

| 10-day challenge

Your 10-day VertiBalance consistency challenge

This short challenge helps you put the guide into practice right away. The goal is not perfection. The goal is ten days of structured support so you can notice patterns, strengthen the habit, and build momentum.

► How to use the challenge

- 1-Take one capsule daily at the same time each day.
- 2-Drink water intentionally throughout the day.
- 3-Complete one short balance exercise session daily.
- 4-Write one sentence each evening about your steadiness, energy, or confidence.
- 5-Review your notes on Day 10 to identify early changes and useful patterns.



► Day 1 — Set the baseline

Take your first capsule at your chosen time. Record how you feel before starting, including any dizziness, instability, movement sensitivity, hydration level, sleep quality, and stress level.



► Day 2 — Strengthen the anchor

Use the same time as Day 1. Place your bottle in a visible location and add one reminder so the habit becomes easier to repeat tomorrow.



► Day 3 — Support with hydration

Pair Verti Balance with a full glass of water and carry a water bottle for the rest of the day. Notice whether better hydration changes how steady or alert you feel.

► Day 4 — Add movement awareness

Complete one simple exercise from Module 4. Keep it short and controlled. Pay attention to confidence rather than difficulty.



► Day 5 — Improve your evening routine

Support your progress by protecting your sleep. Reduce overstimulation at night and aim for a more restful bedtime.



► Day 6 — Refine your meals

Build meals around hydration, protein, and produce today. Reduce excess salt, excess caffeine, or other patterns that tend to leave you feeling worse.





► Day 7 — Notice movement confidence

Pay attention to daily tasks such as standing up, turning around, walking, or climbing stairs. Even small gains in confidence are worth recording.



► Day 8 — Repeat what helps

Choose the single habit that made the biggest difference so far and repeat it deliberately today alongside your supplement routine.



► Day 9 — Reduce one trigger

Identify one habit or pattern that may be worsening your steadiness, such as dehydration, rushing, poor sleep, or excessive stimulation, and reduce it today.



► Day 10 — Review your progress

Take your capsule, complete a short exercise, and review your notes from the last ten days. Look for trends in steadiness, confidence, triggers, energy, and consistency.

► What to write in your 10-day notes

- How steady did I feel today compared with Day 1.
- What helped me feel more stable today.
- What seemed to worsen discomfort or instability.
- Did I take my capsule on time today.
- How was my hydration, sleep, and stress level today.

What success looks like after 10 days

Success is not measured only by symptoms. Success also means you now have a reliable routine, better self-awareness, and clearer insight into the habits that support your balance.

► FAQs

How many capsules should I take each day

The recommended use is one capsule daily unless your product label or healthcare professional directs otherwise.

When is the best time to take Verti Balance

Morning is often the easiest and most consistent choice, but the best time is the one you can maintain every day with minimal disruption.

Can I take it with food

Yes. Many people prefer taking it with breakfast, although it may also be taken without food unless you have been advised differently.

How long should I use it before expecting results

Consistency matters. Some people notice early improvements in routine confidence or movement tolerance within the first few weeks, while broader progress is often evaluated over 30, 60, and 90 days.

What if I miss a day

Return to your regular routine the next day. Do not turn a missed day into a pattern. Re-establishing consistency is the priority.

Do I still need healthy habits if I am taking Verti Balance

Yes. Hydration, sleep, nourishing meals, stress management, and gentle movement all help reinforce the support that Verti Balance is designed to provide.

Can exercises really make a difference

Simple balance and vestibular exercises can help build movement confidence and postural control when practiced safely and consistently. They are often most effective when combined with a stable routine.

Should I stop if I do not feel immediate changes

Not necessarily. Support often builds gradually. Give your body enough time and combine the supplement with the habits outlined in this guide so you can evaluate progress fairly.

Is it normal for progress to vary from day to day

Yes. Sleep, hydration, stress, movement, and daily demands can influence how steady you feel. Look for overall trends instead of judging your progress from a single day.

When should I seek professional support

If symptoms are severe, sudden, worsening, or associated with fainting, hearing loss, severe headache, chest pain, confusion, or other concerning signs, seek medical care promptly.

Ongoing Support — We're 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!

Verti Balance works best when it becomes part of a structured daily rhythm rather than a random attempt at relief. If you use this guide well, you will not only take your capsule consistently. You will also support your body with better hydration, smarter routines, more restorative sleep, and simple movements that reinforce stability.



That combination is where real progress begins.

- One capsule daily.
- A consistent time and habit anchor.
- Hydration and balanced nutrition.
- Sleep and stress support.
- Short, safe balance exercises.
- Patience across weeks and months.

Even if your progress feels slow at first, do not underestimate what repeated support can do. Each day of consistency gives your body another opportunity to move toward better steadiness and greater confidence. Keep the routine simple. Keep it daily. Keep observing what helps. The path to better balance is often built through ordinary actions done with extraordinary consistency.

Your steady routine starts now

Take today's capsule, drink your water, choose one supportive habit from this guide, and begin. Better balance is supported one day at a time.

A woman with shoulder-length brown hair is seated at a white table, looking down at a closed notebook. She is wearing a white cardigan over a dark top. On the table, next to the notebook, is a small white plate with a single yellow slice of food. The background shows a window with sheer curtains and some greenery outside. The overall lighting is soft and natural.

VERTI
BALANCE