



Vita Lust

Helps maintain hormonal balance during menopause*



A new chapter
for your body and self-esteem



Hello! We're truly happy to welcome you.

First, congratulations on your decision. Choosing Vita Lust is more than simply adding a supplement to your daily routine — it is a conscious step toward supporting your hormonal balance, emotional stability, and overall well-being during menopause. This phase of life is a natural transition, but that does not mean you have to accept discomfort as inevitable. Supporting your hormones is a proactive and intelligent act of self-care.

This guide was created to accompany you through this new chapter. We understand how hormonal fluctuations can influence mood, sleep, energy levels, focus, confidence, and even how you feel in your own body. That is why Vita Lust was developed with precision. Its botanical blend and essential micronutrients were carefully selected to work in harmony with your endocrine system — helping ease common menopausal symptoms while promoting steadier emotional and physical balance.

More than just a supplement, Vita Lust is a daily ally for this stage of transformation. It is designed to integrate naturally into your routine, supporting your body as it adapts and recalibrates. From this moment forward, you are not navigating this transition alone. This guide will support you step by step — helping you build stability, restore comfort, and reclaim a renewed sense of vitality and confidence in your everyday life.





| Introduction

Welcome to your Personalized Usage Guide for Vita Lust.

This guide was designed to help you maximize your results safely, intelligently, and consistently. Menopause is not a weakness — it is a biological transition. However, hormonal fluctuations during this phase can significantly affect physical comfort, emotional stability, energy levels, sleep quality, libido, and overall quality of life.

Supporting hormonal balance during menopause is not about “fighting” your body. It is about helping it adapt.

Inside this guide, you will learn:

- How the botanical and micronutrient blend works inside your body
- How to take the supplement correctly for optimal absorption
- Which foods and habits amplify the results
- What to realistically expect during the first days and weeks
- A structured 10-Day Kickstart Challenge to accelerate early improvements

This is your roadmap to hormonal stability, emotional clarity, and renewed vitality.





How Vita Lust Works

The Botanical Balance Blend

Vita Lust combines clinically studied botanicals and essential micronutrients designed to support hormonal modulation during menopause.



Ashwagandha

An adaptogenic herb that helps regulate cortisol (stress hormone). By lowering chronic stress response, it indirectly supports hormonal equilibrium, sleep quality, and emotional resilience.



Black Cohosh

Traditionally used to relieve hot flashes, night sweats, and mood fluctuations. It interacts with serotonin receptors, helping regulate temperature control and emotional balance.



Chasteberry (*Vitex agnus-castus*)

Supports pituitary signaling, which influences progesterone pathways. It contributes to hormonal rhythm stabilization and may reduce mood swings and breast discomfort.





Soy Isoflavones

Plant-based phytoestrogens that gently bind to estrogen receptors. They help compensate for declining estrogen levels, supporting relief from hot flashes and maintaining bone and cardiovascular health.

Vitamins & Minerals Support

The formula also includes targeted micronutrients that act as hormonal cofactors:

Vitamin D → Supports bone density and immune balance

Vitamin B6 → Assists neurotransmitter production and mood regulation

Zinc → Supports endocrine signaling and immune health

Pantothenic Acid (Vitamin B5) → Aids adrenal function and stress response

Together, these components create a comprehensive hormonal support matrix.





Best Time & Way to Take Vita Lust

Recommended Dosage



- Take 2 capsules daily.

Best Time of Day



You may take:

- Both capsules in the morning with breakfast

OR

- 1 capsule in the morning + 1 capsule in the evening

If you experience night sweats, taking one capsule in the evening may enhance overnight comfort.





With or Without Food?

Take with a meal to improve absorption and reduce potential gastric discomfort.



Tips to Improve Absorption

- Take consistently at the same time daily
- Pair with healthy fats (avocado, nuts, olive oil) to enhance nutrient bioavailability
- Avoid taking with excessive caffeine

Consistency drives hormonal adaptation.





Foods That Complement the Formula

Nutrition plays a major role in symptom intensity.

Phytoestrogen-Rich Foods

- Flaxseeds
- Tofu
- Tempeh
- Chickpeas
- Lentils

These may synergize with soy isoflavones.



Hormone-Supportive Nutrients

- Omega-3 fatty acids (salmon, sardines, chia seeds)

- Magnesium (pumpkin seeds, spinach, almonds)

- Fiber (vegetables, oats, whole grains)

Fiber supports estrogen metabolism and gut health.



| What to Limit

- Excess caffeine
- Alcohol
- Refined sugar
- Ultra-processed foods

These increase inflammation and may worsen hot flashes and mood instability.



LIMIT



I Hydration

Adequate hydration supports circulation, thermoregulation, and cognitive clarity.

Target: 2–2.5 liters of water daily.





Daily Habits That Accelerate Symptom Relief

Sleep Optimization

Poor sleep amplifies hormonal imbalance.
Aim for 7–8 hours per night.
Keep the bedroom cool to reduce night sweats.



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Daily Habits



| Exercise

Hormone-supportive movement includes:

- Yoga
- Brisk walking
- Light resistance training

Strength training helps preserve muscle mass and metabolic rate.





Stress Regulation

Chronic stress increases cortisol, which interferes with hormonal balance.

Effective strategies:

- Deep breathing (4-7-8 method)
- 10 minutes of meditation daily
- Journaling
- Scheduled self-care time





Managing Hot Flashes

- Dress in breathable layers
- Avoid spicy foods at night
- Keep cold water nearby
- Practice slow breathing during episodes





What to Expect: Your Hormonal Wellness Journey

Week 1 — Adaptation Phase

Your body begins adjusting to botanical compounds.
You may notice subtle improvements in sleep or mood.





Weeks 2–4 — Early Relief

Many women report:

- Fewer or less intense hot flashes
- More emotional stability
- Improved energy
- Better sleep continuity





After 30 Days — Consolidation

- Hormonal rhythms become more stable.
- Symptoms become less disruptive.
- Overall sense of well-being improves.





Long-Term Maintenance

- Continue daily supplementation
- Maintain supportive nutrition
- Stay physically active
- Prioritize stress management

Hormonal balance is built through consistency, not intensity.





| 10-Day Kickstart Challenge

Accelerate Your Results

This challenge helps your body adapt faster by combining supplementation with targeted habits.



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Challenge 10 Days

Day 1 — Commitment Reset

Take your first dose.
Set a fixed daily reminder.
Write down your current symptoms (baseline).



Day 2 — Hydration Focus

Increase water intake to 2+ liters.
Reduce caffeine by 25%.



Day 3 — Fiber Boost

Add 1 tablespoon flaxseed or a serving of legumes.



Day 4 — Movement Day

20 minutes of walking or light strength training.



Day 5 — Sleep Upgrade

Create a consistent bedtime routine.
Lower room temperature.



Day 6 — Stress Control

Practice 10 minutes of deep breathing or meditation.



Day 7 — Anti-Inflammatory Reset

Avoid sugar and ultra-processed foods today.



Day 8 — Omega-3 Support

Add a serving of fatty fish or chia seeds.



Day 9 — Emotional Check-In

Journal mood changes and symptom intensity.



Day 10 — Progress Review

Compare symptoms to Day 1.
Note improvements in sleep, mood, or hot flashes.

Commit to continuing for 30 days.



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!



Menopause is a transition — not a decline.

With structured supplementation, strategic nutrition, and supportive daily habits, hormonal balance can be stabilized and quality of life restored.

This guide is your structured framework.
Consistency is your greatest ally.



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We are with you



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