

# VERTI BALANCE



Supports Balance and Equilibrium\*



Supports The Body's Natural Sense Of Equilibrium\*



Helps Maintain Normal Vestibular System Function\*



Support, Balance and Equilibrium



Support, The Body's Natural Sense of Equilibrium



Helps Maintain Normal Vestibular System Function

60  
CAPSULES

Dietary  
Supplement

60  
CAPSULES

Dietary  
Supplement



# You deserve to feel steady, safe, and confident in your body. And that journey begins now.

## YOU DID NOT ARRIVE HERE BY ACCIDENT.

By choosing Verti Balance, you are choosing far more than a supplement — you are choosing to support your body, your confidence, and your quality of life. It is a decision to move through your days with greater ease, to feel more secure in every step, and to reconnect with the sense of freedom that comes from feeling balanced and well.

Verti Balance was created for you — for your routine, your challenges, and your goals. It is not just another product. It is a personalized ally designed to support your body's natural balance function, helping you care for your vestibular wellness with consistency and intention.

This is about more than physical stability. It is about feeling calmer when you stand, more confident when you walk, and more in control of your everyday life. It is about trusting your body again.

And you are not doing this alone. With every capsule and every step forward, Verti Balance is here to support your journey toward greater steadiness, comfort, and confidence.

Believe this: you already have the strength to create the progress you have been hoping for.

Welcome to a more balanced version of you.



## Important note before you begin

Verti Balance is designed to support wellness and daily balance function. It is not a substitute for medical diagnosis, treatment, or emergency care. If you have persistent dizziness, fainting, hearing changes, chest pain, severe headaches, or sudden neurological symptoms, seek professional care promptly.

## ► Introduction

Balance is not just about walking without stumbling. It influences how safely you move, how independent you feel, how confidently you navigate your day, and how comfortable your body feels during even simple tasks. When balance feels off, everything can become more stressful. Standing up, turning your head, climbing stairs, exercising, driving, shopping, and even showering may start to require extra effort and caution. That is why supporting the systems behind balance can have a meaningful effect on quality of life. Better balance often supports greater mobility, less fear of movement, more confidence in daily activities, and a stronger sense of physical control.

This guide helps you do more than simply take a supplement. It shows you how to build a full support routine around Verti Balance so that your body has the best possible environment for steady, consistent progress. By the end of this e-book, you will understand the daily use strategy, the timing and dosage guidelines, the habits that can strengthen your results, simple exercises that may help improve stability, and what kind of recovery journey to expect in the first weeks and months.



## ► What you will learn

- How Verti Balance supports vestibular function, circulation, and nerve health.
- The best time of day to take your capsule and how to stay consistent.
- Which foods, hydration habits, sleep habits, and stress habits can support balance recovery.
- Simple movement practices that may help train stability and reduce discomfort.
- How to track changes over 10 days, 30 days, 60 days, and 90 days.

## ► How to use this guide

- 1 - Read the guide once from beginning to end so you understand the full recovery framework.
- 2 - Choose a fixed daily time for Verti Balance before you finish Module 2.
- 3 - Begin at least one hydration habit, one sleep improvement, and one exercise from this guide during your first week.
- 4 - Use the 10-day challenge later in the guide to reinforce consistency and observe early changes.

## Your progress is built through repetition

Small actions performed every day often create more lasting results than intense efforts performed only once in a while. The purpose of Verti Balance is best supported by daily consistency.



## ► Module 1 — How Verti Balance Works

### Understanding the balance system

Your sense of balance depends on communication between several systems at once. The inner ear helps detect motion and spatial orientation, the eyes help interpret your environment, the nervous system transmits signals, and the muscles and joints help your body respond and stabilize.

If one part of this communication chain becomes stressed, undernourished, or poorly regulated, you may notice sensations such as dizziness, instability, swaying, disorientation, or discomfort with movement.

Verti Balance is designed to support the body systems that contribute to steadiness by focusing on three major areas: vestibular support, vascular support, and nerve support.



## ► Vestibular support and body orientation



The vestibular system, located in the inner ear, plays a central role in helping you perceive motion, position, and head movement. It sends information to the brain so your posture, eye movements, and body adjustments remain coordinated. When vestibular function is under strain, the brain may receive confusing or incomplete information. This can lead to symptoms such as feeling off-balance, unsteady during turns, or sensitive to quick head motion. The supportive nutrients in Verti Balance are intended to help the body maintain healthy function in this communication pathway, especially when combined with habits that reduce physical stress and improve circulation.



## ► The link between circulation and balance

Healthy circulation matters because tissues involved in balance rely on a steady supply of oxygen and nutrients. When blood flow is well supported, the body is better able to nourish delicate structures, transport key compounds, and maintain cellular function.

This is especially relevant for people who feel that fatigue, dehydration, tension, or poor overall vitality make their balance feel worse. Supporting circulation may help create a better internal environment for steadiness and recovery.

Verti Balance works best as part of a broader approach that encourages hydration, movement, rest, and daily routine stability.



## ► The role of nerve function in stability



Balance is not purely mechanical. It is neurological. Your brain and nerves must constantly receive, interpret, and respond to information from the body and the environment.

Healthy nerve signaling supports faster adjustment, smoother posture corrections, and better coordination between movement and perception.

When the nervous system is stressed by poor sleep, chronic stress, dehydration, or nutritional gaps, the body may feel more reactive and less stable. Supporting nerve health helps reinforce more reliable communication.



## ► How synergy supports better results

Verti Balance is not about one isolated action. The value of a balanced formula comes from synergy, which means the ingredients support different aspects of the same goal at the same time.

Instead of focusing on only one pathway, the formula is designed to contribute to a more complete support strategy for balance by working across circulation, neural support, and vestibular wellness.

This is why consistent daily use matters. Synergy becomes more meaningful when the body receives steady support over time rather than occasional, irregular exposure.



### **What support may feel like in daily life**

- Feeling less hesitant when standing up or changing direction.
- Greater confidence while walking through busy or visually stimulating environments.
- Reduced sensitivity to quick head movement or positional changes.
- A more stable sense of posture during routine activities.
- Better tolerance for movement when combined with proper rest and hydration.

## **Think of support as a foundation**

Verti Balance helps create a more supportive internal environment, but your daily choices determine how effectively that foundation is used. Food, hydration, sleep, stress, and movement all influence your results.

### **How to set realistic expectations from the start**

- 1 - Expect gradual support, not instant transformation.
- 2 - Focus on subtle improvements first, such as better confidence, smoother transitions, or less discomfort during routine movement.
- 3 - Track your habits as carefully as you track your symptoms, because routine quality often explains why results improve.
- 4 - Commit to at least 90 days of consistent use unless your healthcare professional advises otherwise.

# ► Module 2 — Best Time and Dosage for Optimal Results



## The recommended daily dosage

The recommended use for Verti Balance is one capsule daily.

Taking more than the recommended amount does not automatically lead to better results. Consistency is more important than intensity. A steady, predictable routine allows the body to receive ongoing support and helps you track your response more clearly over time.



## The best time of day to take Verti Balance

For most people, the morning is the best time to take Verti Balance because it helps anchor the habit early in the day and reduces the chance of forgetting it later. Morning use also pairs well with hydration, breakfast, and a structured routine, which can make the supplement feel more integrated into your lifestyle instead of becoming a task you postpone. If mornings are consistently rushed for you, choose another time that is sustainable. The best time is the time you can maintain every day without interruption.



## Should you take it with food or without food

Verti Balance may be taken with or without food unless your personal healthcare provider has given you different instructions. Many people prefer taking it with breakfast because it is easier to remember and may feel gentler as part of a complete morning routine. If you choose to take it without food, pair it with a full glass of water and avoid rushing through the habit.



## How to build a routine that actually sticks

A supplement routine is easier to maintain when it is attached to something you already do every day. This is called habit anchoring. Rather than trying to remember Verti Balance at random, connect it to a reliable action such as brushing your teeth, filling your water bottle, making coffee, or sitting down for breakfast. The simpler the system, the more likely it is to last.



### Reliable habit anchors

- Place the bottle near your breakfast area, but always away from heat and moisture.
- Set a daily alarm with a clear label such as Take Verti Balance now.
- Pair the capsule with the first full glass of water you drink each morning.
- Use a weekly checklist if you enjoy visible progress tracking.
- Keep your refill schedule visible so you do not accidentally skip days.

### How to maximize absorption and consistency

- 1 - Take one capsule at approximately the same time each day.
- 2 - Drink enough water with it instead of swallowing it quickly and moving on.
- 3 - Avoid frequent switching between morning, afternoon, and evening unless necessary.
- 4 - Use reminders for the first 21 days until the routine becomes automatic.
- 5 - Keep the product stored according to label directions so quality is maintained.

### What to do if you forget a dose

If you forget a dose, resume your regular schedule the next day unless your product label or healthcare professional instructs you differently. Do not create a confusing routine by constantly trying to compensate for missed days. The better approach is to return to consistency immediately. One missed dose is not the end of your progress. Re-establishing the pattern quickly is what matters most.

## Consistency beats perfection

Most people do not fail because a product does not fit their needs. They fail because they never make the routine stable enough to evaluate it properly. Build a repeatable system first.

### A sample morning routine

- 1 - Wake up and drink a full glass of water.
- 2 - Take Verti Balance with breakfast or immediately after breakfast.
- 3 - Spend two minutes doing slow neck and posture awareness movements.
- 4 - Write one sentence in your balance journal about how steady you feel that morning.
- 5 - Begin your day without rushing head movements or sudden position changes.



## ► Module 3 — Habits That Support Balance Recovery

### Why lifestyle habits matter so much

Verti Balance works best in a body that is supported by healthy daily habits. If your sleep is poor, your hydration is low, your meals are inconsistent, and your stress is constantly elevated, your balance system may remain under unnecessary pressure.

That does not mean you need a perfect lifestyle. It means the more supportive your routines become, the easier it is for your body to respond well.

Think of your habits as amplifiers. Good habits can strengthen your progress, while disruptive habits may slow it down.

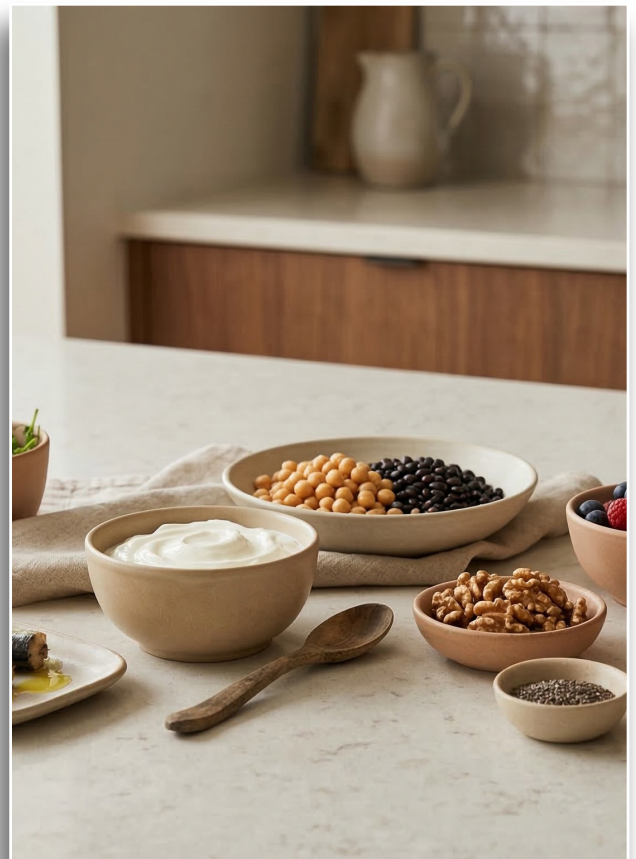


## Nutrition that supports circulation and nerve health

Your meals affect energy, circulation, inflammation, hydration balance, and nervous system resilience. A supportive eating pattern does not need to be complicated. It needs to be steady, nourishing, and realistic. Choose meals centered on whole foods, colorful produce, quality proteins, healthy fats, and mineral-rich ingredients whenever possible. Highly processed, overly salty, and overly stimulating patterns may make some people feel more bloated, tense, dehydrated, or reactive.

## Helpful food categories

- Leafy greens and colorful vegetables for broad micronutrient support.
- Omega-rich foods such as salmon, sardines, walnuts, and chia seeds for overall wellness support.
- Protein sources such as eggs, yogurt, beans, chicken, fish, or tofu to support daily stability and recovery.
- Fruit rich in water and antioxidants such as berries, oranges, kiwi, melon, and apples.
- Whole grains and fiber-rich foods to promote steadier daily energy.



# The importance of hydration for the vestibular system

Hydration is one of the simplest but most overlooked habits for people dealing with instability or dizziness. When you are underhydrated, your body may feel more fatigued, less resilient, and more sensitive to quick changes in position. Some people also notice that dehydration worsens lightheadedness and general discomfort. Drinking water consistently throughout the day is often more effective than drinking a large amount only once or twice.



## Easy hydration practices

- 1 - Begin the day with one full glass of water before coffee or tea.
- 2 - Keep a refillable bottle visible wherever you spend the most time.
- 3 - Drink small amounts regularly instead of waiting until you feel very thirsty.
- 4 - Increase hydration attention on hot days, travel days, and physically active days.
- 5 - Pair Verti Balance with water so the habit supports hydration automatically.

## Why sleep quality changes everything

Sleep affects the nervous system, recovery, stress regulation, focus, coordination, and physical resilience. When sleep quality is poor, the body often becomes more reactive and less steady. Many people notice that on days after poor sleep, they feel more foggy, less coordinated, or more sensitive to dizziness triggers. Improving sleep may not solve balance challenges alone, but it often creates a stronger base for other strategies to work.



### **Sleep-supportive habits**

- Keep a consistent bedtime and wake time as often as possible.
- Reduce bright screens before bed if they make it harder for you to fall asleep.
- Keep your sleeping environment dark, quiet, and cool.
- Avoid heavy meals and excessive stimulation close to bedtime.
- Create a wind-down pattern so the nervous system has a chance to settle.

### **What to avoid when supporting balance recovery**

Certain habits may interfere with balance comfort or recovery support for some people, especially when used in excess.

This does not mean every person reacts the same way. It means your goal is to reduce obvious stressors while observing how your body responds.

- Excess salt if it tends to make you feel swollen, dehydrated, or uncomfortable.
- Excess caffeine if it increases tension, shakiness, or sleep disruption.
- Alcohol if it worsens steadiness, dehydrates you, or disrupts recovery.
- Chronic unmanaged stress if it keeps your nervous system in a constant state of alert.
- Long stretches of inactivity that leave your body stiff and less responsive.

## **Observe patterns without becoming fearful**

Your goal is not to become anxious about every food or habit. Your goal is to notice what consistently helps you feel steadier and what repeatedly seems to make you feel worse.

### **A supportive day of habits**

- 1 - Take Verti Balance at your chosen time with water.
- 2 - Eat balanced meals that combine protein, produce, and hydration.
- 3 - Take short movement breaks instead of staying in one position for too long.
- 4 - Reduce overstimulation in the evening so sleep quality is protected.
- 5 - Write down one thing that improved your steadiness that day.



## ► Module 4 — Exercises That Improve Stability and Reduce Vertigo

### **Movement can retrain confidence**

Many people become more cautious after repeated episodes of dizziness or instability. This is understandable, but avoiding movement completely may gradually reduce confidence and body responsiveness.

Gentle, consistent exercises can help retrain coordination, posture awareness, and movement tolerance. They are not meant to replace personalized therapy when needed, but they can be a valuable addition to your daily routine. Always move carefully, stay near a stable surface if needed, and stop if an exercise feels unsafe.



## Exercise principles for better balance support

- ✓ Start slowly and prioritize control over intensity.
- ✓ Practice in a safe space with a wall, chair, or countertop nearby.
- ✓ Use short sessions daily rather than occasional long sessions.
- ✓ Keep your breathing steady instead of holding tension in the body.
- ✓ Track which movements become easier over time.



## Exercise 1 — Seated gaze stabilization

This exercise may help improve tolerance to head movement and support vestibular adaptation.

- 1 - Sit upright in a chair and choose a target at eye level in front of you.
- 2 - Keep your eyes fixed on the target.
- 3 - Turn your head slowly from side to side while keeping the target visually clear.
- 4 - Continue for 15 to 30 seconds, then rest.
- 5 - Repeat one to three rounds based on comfort.



## Exercise 2 — Supported weight shifting

This movement helps your body practice controlled balance adjustments in standing.

- 1 - Stand with your feet hip-width apart near a counter or sturdy chair.
- 2 - Shift your weight gently to the right foot without lifting the left foot.
- 3 - Return to center, then shift gently to the left.
- 4 - Move slowly and keep your shoulders relaxed.
- 5 - Practice for one to two minutes.



## Exercise 3 — Heel-to-toe standing practice

This exercise can help train postural control and narrow-base stability.

- 1 - Stand near a wall or stable surface.
- 2 - Place one foot directly in front of the other as if standing on a line.
- 3 - Hold the position for 10 to 20 seconds while breathing normally.
- 4 - Switch sides and repeat.
- 5 - Use fingertip support if needed and reduce the challenge when necessary.



## Exercise 4 — Sit-to-stand control

This movement supports leg strength, posture transitions, and confidence during daily activities.

- 1 - Sit near the front edge of a sturdy chair.
- 2 - Place your feet flat on the floor and lean slightly forward.
- 3 - Stand up with control rather than momentum.
- 4 - Pause, then sit back down slowly.
- 5 - Repeat five to ten times, resting as needed.

## Exercise 5 — Slow marching in place

This simple movement can improve coordination, rhythm, and postural awareness.

- 1 - Stand tall near a stable support.
- 2 - Lift one knee gently, then lower it.
- 3 - Alternate sides at a slow, controlled pace.
- 4 - Keep your torso upright and your gaze forward.
- 5 - Continue for 20 to 60 seconds.

### How to reduce discomfort during exercise practice

- Move your head slowly before increasing speed.
- Pause between exercises instead of rushing through them.
- Use a stable visual target if movement feels disorienting.
- Exercise earlier in the day if fatigue makes you feel more unstable later.
- Keep sessions brief but frequent to build tolerance gradually.

### A simple weekly exercise rhythm

You do not need a long workout plan to start benefiting from movement. A short, repeatable rhythm is often more realistic and more sustainable.

- 1 - Practice two exercises per day during your first week.
- 2 - Increase to three exercises per day if your body tolerates the routine well.
- 3 - Repeat your most comfortable exercise daily to build confidence.
- 4 - Keep one rest day or lighter day if your body feels overstimulated.

## Safety comes first

These exercises should feel controlled and manageable. If a movement causes intense discomfort, near-falls, or symptoms that concern you, stop and speak with a qualified professional.





## ► Module 5 — What to Expect: Your Balance Recovery Journey

### Progress is usually gradual

One of the most helpful mindsets during your Verti Balance journey is to expect steady progress rather than dramatic overnight change. For many people, improvement begins as a collection of small changes. You may feel a little more secure walking through your home, slightly less reactive to head turns, or more comfortable standing from a seated position. These smaller signs matter because they often indicate that your support routine is becoming effective.



## The first few weeks

During the first two to three weeks, your main objective is consistency. This is the stage where your daily dose, hydration, sleep quality, and movement habits begin working together.

You may or may not notice immediate changes in symptoms, but this period is still important because it establishes the foundation for later results.

Look for early indicators such as improved routine stability, more confidence in motion, better energy management, or fewer moments of hesitation during normal tasks.

## What 30 to 60 days may look like

By 30 to 60 days of consistent use, many people hope to notice more reliable steadiness, improved tolerance for movement, and reduced disruption from vertigo-like sensations. This stage is often where supportive habits begin to feel less forced and more natural. The body may benefit more fully because the routine is no longer inconsistent. You may also become more aware of your triggers and learn how to manage them earlier, which can make daily life feel more predictable.



## What 90 days may look like

After approximately 90 days of regular use, your goal is not perfection. Your goal is greater stability, more confidence, better control, and stronger long-term habits. At this point, many people are better able to judge what helps them, what aggravates symptoms, and how to maintain their progress.

This is also a good time to review your lifestyle patterns and decide which habits should remain permanent parts of your wellness routine.



### **Signs that your routine is moving in the right direction**

- You recover more quickly after positional changes.
- You feel less anxious about walking, turning, or moving through your day.
- Your body feels more organized and less reactive.
- You are following your routine with less effort and fewer missed days.
- You understand your triggers better and manage them more effectively.

### **How to maintain vestibular wellness long term**

- 1 - Keep Verti Balance as part of a consistent daily routine if it aligns with your wellness plan.
- 2 - Continue hydration, sleep, and movement habits even after you feel better.
- 3 - Revisit simple balance exercises during stressful or busy periods.
- 4 - Protect your progress by reducing habits that repeatedly worsen your steadiness.
- 5 - Use periodic self-checks so you notice changes early rather than waiting until you feel overwhelmed.

## **Do not underestimate cumulative progress**

When you feel only slightly better from one week to the next, it is easy to dismiss your improvement. But small weekly gains can become meaningful change over three months.

# | Desafio de 10 dias

## Your 10-day Verti Balance 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.



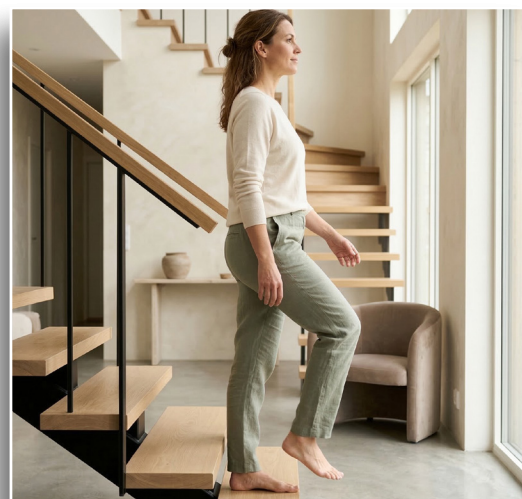
## ► Day 5 — Improve your evening routine

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](mailto: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 text 'VERTI BALANCE' is overlaid in the center of the image.

**VERTI**  
BALANCE