

Gumiflow

PERSONALIZED USAGE GUIDE

Gumiflow Wellness Journey

A simple daily plan to support nerve wellness, comfort, mobility and consistent results—plus a practical 10-day challenge.



10-DAY CHALLENGE INSIDE



DAILY CONSISTENCY · WHOLE-ROUTINE SUPPORT

A woman with short blonde hair, wearing a white button-down shirt, is standing in a kitchen. She is pouring water from a clear glass pitcher into a white cup. The background shows a kitchen sink with a brass faucet, a potted plant, and a window with a view of greenery outside. The entire image has a dark blue overlay.

YOUR GUIDE, YOUR PACE

Small actions can make a routine feel more possible.

This guide turns product use, hydration, food, rest, stress care and gentle movement into one clear daily rhythm. The goal is not perfection. The goal is a routine you can return to.

INTRODUCTION

Welcome to your Gumiflow wellness journey

A supplement routine becomes more meaningful when it belongs to a wider pattern of daily care.

Gumiflow is designed to complement a balanced routine that supports healthy nerve function, everyday comfort and mobility. This guide helps you make that routine visible, practical and easier to repeat.

You will learn how to choose a consistent time, pair your gummies with a full glass of water, support your day with nourishing meals, build gentle movement into ordinary moments and notice gradual patterns without expecting instant change.



Keep the approach simple: use the product as directed, support the basics and give consistency enough time to become part of your lifestyle.



| What this guide will help you build

Think of the next ten days as a short practice period: enough time to reduce friction, test your timing and identify the habits that help you stay consistent.



A reliable supplement cue

Connect Gumiflow to a repeatable moment before your morning or afternoon meal.



A visible hydration habit

Use a full glass of water as part of the routine instead of treating it as an afterthought.



Gentle daily movement

Choose short, comfortable movements that support confidence without forcing intensity.



More intentional recovery

Use sleep, breathing and simple pauses to support a calmer daily rhythm.

Your guiding question

"What is the smallest useful action I can repeat today?" This keeps the routine realistic on both strong days and low-energy days.

Consistency before complexity

Create a product rhythm that feels clear, responsible and repeatable before adding more habits.

Choose a cue

Anchor the routine to a meal window.

Prepare water

Make the full glass visible first .

Track completion

Notice consistency, not perfection.



Why a steady routine matters

Daily wellness products work best as part of a system you can actually maintain.

It is easy to focus on one day and decide that nothing is changing. A more useful approach is to look at patterns across weeks: whether the routine is becoming easier, whether hydration is more consistent and whether you are making choices that support comfort and mobility.

1

Repetition lowers friction

The same cue, place and time reduce the number of decisions required.

2

Context supports follow-through

Water, meals, sleep and movement help create a broader wellness environment .

3

Tracking creates perspective

A quick weekly reflection is more informative than judging a single moment .



Consistency is not rigidity

A routine can be consistent and still adapt to travel, appointments, changing energy and real life.

Build your personal consistency system



A strong routine uses a visible cue, a simple action and a small confirmation.



1. Select your cue

Choose the meal window that is usually more predictable: morning or afternoon.



2. Prepare the setting

Keep the bottle in a safe, dry place near a cup or water bottle — never where children can reach it.



3. Confirm completion

Use one checkmark. Avoid turning the routine into a complicated tracking project.



Helpful cue: "Water first, gummies next, meal after."

I Your setup checklist

Prepare the environment once o the daily routine asks less of you.

- ☐ I selected a consistent morning or afternoon meal window.
- ☐ I have a cup or bottle ready for a full glass of water.
- ☐ The product is stored in a cool, dry place and out of reach of children.
- ☐ I read the label and understand the suggested use and cautions.
- ☐ I chose one simple way to mark each completed day.

Before you begin

Speak with a healthcare professional before use when you are under a physician's care, take medication, are pregnant or nursing, or have a known medical condition.



My chosen routine cue: _____

PRODUCT ROUTINE NOTE

Use Gumiflow with intention

According to the product label, adults take two gummies daily, or as directed by a healthcare professional.



Choose the meal window

Take approximately 30 minutes before your morning or afternoon meal. **STEP 1**



Add a full glass of water

Hydration is part of the suggested use, not an optional extra. **STEP 2**

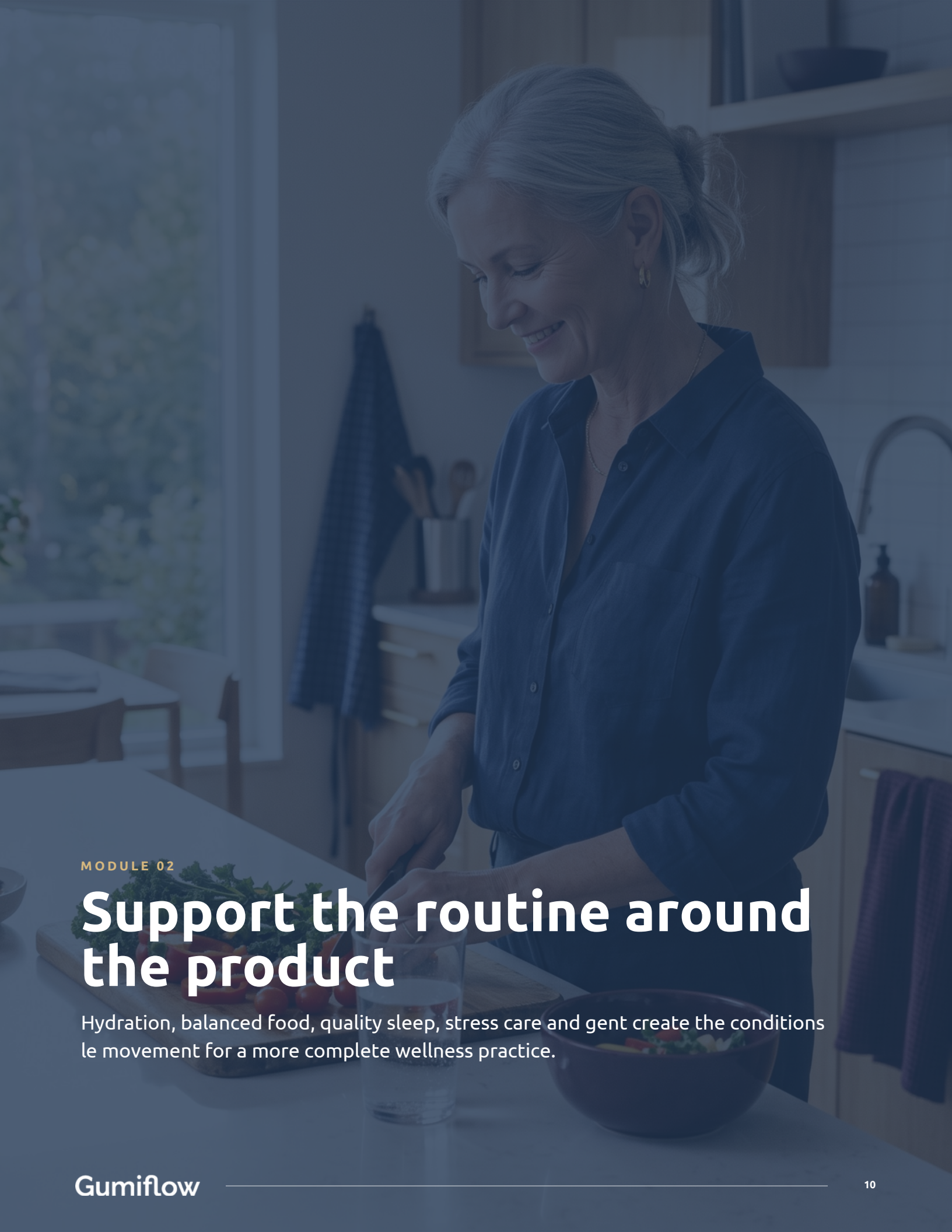


Continue with your meal

Pair the routine with a balanced meal and a calm pace whenever possible. **STEP 3**

Safety: Do not use if the safety seal is damaged or missing. Keep out of reach of children. Store in a cool, dry place. Follow the product label and professional guidance.





MODULE 02

Support the routine around the product

Hydration, balanced food, quality sleep, stress care and gentle movement create the conditions for a more complete wellness practice.

| Hydration and balanced meals

The simplest wellness habits often create the most useful structure.



Keep water visible

Place water where you spend time. Visibility makes the action easier to remember.



Build a balanced plate

Include protein, fiber-rich foods, vegetables or fruit and an energy source that suits your needs.



Avoid long gaps

A predictable meal rhythm can make your supplement cue easier to maintain.

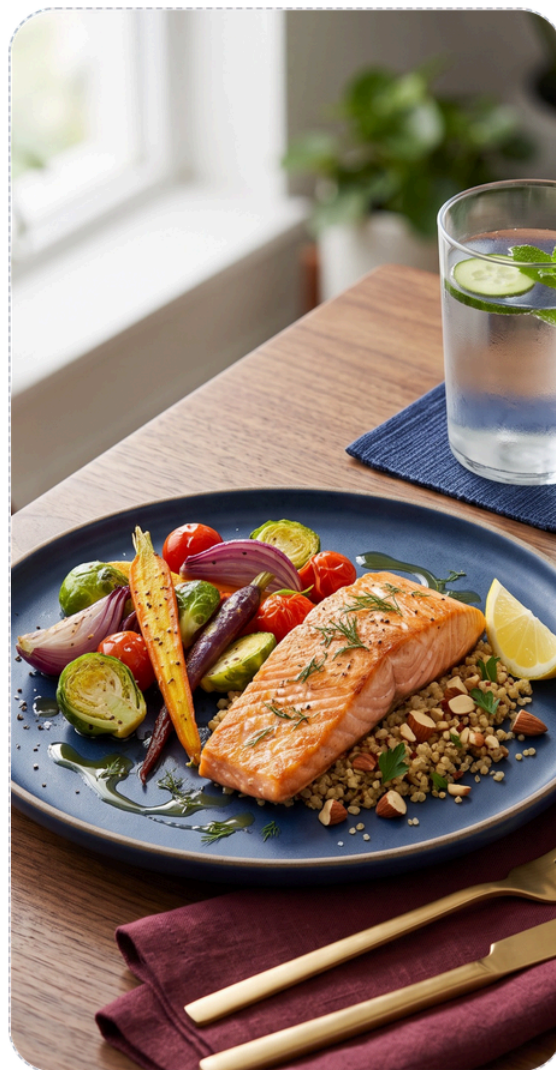


Slow the meal down

Use the first few bites as a cue to relax your shoulders and breathe naturally.



Dietary needs vary. Use this as a flexible structure rather than a restrictive food plan.



| Create a calmer end to the day



Quality rest supports decision-making, energy and the ability to return to healthy habits the next day.



Use a repeatable wind-down cue

Dimlights, reduce stimulating content or prepare tomorrow's water.



Try a longer exhale

Breathe in comfortably, then let the exhale last slightly longer.

Repeat without forcing.



Create a screen boundary

Even a short screen-free period can make the transition toward rest feel clearer.



Return after imperfect nights

One difficult night does not cancel the routine. Resume the next available step.

Two-minute reset

Place both feet on the floor, soften your jaw, lower your shoulders and take five unhurried breaths.

Gentle movement can be part of ordinary life



Instead of forcing intensity

- Waiting for a “perfect” workout window
- Ignoring unusual pain or discomfort
- Doing too much after several inactive days
- Using comparison as your measure of progress

Try this supportive approach

- Walk a short familiar route
- Circle ankles or shoulders while seated
- Stand and stretch between long sitting periods
- Stop, rest and reassess when your body asks



Choose movements appropriate for your health and mobility. Seek professional guidance when you are unsure or experience new, severe or persistent symptoms.

Seated option

Ankle circles, toe lifts or gentle shoulder rolls.

Standing option

Supported weight shifts or a comfortable reach.

Walking option

A short familiar route at an unhurried pace.

Notice patterns, not perfection

A useful tracker helps you observe the routine without turning every sensation into a verdict.

Progress is often easier to see across a week than across a single day.

Track a few meaningful signals

Keep your observations brief, neutral and connected to daily function.



Routine completion

Did I take the product as directed and pair it with water?



Hydration

Was water visible and available through the day?



Daily movement

Did I move in away that felt comfortable and appropriate?



Overall ease

Did ordinary activities feel harder, similar or easier than usual?

Use neutral language

Write “walked for five comfortable minutes” rather than “did not do enough.” Specific observations are easier to use.



| Use a simple reflection framework



Review the routine once or twice during the challenge — not every hour.

What worked?

Which cue, time or location made the routine easier?

What created friction?

Was the meal time unpredictable? Was water unavailable? Did the product move out of sight?

What will I adjust?

Choose one practical change for the next few days.

My short reflection:

Five-day pattern check

Use one circle per day. The purpose is to observe patterns, not create a score.

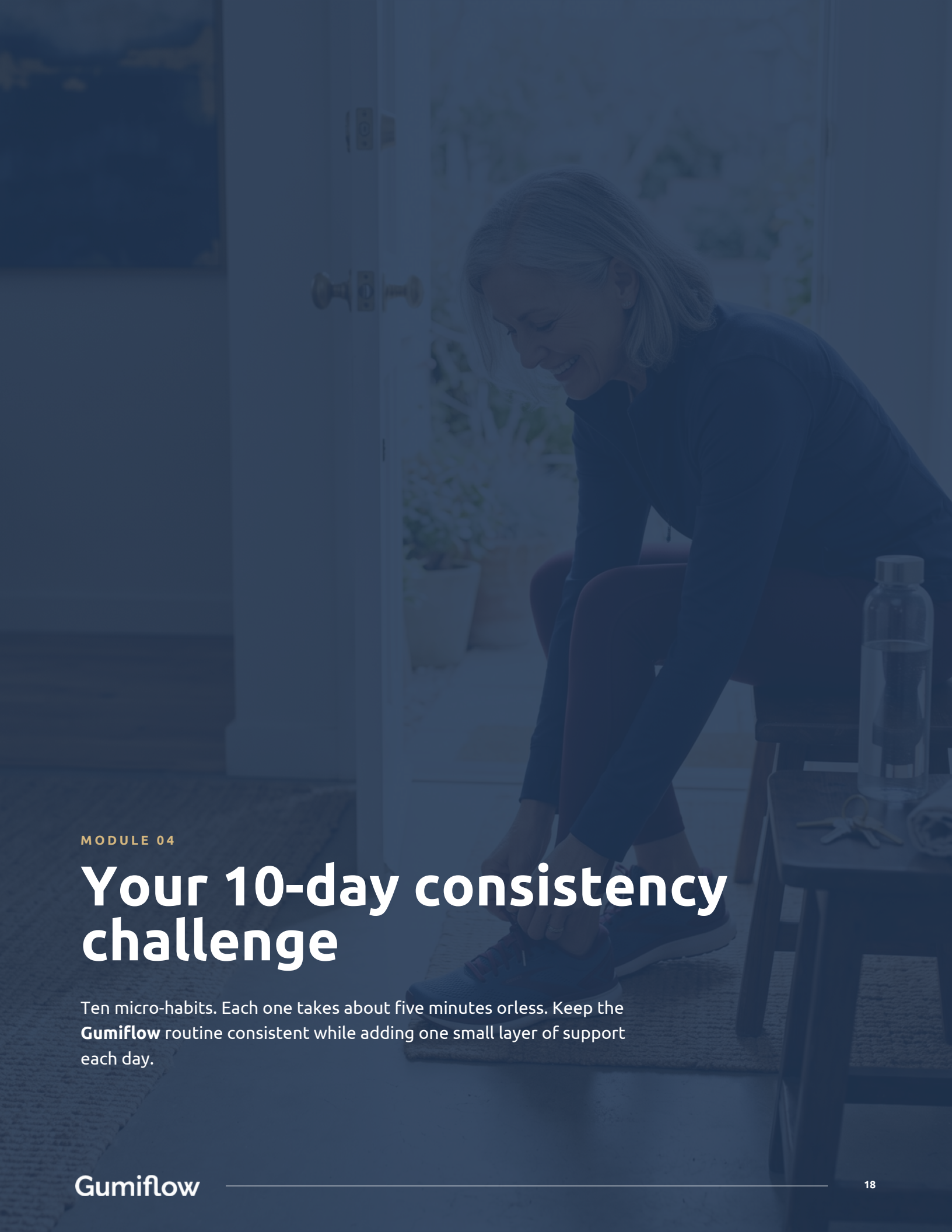
Daily signal	Day 1	Day 2	Day 3	Day 4	Day 5
Gumiflow + full glass of water	☐	☐	☐	☐	☐
Balanced meal rhythm	☐	☐	☐	☐	☐
Gentle movement	☐	☐	☐	☐	☐
Relaxation pause	☐	☐	☐	☐	☐
Wind-down routine	☐	☐	☐	☐	☐

Circle empty
 The action did not happen today.

Circle half
 The action happened in a smaller version.

Circle full
 The planned version was completed.

What pattern do I notice?



MODULE 04

Your 10-day consistency challenge

Ten micro-habits. Each one takes about five minutes or less. Keep the **Gumiflow** routine consistent while adding one small layer of support each day.

CHOOSE THE VERSION THAT FITS

| Morning or afternoon routine

Use one meal window consistently. Both options follow the product label: two gummies approximately 30 minutes before the meal with a full glass of water.



Morning version

APPROXIMATELY 5 MINUTES

1. Fill a glass with water.
2. Take Gumiflow as directed.
3. Mark the day complete.
4. Choose one balanced element for breakfast.
5. Take three calm breaths before eating.



Afternoon version

APPROXIMATELY 5 MINUTES

1. Pause before the afternoon meal.
2. Fill a full glass of water.
3. Take Gumiflow as directed.
4. Relax shoulders and jaw.
5. Mark the routine complete.



Choose one version for the challenge. Keeping the same cue for ten days will give you a clearer picture of what supports follow-through.

A clear sequence reduces friction



Prepare water

Use the full glass as the opening signal.

START



Take Gumiflow as directed

Two gummies, or follow professional guidance.

30 MIN BEFORE



Eat a balanced meal

Include nourishing foods appropriate for you.

MEAL



Add brief movement

Walk, stretch or move gently during the day.

LATER



Use a reset pause

Slow your breathing before stress builds.

AS NEEDED



Close the day gently

Review without judgment and prepare tomorrow's cue.

EVENING



Repeatable beats elaborate. Keep the sequence stable and let the exact details remain flexible.

Days 1–5: make the routine visible

DAY
01

Choose your cue

Write the meal window you will use and place the bottle in its safe routine location.

DAY
02

Water first

Fill the full glass before handling the product. Keep this order for the rest of the challenge.

DAY
03

Add five calm breaths

Relax the jaw and shoulders while breathing naturally before your meal.

DAY
04

Move for three minutes

Walk a familiar route or choose comfortable seated mobility.

DAY
05

Build one balanced plate

Add a practical source of protein, fiber or produce to one meal.

Part-one check-in

My easiest cue

Which moment required the least effort?

My main obstacle

What made the routine harder?

One adjustment

What will I change for days 6–10?

Notes:



Part-one focus: make the routine visible before trying to make it impressive.

Days 6–10: strengthen the whole routine

DAY
06

Prepare tomorrow today

Set out your cup or refill your water bottle before ending the day.

DAY
07

Create a screen boundary

Choose five screen-free minutes before sleep or during your meal.

DAY
08

Use a posture reset

Plant both feet, sit tall without stiffness and lower your shoulders.

DAY
09

Take a slow hydration break

Drink water without multi tasking and notice your breathing pace.

DAY
10

Choose what continues

Select the three habits you want to carry into the next two weeks.

My three continuing habits

1. _____

2. _____

3. _____

My preferred routine window

Morning / Afternoon

Why it works for me:



Completing the challenge does not mean every day was perfect. It means you practiced returning.

Your minimum effective care routine



A smaller routine protects continuity when the full version feels unrealistic.

- ☐ Use Gumiflow according to the product directions and your professional guidance.
- ☐ Drink the full glass of water.
- ☐ Eat something nourishing that fits your needs and situation.
- ☐ Take five slow breaths with both feet supported.
- ☐ Move for one comfortable minute or rest intentionally.

Resume, do not compensate

Do not double the product dose to makeup for a missed day. Return to the label directions and seek professional advice when needed.

Pause and ask for guidance

Contact a qualified healthcare professional when you have questions about medication, medical conditions, pregnancy or nursing, or when symptoms are new, severe, persistent or concerning.

| The five ideas to carry forward



Consistency creates the path

One repeatable cue is more useful than a complicated system you avoid.



Water belongs to the routine

The full glass supports the suggested use and makes the sequence more intentional.



The product is one part

Balanced food, sleep, relaxation and movement create the wider wellness context.



Patterns matter more than moments

Review weekly trends instead of judging one isolated day.



The most important skill is returning

Missed routine shappen. Resume with the next appropriate dose and the smallest useful habit. Consistency is built through return, not flawless execution.

The habit I am most ready to continue: _____

CONCLUSION

| Your next step is simple: continue

You do not need to redesign your entire life to create a stronger wellness rhythm.

Keep your chosen Gumiflow time visible. Pair the product with the full glass of water. Support the routine with balanced meals, appropriate movement, quality rest and short moments of relaxation.

Then give yourself enough perspective to notice patterns. Some days will feel easy. Others will require the minimum version. Both can belong to a consistent journey.

Small actions, repeated with care, can become a dependable part of how you support yourself.

- ☐ Continue to follow the product label and consult a healthcare professional whenever your health situation or questions require individual guidance.



My next 14-day intention:



Gumiflow

Keep the routine clear. Keep the next step small.

Gumiflow is designed to complement a balanced daily routine. Use as directed and combine it with hydration, nourishing food, appropriate movement, rest and professional guidance when needed.

WELLNESS IS BUILT THROUGH CONSISTENCY

This material is educational and is not intended to diagnose, treat, cure or prevent disease. Follow the product label and consult a qualified healthcare professional for individual advice.

Gumiflow