

NERVETIDE



**Each ingredient has been carefully selected
to support your unique needs**

Hello! We are so happy to have you with us.

FIRST OF ALL, CONGRATULATIONS ON YOUR DECISION!

Choosing **Nervetide** is more than just buying a supplement; it is taking an important step towards pain relief, well-being and reconnecting with a more relaxed life. This guide was created especially to accompany you in this new phase.

We know how much the symptoms of neuropathy can affect your daily life, and that is why **Nervetide** was developed with such care. Each ingredient was chosen with your needs, comfort and long-term health in mind.

More than just a product, **Nervetide** is a constant support in your routine. It was designed to adapt to you — to your body, your history, your pace. And from now on, you are not alone on this journey. We are here to walk with you, step by step, until relief and quality of life become a natural part of your daily life.



| Welcome!

We are so happy to have you with us on this journey of caring for your nervous health. Thank you very much for trusting **Nervetide**.

By choosing this supplement, you have taken an important step towards alleviating the symptoms of neuropathy, improving your quality of life and strengthening your nervous system.

Nervetide was developed with carefully selected ingredients, designed with your specific needs in mind. We know that every body is unique and, therefore, the supplement can be adjusted according to your individual characteristics, such as height, weight and lifestyle. This guide was created especially for you, with simple and practical guidelines to accompany you at each stage of your journey.

Welcome

How to Use Nervetide



- **Recommended Dosage:** Take two (2) capsules daily with an 8 oz glass of water.



- **Ideal Time:** Take preferably 20-30 minutes before a meal or as directed by your physician.



- **Consistency is Key:** Regular use is essential to achieve significant results. Maintain this routine daily so that the ingredients can work effectively in the body.



Health Practices that Boost Results



Eat well:

- Include foods rich in antioxidants (such as red fruits and dark green vegetables);
- Eat fish and seeds that provide omega-3;
- Choose foods with B vitamins, such as eggs, spinach and beans.



Move your body:

- Activities such as light walks, yoga and stretching help improve circulation and nerve recovery.



Drink water and sleep well:

- Hydration is essential to keep bodily functions in balance;
- Quality sleep favors the regeneration of the nervous system.



Tips to Boost Results



- **Practice self-care:** Meditation, deep breathing, and relaxation can help reduce stress, a factor that can worsen neurological symptoms.



- **Track your progress:** Keep a short weekly log of how you're feeling, identifying improvements and adjustments needed in your routine.



Extra tips

Ongoing Support — We're With You!

If you have any questions or need support:

✉ contact@customercs.com.

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

Remember: you have made a courageous and conscious decision to take care of your neural health. Be patient with the process and trust that with consistency and the right care, you will see real improvements in your well-being. We are with you every step of the way.



We are with you

NERVETIDE