

Rejuvenation involves not only the necessary rest but, most importantly, providing the body with valuable nutrients through a well-balanced diet, sufficient sleep, and optimal hydration. This is recommended for those who wish to maintain youthfulness, a good appearance, well-being, strength, and energy.

Day and Night

Vita C

Aloe

Collagen

My Blood

RegenOil Liquid Gold®

ProBactilardii®



### USAGE:

#### **Morning:**

- Vita C 25 ml before meals
- Day 25 ml during meals
- My Blood 25 ml after meals
- Regen Oil 5 ml with food in the morning or at lunch

#### **Lunch:**

- ProBactilardi 1 Synbiotic and 1 Postbiotic capsule 5 days a week 1 hour after meals

#### **Evening:**

- Aloe 25 ml before meals
- Collagen 25 ml before meals
- Night 25 ml after meals