a good time to review your entire beauty system: Gelanic, water, nutrition, sleep, sunscreen, skincare, movement, and stress management.



A 90-day routine can create a stronger foundation for radiance because the habit has had time to become stable.

How to Maintain Long-Term Radiance

Long-term radiance depends on maintaining the habits that helped you get there. Once your routine is working, avoid changing too many things at the same time.

- Continue taking two Gelanic gummies per day.
- Keep drinking water consistently.
- Protect your skin with sunscreen every day.
- Prioritize sleep as part of your beauty routine.
- Maintain simple skincare instead of constantly switching products.

Your 90-Day Skin Journey Plan

- 1 - Use the first 30 days to build the habit and support hydration.
- 2 - Use days 31 to 60 to strengthen nutrition, sunscreen, sleep, and skincare consistency.
- 3 - Use days 61 to 90 to refine your lifestyle routine and observe visible changes more intentionally.
- 4 - At day 90, review progress photos and routine notes.
- 5 - Choose the habits you will keep as your long-term radiance foundation.

Long-Term Beauty Strategy

The goal is not to complete a temporary challenge. The goal is to build a daily routine that keeps supporting your skin long after the first 90 days.

When Results Feel Slow

If results feel slower than expected, review your consistency before changing your routine. Irregular use, low water intake, poor sleep, stress, and skipped sunscreen can all influence how your skin appears.

Also remember that every person's skin is different. Your timeline may vary depending on your lifestyle, age, skin type, environment, and overall wellness.

Slow Progress Review

- 1-Confirm whether you are taking one gummy every day.
- 2-Check whether you are taking it with a full glass of water.
- 3-Review your sleep quality over the past two weeks.
- 4-Notice whether you are using sunscreen consistently.
- 5-Adjust one habit at a time instead of changing everything at once.

FAQs

This section answers common questions about how to use Gelanic, how to stay consistent, and how to think about results.

How many Gelanic gummies should I take per day?

The recommended dosage is two gummies per day. Do not exceed the recommended dosage unless a qualified healthcare professional advises you otherwise.

When is the best time to take Gelanic?

The best time is approximately 30 minutes before your morning or afternoon meal, accompanied by a full glass of water. Choose the time that you can follow most consistently.

Can I take Gelanic with breakfast?

The recommended guidance is to take it about 30 minutes before your morning or afternoon meal. If your routine requires adjustment, prioritize consistency and follow the product instructions.

What should I do if I forget to take it?

Return to your normal routine the next day. Do not double the dosage to compensate for a missed day.

How long does it take to see results?

Results vary from person to person. In the first weeks, many users focus on hydration, softness, and revitalized appearance. Between 30 and 60 days, glow and texture may become more noticeable. After 90 days, results may feel more consolidated with consistent use.

Can Gelanic replace my skincare routine?

No. Gelanic is designed to complement your skincare routine, not replace it. Continue cleansing, moisturizing, and using sunscreen consistently.

Can Gelanic replace sunscreen?

No. Sunscreen is essential for protecting the appearance of your skin from sun-related concerns such as dark spots, fine lines, uneven tone, and loss of luminosity.

Can I take Gelanic at night?

The recommended timing is about 30 minutes before the morning or afternoon meal. If night is the only time you remember, review the product instructions and consider building a stronger morning or afternoon reminder.

Can I take Gelanic while traveling?

Yes, as long as you follow the product instructions and store it properly. Choose a travel trigger, such as your toiletry bag, skincare pouch, or first glass of water.

Should I stop if I do not see changes immediately?

Immediate changes are not the goal. Gelanic works best as part of a consistent routine over time. Review your daily use, hydration, sleep, nutrition, sunscreen, and skincare before deciding whether your routine needs adjustment.

Can I take more than one gummy for faster results?

No. More is not better. Follow the recommended dosage of one gummy per day unless a qualified healthcare professional advises otherwise.

What habits can reduce my results?

Inconsistent use, low water intake, poor sleep, skipped sunscreen, excess sugar, ultra-processed foods, smoking, excess alcohol, and very hot showers may all work against your skin goals.

What habits best support my results?

- Take Gelanic daily with water.
- Eat antioxidant-rich and anti-inflammatory foods.
- Drink water consistently.
- Sleep well and protect your evening routine.
- Use sunscreen every day.
- Move your body regularly.
- Manage stress with simple daily reset practices.

How should I track my skin journey?

- 1 - Take a progress photo every two weeks in similar lighting.
- 2 - Write down how your skin feels, not only how it looks.
- 3 - Track water intake, sunscreen use, sleep, and Gelanic consistency.
- 4 - Review trends after 30, 60, and 90 days.
- 5 - Keep the process simple so tracking does not become stressful.

Who should speak with a healthcare professional before using Gelanic?

If you are pregnant, nursing, taking medication, managing a medical condition, planning a procedure, or unsure whether a supplement is right for you, consult a qualified healthcare professional before use.

► Closing

Your Gelanic journey is an invitation to care for your skin with more consistency, patience, and intention. Radiance is not built from one perfect day. It is built from daily choices that support your body and your confidence.

By taking one gummy per day, drinking enough water, eating nourishing foods, sleeping well, protecting your skin from the sun, and maintaining a simple skincare routine, you create a foundation for a smoother, more hydrated, and more luminous-looking complexion.

The most powerful beauty routine is the one you can repeat with ease, care, and confidence.

Your Gelanic Commitment

Take one gummy per day with a full glass of water, stay consistent, and support your skin with habits that help your natural glow last.

Your Daily Radiance Checklist

- Two Gelanic gummies per day.
- A full glass of water with your gummy.
- Hydration throughout the day.
- Antioxidant-rich foods.
- Gentle cleansing and moisturizing.
- Daily sunscreen.
- Quality sleep.
- Regular movement.
- Stress reset moments.
- Patience with your skin journey.

| We are 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!



► A final note

Gelanic is more than a supplement step. It is a daily reminder that beauty can be supported from the inside out through small, consistent, thoughtful choices. Stay steady. Stay hydrated. Protect your glow. Let your routine become a ritual that supports your skin today and your confidence over time.

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