



Retikora

SUPPORTS HEALTHY HAIR, SKIN, AND NAILS*



Supports Fat And Carbohydrate Metabolism*

Promotes Cellular Energy Production*

60
CAPSULES

Dietary Supplement

Personalized Usage Guide
Maximize Your Retikora Results
Introduction

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



FIRST OF ALL, CONGRATULATIONS ON YOUR DECISION!

Choosing **Retikora** is more than simply adding a supplement to your routine — it's a meaningful step toward strengthening your hair, skin, and nails from the inside out, with care, consistency, and confidence.

This guide was created especially to support you in this new phase. We understand how changes in hair density, weak nails, or tired-looking skin can affect self-esteem and overall well-being. That's why **Retikora** was developed with such precision and intention. Every ingredient in its formula was carefully selected to nourish your body at a cellular level, supporting beauty, resilience, and long-term vitality.

More than just a product, **Retikora** is a daily ally in your routine. It was designed to adapt to you — to your body, your lifestyle, your rhythm, and your goals. And from this moment forward, you are not alone on this journey. We are here to guide you, encourage you, and walk alongside you step by step, until stronger hair, healthier skin, and more confident beauty become a natural part of your everyday life.



| Welcome!

Welcome to your personalized usage guide for **Retikora**. This e-book was created to help you extract the maximum benefits from the supplement through correct dosage, ideal timing, and supportive daily habits.

By following this guide, you will learn:

- ✓ How to take **Retikora** correctly
- ✓ When to take it for optimal absorption
- ✓ Which habits accelerate visible results
- ✓ What to realistically expect in the short, medium, and long term

This is not just a supplement guide. It is a practical manual designed to help you see and feel results from the very first weeks.

Module 1 — Understanding Retikora's Active Ingredients

Retikora is formulated with a strategic combination of nutrients that work together to support hair, skin, and nail health from the inside out.

Biotin

Essential for keratin production, biotin supports:

- ✓ Stronger hair strands
- ✓ Reduced breakage
- ✓ Healthier nails
- ✓ Improved skin texture





Vitamin C

A powerful antioxidant that:

- ✓ Supports collagen synthesis
- ✓ Protects cells from oxidative stress
- ✓ Improves skin firmness and brightness

Vitamin B3 (Niacin)

Contributes to:

- ✓ Improved circulation
- ✓ Nutrient delivery to hair follicles
- ✓ Balanced skin barrier function



Vitamin B5 (Pantothenic Acid)

Known for:

- ✓ Supporting hair strength
- ✓ Reducing dryness
- ✓ Helping maintain skin hydration



Vitamin B6

Plays a key role in:

- ✓ Protein metabolism
- ✓ Hormonal balance
- ✓ Supporting healthy hair growth cycles

Zinc

A fundamental mineral for:

- ✓ Hair follicle health
- ✓ Nail strength
- ✓ Skin repair and renewal



Horsetail Extract (Equisetum arvense)

Naturally rich in silica, it supports:

- ✓ Hair thickness
- ✓ Nail resistance
- ✓ Skin elasticity

Synergistic Action

These ingredients work together to nourish cells, improve nutrient absorption, and promote visible improvements when used consistently.

Module 2 — Best Times & Dosage for Maximum Absorption



Recommended Dosage

- Take two (2) capsules daily.



Best Time to Take Retikora

- Preferably in the morning or early afternoon
- Can be taken together or split (1 capsule in the morning, 1 later in the day)



With or Without Food?

- Take with meals for better absorption
- Meals containing healthy fats (avocado, olive oil, nuts) enhance nutrient uptake



Building Consistency

- Take Retikora at the same time every day
- Pair it with an existing habit (breakfast or lunch)
- Set reminders if needed

Consistency is the single most important factor for results.

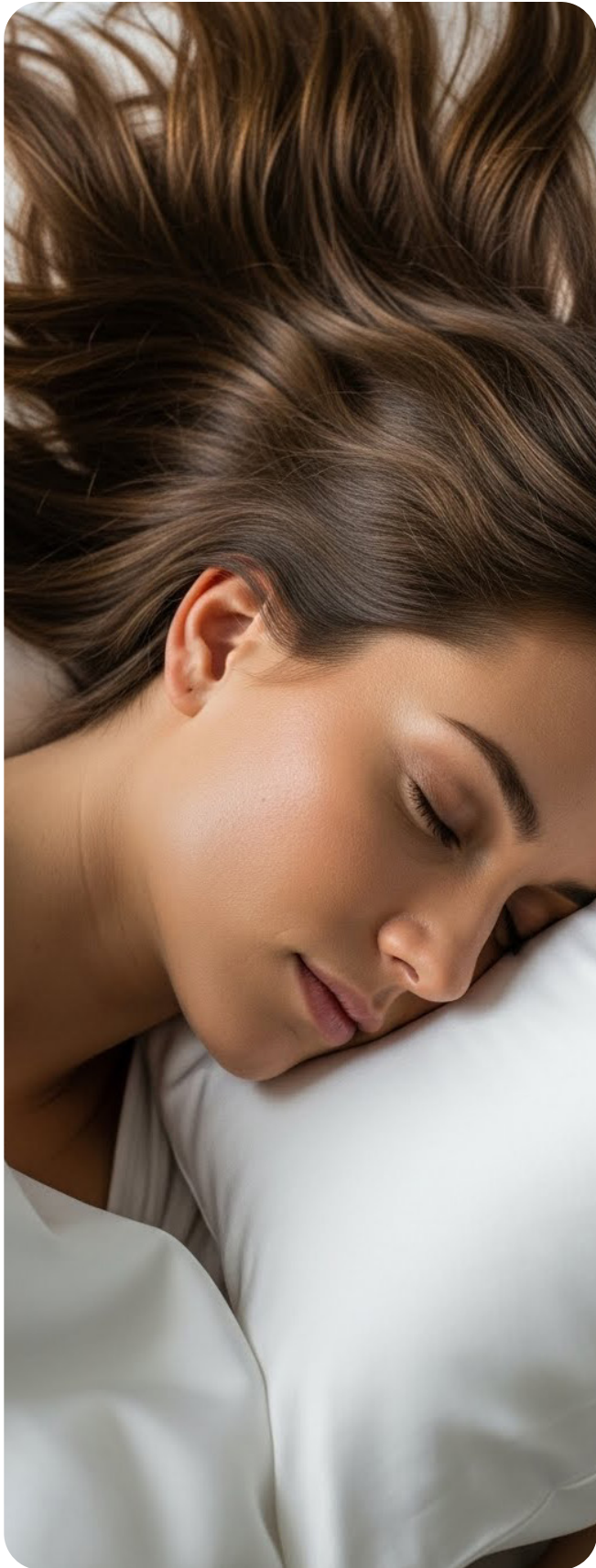




Module 3 — Complementary Habits That Boost Results

Hydration & Nutrition

- ✓ Drink adequate water daily
- ✓ Prioritize protein-rich foods
- ✓ Include fruits, vegetables, and healthy fats



Sleep & Recovery

- ✓ Aim for 7–9 hours of quality sleep
- ✓ Cellular repair and hair growth occur during rest

External Care

- ✓ Use gentle hair products
- ✓ Avoid excessive heat styling
- ✓ Moisturize skin regularly
- ✓ Keep nails trimmed and hydrated





What to Avoid

- ✓ Excessive stress
- ✓ Poor sleep habits
- ✓ Highly processed foods
- ✓ Smoking and excessive alcohol consumption

These factors can slow or compromise results.



Module 4 — Your Results Timeline

First Weeks (1–3 weeks)

- ✓ Improved nail strength
- ✓ Reduced hair shedding
- ✓ Better skin hydration



30 Days

- ✓ Stronger hair texture
- ✓ Healthier nail growth
- ✓ More balanced skin appearance



60 Days

- ✓ Visible hair growth improvements
- ✓ Reduced breakage
- ✓ Nails grow faster and stronger



90 Days

- ✓ Noticeable improvements in hair density
- ✓ Skin appears firmer and more radiant
- ✓ Long-term structural support established



Signs Retikora Is Working

- ✓ Less hair fall during washing or brushing
- ✓ Nails breaking less frequently
- ✓ Skin feels smoother and more resilient

Final Notes

Retikora delivers its best results when used consistently, every single day, as part of a balanced and intentional routine. While each body responds at its own pace — influenced by factors such as age, lifestyle, nutrition, and metabolism — the benefits of **Retikora** are progressive and cumulative when the protocol is followed correctly.

This is not an instant solution, but a process of nourishment and rebuilding from within. By committing to daily use and supporting your body with healthy habits such as proper hydration, quality sleep, and balanced nutrition, you create the ideal environment for visible and lasting improvements in hair, skin, and nails.

Trust the routine. Trust the process. Give your body the time it needs to absorb, adapt, and respond.

Real transformation is built through consistency — one day, one dose, and one healthy choice at a time.

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.





Retikora