

Vital Green

Transform your digestive health
with simple habits and daily
support from **Vital Green**



You deserve to live with ease, comfort and well-being. And this transformation starts now

YOU DIDN'T GET HERE BY CHANCE.

Choosing **Vital Green** is more than just taking care of your digestion — it's a commitment to your health, your energy and your quality of life. It's waking up with more energy, feeling good in your own body and enjoying your days with more ease and balance.

Vital Green was designed especially for you — for your routine, your needs and your rhythm. It's not just a supplement: it's a daily ally, developed with natural ingredients that work in harmony with your body to restore intestinal flora, improve nutrient absorption and promote the proper functioning of your body from the inside out. And most importantly: you're not alone on this journey.

With each capsule, you take a concrete step towards more balanced intestinal health and a fuller life. And we'll be with you every step of the way, offering support, clarity and care. Believe me: taking care of your intestines is taking care of your well-being as a whole. Welcome to the beginning of a new phase — lighter, healthier and more natural.

Welcome to the Beginning of Your New Bowel Routine

Congratulations on choosing **Vital Green**! This decision shows that you are ready to take control of your intestinal health in a natural, effective and safe way.

Vital Green has been carefully formulated with natural ingredients that work in harmony with your body. It helps balance intestinal flora, improve nutrient absorption and regulate intestinal transit, promoting well-being and more energy in your daily life.

This guide was created to be your companion on this journey. Here you will find clear guidelines on how to use **Vital Green**, good complementary practices and tips to make the most of the benefits of the supplement.



Welcome

How to Use Vital Green



- **Recommended Dosage:**

Add 1 scoop (3.4g) per day to your preferred liquid, as directed on the label.



- **With what liquid?**

Mix in 240–480ml of water, juice or shake until fully dissolved.



- **Best Time:**

Take it at any time of day — morning is ideal to boost energy and start the day with nutrients.



- **Consistency is Key:** Regular use is essential to obtain the desired results in intestinal health.



Good Practices to Support Your Digestive Health

For Vital Green to work even more effectively, it is important to adopt some simple habits that strengthen your digestive health:



- **Eat Well:**

Choose foods rich in fiber such as fruits, vegetables, whole grains and legumes. They feed the good bacteria in your intestine.



- **Hydrate:**

Drink plenty of water throughout the day. Hydration is essential for regular intestinal transit.



- **Avoid Ultra-Processed Foods:**

Foods rich in refined sugars and trans fats harm your intestinal flora.



- **Move Your Body:**

Practicing physical activities, such as walking, yoga or stretching, improves intestinal function.



Good Practices

Tips to Boost Results



- **Observe Your Body's Signals:**

Notice how you feel after meals and throughout the day. Energy, mood and sleep quality are directly linked to intestinal health.



- **Reduce Stress:**

The intestine feels everything. Practices such as meditation, deep breathing and quality time help balance the gut-brain axis.



- **Sleep Well:**

Adequate sleep favors cellular regeneration and microbiota balance.



Contact Us Whenever You Need

If you have questions about using Vital Green or would like additional guidance on how to improve your digestive health, we are available:

✉ contact@customerco.com
+1 323-372-9581



Our support team is ready to listen and accompany you on this journey to wellness.

Remember: Gut health is the foundation for a lighter body, a clearer mind and a better quality of life. By using **Vital Green** every day and adopting small changes in your lifestyle, you are building a future with more vitality and well-being. Trust the process. Take care of yourself. Your body feels every choice. And you are choosing the best. Welcome to the beginning of a new phase. Welcome to **Vital Green**.



We are with you