

GABAFlow

PERSONALIZED USAGE GUIDE

Gabaflow Mix Wellness Journey

A simple daily plan to support nerve wellness, comfort, mobility and consistent results — plus a practical 10-day challenge.



Small actions. Consistent care.

Build a routine that brings supplementation, hydration, movement, balanced meals and rest together.

A man with grey hair, wearing a grey crewneck sweater and light blue trousers, stands in a modern, brightly lit interior. He is holding a clear glass of water in his right hand and looking off to the side with a calm expression. The background shows a blurred view of a contemporary living space with large windows and indoor plants.

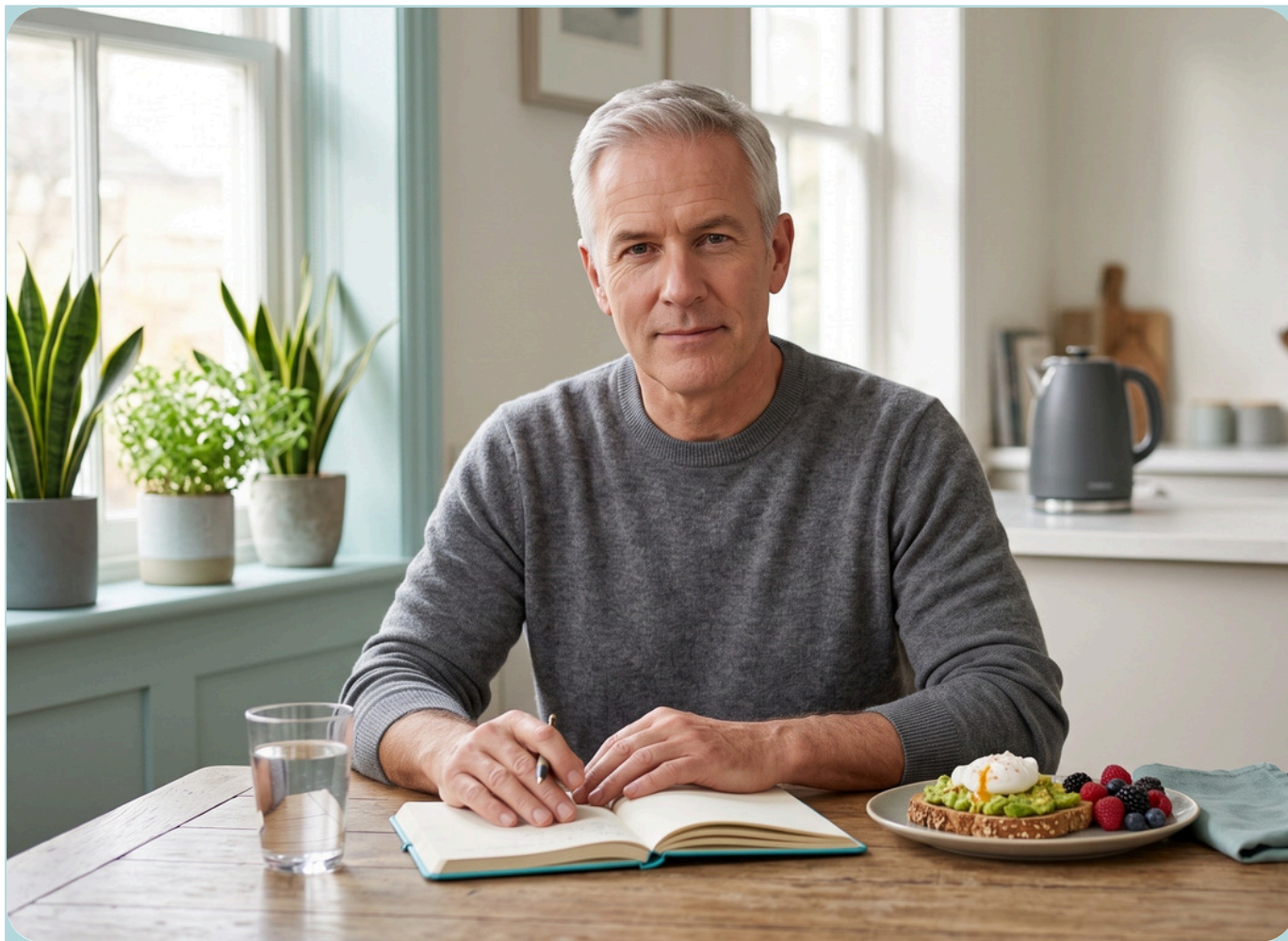
YOUR WELLNESS JOURNEY

A calmer way to build consistency

This guide turns your daily Gabaflow Mix routine into a clear, realistic system — one that can fit your pace, your meal and the way your day actually unfolds.

Support works best when your routine works with you

Nerve wellness is part of every day well being. It influences how comfortably you move, how connected you feel to your body and how confidently you approach ordinary activities.



Gabaflow Mix is designed to complement a broader wellness routine. The product is not meant to replace balanced meals, hydration, restorative sleep, stress care or guidance from a qualified healthcare professional.

The most useful approach is also the most sustainable: take the product as directed, connect it to a dependable daily cue and support that choice with small habits you can repeat.



Consistency creates context

Daily repetition gives you a clearer way to observe your own experience over time. Instead of judging a single day, look for gradual patterns across several weeks.

Four outcomes to carry into your day

You do not need to design your entire lifestyle. Use these pages to make the next useful choice easier.



Choose a dependable moment

Decide whether the morning or afternoon meal better fits your routine, then make that timing visible and repeatable.



Pair use with a full glass of water

Keep water in sight so hydration becomes part of the same cue instead of a separate task you may forget.



Build supportive daily habits

Use simple meals, gentle movement, calmer transitions and restorative sleep to support a more balanced routine.



Observe without overreacting

Notice comfort, mobility, energy, sleep and routine consistency. Focus on trends rather than expecting instant change.

A practical reading path

First: understand the foundation. **Next:** personalize your timing. **Then:** add supportive habits. **Finally:** complete the 10-day challenge and record what you notice.



Follow the product label and your healthcare professional's direction. If you are under medical care, taking medication, pregnant, nursing or managing a known condition, consult a qualified professional before use.

MODULE 01

The foundation of nerve wellness

Understand why comfort, mobility and consistent communication between brain and body belong to the same daily wellness conversation.

GABAFlow

Your nervous system helps the body stay connected

Everyday actions depend on clear communication between the brain, nerves and body.

This communication helps you notice sensation, coordinate movement, respond to your surroundings and complete familiar tasks. Nerve wellness is therefore not an isolated topic. It is connected to comfort, confidence and quality of life.

A nutritional supplement can be part of this picture by supporting a consistent wellness routine. Its role is complementary: the broader context still matters.



Communication

Signals help the brain and body coordinate everyday responses.



Movement

Comfortable motion depends on awareness, control and confidence.



Sensation

Body awareness helps you notice changes and respond appropriately.



Daily function

Small actions become easier to repeat when the routine feels manageable.



Create comfort through gentle, repeatable movement



Start small

One or two minutes of comfortable movement can be more useful than a demanding routine you avoid.



Move slowly

Use controlled motion. Avoid forcing range, speed or intensity when your body asks for a gentler pace.



Notice your response

Pay attention to comfort, balance, confidence and unusual sensations before deciding what comes next.

Progress does not need to feel dramatic. It needs to feel repeatable.

The daily foundation checklist

Use this as a quick scan. You are not aiming for a perfect day—only a supportive one.

1. Hydrate visibly

Keep a full glass or bottle of water where you will see it during your routine.

2. Eat with structure

Build meals around vegetables or fruit, protein, fiber-rich carbohydrates and healthy fats.

3. Move comfortably

Choose short walks, ankle circles, seated movement or gentle standing mobility.

4. Protect recovery

Create a calmer evening and give sleep a regular place in your schedule.

5. Reduce unnecessary pressure

Use breathing, pauses and realistic pacing instead of forcing productivity through stress.

6. Use Gabaflow Mix as directed

Connect the product to your chosen meal, a full glass of water and a consistent daily cue.

1

CHOSEN TIME

Morning or afternoon — keep it predictable.

2

GUMMIES DAILY

Follow the label or your professional's direction.

10

DAYS TO BEGIN

Use the challenge to make the routine easier to repeat.

Place Gabaflow Mix inside a complete routine



Adults: take two gummies daily, approximately 30 minutes before the morning or afternoon meal, with a full glass of water — or as directed by a healthcare professional.



Choose one daily anchor

Breakfast, lunch or another dependable meal cue can help reduce forgotten doses and decision fatigue.



Use a full glass of water

Prepare the water before the gummies so the complete routine is visible and ready.

Keep the routine responsible

Do not use more than directed. Store the product in a cool, dry place and keep it out of reach of children. Consult a qualified professional when the label advises you to do so.

MODULE 02

Personalize the timing, protect the habit

The “best” time is the one that fits the label direction and is easiest for you to repeat without rushing or forgetting.

Morning or afternoon? Choose the rhythm that stays visible

Both options can work. Your job is to reduce friction.

Morning may suit you when...

- Breakfast happens at a dependable time.
- You prefer completing wellness tasks early.
- Your morning environment is calm enough to remember water.

Afternoon may suit you when...

- Your mornings are rushed or inconsistent.
- Lunch or an afternoon meal is more predictable.
- You can prepare the product and water before the day becomes busy.



Use one simple reminder: place the bottle near a safe meal-preparation area, set a recurring phone reminder or pair the routine with filling your water glass.



Give the routine a stable base



Hydration is a visible cue

A full glass of water is part of the label direction and can also become the opening signal for your wellness routine. Prepare it first.

- ✓ Fill the glass before taking the gummies.
- ✓ Keep water available through the rest of the day.
- ✓ Adjust intake to your needs and professional advice.

Meals create predictability

A consistent meal helps you organize timing. It also supports a broader approach to energy, recovery and daily wellbeing.

- ✓ Include protein and fiber when practical.
- ✓ Add vegetables, fruit or other whole foods.
- ✓ Avoid making one “perfect” meal the condition for consistency.

Remember: Gabaflow Mix is designed to complement healthy habits. It does not replace food, water, sleep, movement or individualized care.

Replace fragile plans with dependable cues

A routine of ten fails because it asks you to remember too much. Build the cue into the environment instead.

INSTEAD OF

Relying on memory

- Keeping the bottle hidden in a cabinet.
- Changing the timing every day.
- Waiting until the day feels “perfect.”
- Taking the gummies without preparing water.
- Judging the entire experience from one day.

TRY THIS

Designing the cue

- Use one safe, visible routine location.
- Choose the same meal window most days.
- Keep a fallback plan for busy days.
- Fill the glass first, then take the gummies.
- Review patterns weekly rather than daily.



One place

Store the product safely near the place where your routine begins.



One meal cue

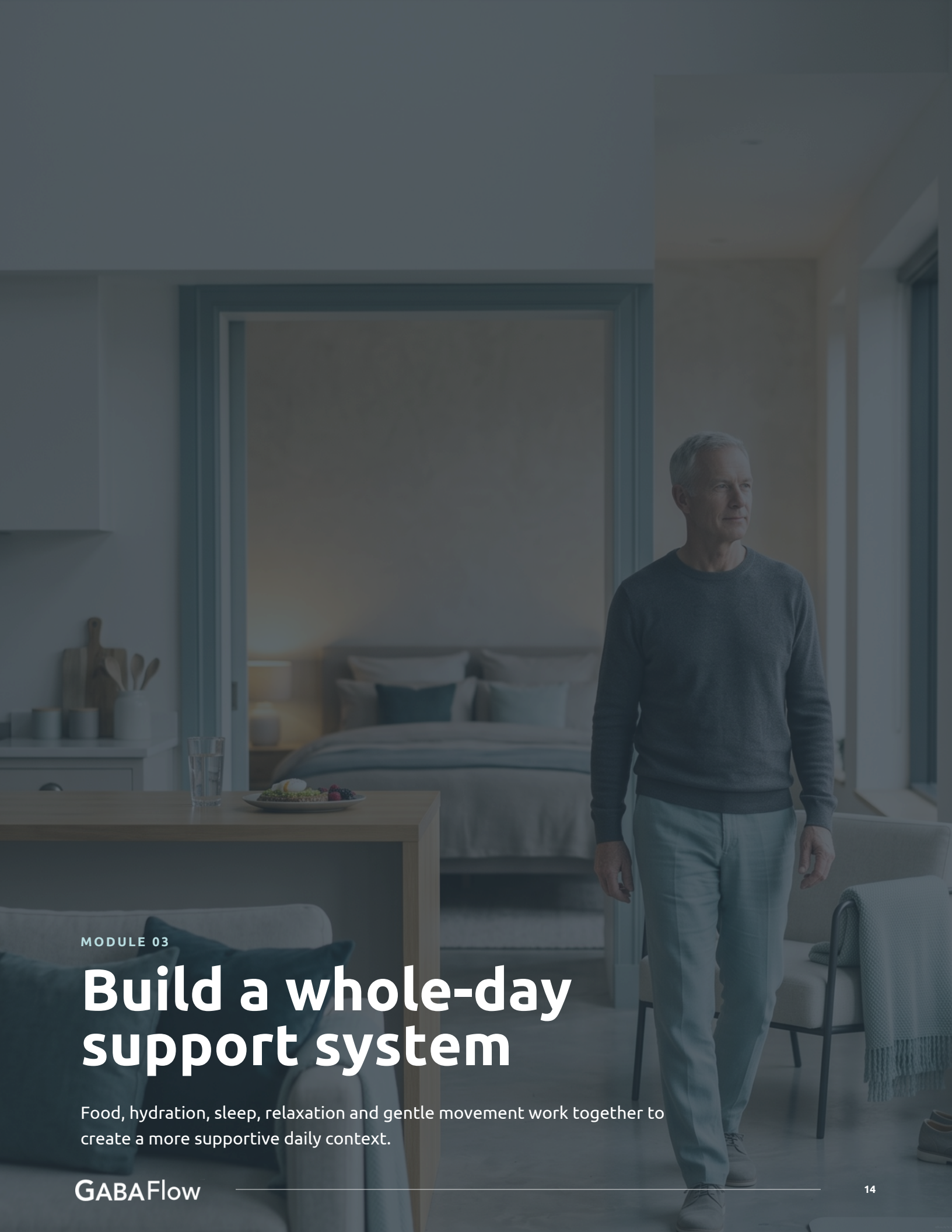
Use the morning or afternoon meal as your dependable anchor.



One repeatable sequence

Water, gummies, meal preparation, then continue your day.

The strongest routine is not the most complicated. It is the one you can recognize and repeat.

A man with grey hair, wearing a dark grey sweater and light blue trousers, is walking from left to right through a modern, minimalist home interior. In the background, a bedroom with a bed and a nightstand is visible through an open doorway. In the foreground, a wooden table holds a glass of water and a plate of food. The overall atmosphere is calm and supportive.

MODULE 03

Build a whole-day support system

Food, hydration, sleep, relaxation and gentle movement work together to create a more supportive daily context.

Use a simple plate framework — not a perfect diet



A useful meal is one that is nourishing, realistic and available to you.

Color and plants

Add vegetables, fruit or other plant foods that fit the meal and your preferences.

Protein

Include a practical protein source to help make the meal more complete and satisfying.

Fiber-rich energy

Choose whole grains, beans, potatoes or other carbohydrates that work for your routine.

Healthy fats

Use a modest amount of foods such as olive oil, avocado, nuts or seeds when appropriate.

Individual needs vary. Adapt the framework to allergies, preferences, medical advice and cultural eating patterns.

Protect the transitions that help your body settle



A gentler evening

- ✓ Lower the intensity of light and activity before bed.
- ✓ Prepare tomorrow's water and routine location in advance.
- ✓ Keep wake and sleep times reasonably consistent.
- ✓ Choose a short wind-down ritual you can repeat.

A calmer response to stress

- ✓ Pause before pushing through discomfort or fatigue.
- ✓ Use slow breathing to create a brief transition.
- ✓ Break large tasks into smaller, visible steps.
- ✓ Ask for professional support when stress feels persistent or unmanageable.



One-minute reset: place both feet on the floor, relax your shoulders and breathe out slightly longer than you breathe in. Repeat without forcing the breath.

Use movement as information, not punishment

Gentle motion can help you stay connected to your body and notice how the day feels.

01

Check in

Notice energy, stiffness, balance, comfort and any unusual sensation.

02

Begin seated

Try ankle circles, heel lifts or slow knee extensions in a comfortable range.

03

Stand with support nearby

Use a stable surface and give yourself time to feel grounded.

04

Walk a short familiar path

Keep the pace natural and stop before the movement becomes forced.

05

Reassess

Decide whether to continue, rest or seek guidance based on your response.



Stop and seek appropriate medical advice for sudden, severe or concerning symptoms. A wellness guide should never override urgent care or individualized professional recommendations.

A man with grey hair is sitting in a light-colored armchair in a living room. In the foreground, there is a wooden coffee table with an open notebook and a glass of water. To the left, a small round side table holds a lamp with a dark base and a light-colored shade, and a small cup. A teal vase is on a windowsill to the left. The background shows a window with sheer curtains and a potted plant.

MODULE 04

Your 10-Day Micro-Habit Challenge

Each action takes less than five minutes. The goal is not intensity — it is building a routine you can recognize, complete and continue.

Match the challenge to the day you actually have



Morning path

Use water, natural light and one minute of movement to begin the day with a clear cue.



Meal path

Use your morning or afternoon meal to connect the product, hydration and a balanced plate.



Movement path

Choose seated mobility, a brief standing sequence or a short familiar walk.



Evening path

Use breathing, a quieter environment and reflection to close the day without pressure.

You may complete the suggested habit at any safe time. Keep the daily action brief enough that you can still do it on a busy day.

A complete routine in six visible steps

01

Prepare water

Fill a full glass and place it where the routine begins.

02

Check your chosen timing

Use the morning or afternoon meal window you selected.

03

Take Gabaflow Mix as directed

Adults take two gummies daily, approximately 30 minutes before the meal, unless professionally directed otherwise.

04

Build the meal

Use a practical combination of whole foods, protein, fiber and healthy fats.

05

Add brief movement

Choose a safe, comfortable action that fits your energy.

06

Notice, then continue

Record only what is useful. Do not make the routine the center of your entire day.



Begin with visibility, water and a clear cue



DAY 01

Make water visible

Fill a full glass and place it at your routine location before doing anything else.

Notice: Did seeing the water make the routine easier to start?

2 minutes or less

DAY 02

Choose your meal anchor

Write down whether the morning or afternoon meal is more predictable for you.

Notice: Which option creates less rushing and fewer decisions?

3 minutes or less

DAY 03

Create a one-minute body check

Pause with both feet supported and notice comfort, energy and balance.

Notice: What does your body need before the day continues?

1 minute



Challenge rule: completing the smallest version still counts. Consistency grows when the habit has a realistic minimum.

Add movement without adding pressure



DAY 04

Ankle circles

While seated, make slow comfortable circles in both directions. Keep the movement easy.

2 minutes

DAY 05

Stand and settle

Stand once with support nearby. Feel both feet on the floor and breathe naturally.

1-2 minutes

DAY 06

A short familiar walk

Walk a safe, familiar path at a comfortable pace. Stop before the movement feels forced.

Up to 5 minutes

DAY 07

Movement reflection

Notice whether gentle movement changed comfort, confidence, mood or awareness.

2 minutes

Finish with calm, reflection and continuity



DAY 08

One-minute exhale reset

Relax your shoulders and let the exhale become slightly longer than the inhale.

Notice: Did the pause change the pace of the moment?

1 minute

DAY 09

Prepare tomorrow

Set out a glass, choose the meal cue and confirm where the product will remain safely stored.

Notice: Does preparation reduce tomorrow's mental load?

3 minutes

DAY 10

Complete your reflection

Review consistency, comfort, movement, sleep, hydration and any questions you want to discuss professionally.

Up to 5 minutes

Completing ten days is not the finish line. It is evidence that your routine can become familiar.

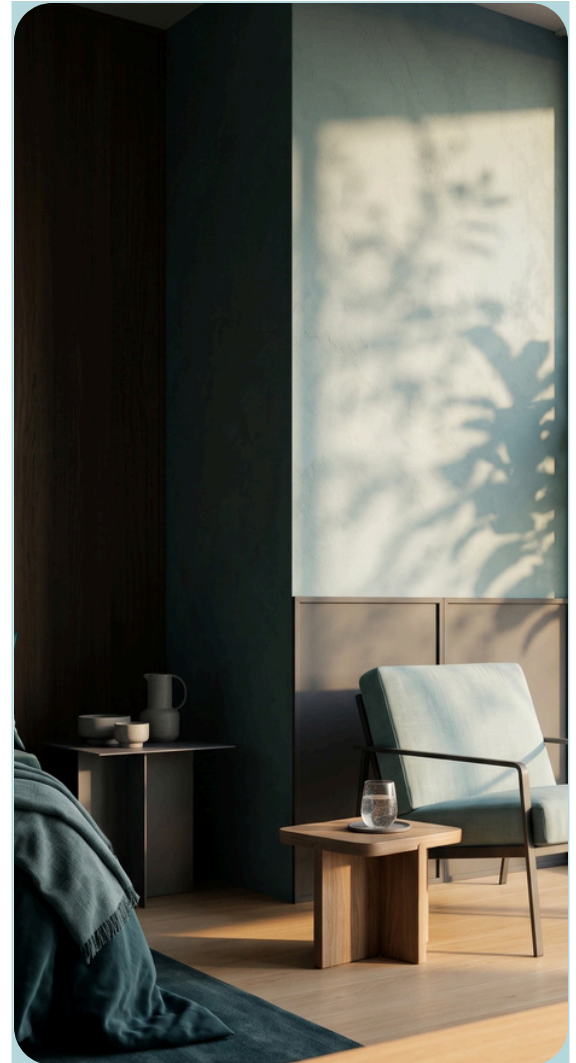
Your low-energy routine still counts

On difficult days, reduce the routine without abandoning it.

- ✓ Fill and drink a glass of water.
- ✓ Sit upright and take three calm breaths.
- ✓ Move your ankles slowly while seated.
- ✓ Use Gabaflow Mix as directed if it belongs to your planned routine.
- ✓ Choose a simple nourishing meal.
- ✓ Rest, reassess and avoid forcing intensity.

Key takeaways

Choose one timing cue. Use a full glass of water. Support the routine with food, movement, sleep and calm. Observe gradual patterns. Ask for professional guidance when needed.



Your next step is simple: choose one habit from this guide and repeat it today.

CONTINUE YOUR WELLNESS JOURNEY

Consistency creates the path

Use GabafLOW Mix according to the product directions and keep building the habits that support a balanced, active and attentive daily routine.

This material is educational and is not intended to diagnose, treat, cure or prevent any disease. Follow the product label and consult a qualified healthcare professional when appropriate. Keep out of reach of children.

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