BEAUTY SHOT

TRUE BEAUTY BEGINS FROM WITHIN.

USER GUIDE

30-DAY MONTHLY PROGRAM

NOURISH YOUR BODY | BALANCE YOUR ROUTINE | FEEL LIKE YOURSELF

Your routine. Your balance. your glow

IF YOU ONLY READ ONE PAGE, READ THIS ONE

4 moments, 6 products, 30 days—no hassle.

THE RULE

Don't follow the clock. Follow the moment of your day.

BREAKFAST	MEAL	LATE	EVENING

WHEN	WHAT ARE YOU DRINKING?	HOW MUCH	WITH WHAT
Breakfast	Glutation Plus+	2 drippers - 2mL	Water. Make it your pause.
Breakfast	V-Daily	1 scoop/packet - 5g	Cold water or your breakfast drink.
Breakfast	Vitalage Collagen	1 extent - 10g	Water, yogurt, or a smoothie.
Meal	V-Harmony	2 capsules	Always with food.
Meal	V-Omega 3	3 soft capsules	With your main meal.
Evening 2 to 3 times a week	V-TE Detox	1 rate	Hot water, nights only selected.

If you forget a shotIf you forget a shot

Do not double the dose. Resume your routine at the next scheduled time.

Tea isn't a daily thing.

V-TE Detox. Take it 2 to 3 nights a week.

Before taking the first dose

Consult your doctor if you are pregnant, breastfeeding, trying to conceive, or taking... medicamento continuo o eres alérgica a pescado, mariscos o ingredientes de origen bovino.

These are dietary supplements. They are not a substitute for medical treatment or a balanced diet.

1 ACT 1 - BEGINS

YOU AREN'T TAKING ANYTHING TODAY. TODAY, YOU PREPARE FOR YOUR 30 DAYS.

BEGIN	TAKE	EAT	SUPPORT
Your Day 0.	Your ritual and your 5 products.	Your plate and your menus.	Habits and tracker.

YOUR DAY IN 5 STEPS

Devote 5 minutes to it today so you can make a purchase in 30 days.

1 CHOOSE THE DATE
Start a day that you can actually repeat. An ordinary Monday works better than the perfect Monday.

2 TAKE YOUR PHOTO
A straight-on shot of your face, in natural light and without makeup. Save it on your phone.

3 NOTE DOWN HOW YOU ARE FEELING TODAY.
Fill in the table on the next page in pencil. It is a starting point, not a grade.

4 ARRANGE THE PRODUCTS
Keep V-Daily and Vitalage Collagen where you have breakfast. Keep V-Harmony and V-Omega 3 where you have lunch. Keep Glulation Plus+ next to your water bottle. Store V-TE Detox with the teas.

5 LET PEOPLE AT HOME KNOW.
Say out loud that you are starting a 30-day journey. It reinforces your consistency more than any reminder.

HOW I AM TODAY

Rate from 1 to 10 using a pencil. Fill in the (Day 0) column today.

WHAT I OBSERVE	DAY 0	DAY 30
Daytime energy		
Sleep quality		
Digestion and a feeling of lightness		
Skin: Hydration and radiance		
High spirits and mental clarity		
Symptoms around my cycle		

WHY IT MATTERS

Without a starting point, there is no visible progress. After 30 days, you've already gotten used to it and forget how you started.

WHAT YOU NEED TO GET STARTED

A NEW DIET

The plan fits in with what you already eat.

THROWING OUT YOUR SKINCARE

This work is internal and complements what you are already doing externally.

WAITING FOR THE IDEAL MONDAY

Start the day in a way you can repeat tomorrow.

DO IT PERFECTLY

Do it most days. That's enough.

Save your Day 0 photo in a phone album. You're going to need it on Day 30.

2 ACT 2 - TAKE

Cuatro momentos al día. Cero dudas sobre qué tomar.

YOUR BEAUTY SHOT OF THE DAY

Each supplement fits into something you already do.

1. BREAKFAST

TAKE A BREAK AND TAKE GLUTATHIONE PLUS+

Think: (2 minutes for myself)

2. BREAKFAST

HAVE BREAKFAST AND TAKE V-DAILY + VITALAGE. COLLAGEN.

Think: (I've already covered my base and my glow)

3· MEAL

EAT AND DRINK V-HARMONY + OMEGA-3

Think: (this is my balancing meal)

4· 2 TO 3 NIGHTS A WEEK

PREPARE V-TE DETOX, DO YOUR SKINCARE ROUTINE, AND...REST.

Reflect: (I wrap up the day and slow down the pace)

The 4 golden rules

1 **WITH FOOD**
Always take V-Harmony and V-Omega 3 with food.

2 **DON'T HOARD**
If you miss a dose, proceed with the next one. Never double the dose.

3 **TEA IS NOT A DAILY HABIT.**
V-TE Detox. Maximum 2 to 3 nights per week.

4 **CONSTANCY**
A month with 24 well-spent days is worth more than two impeccable weeks.

HOW TO TAKE EACH PRODUCT

A single table. No fine print.

PRODUCT	AMOUNT	MOMENT	MAKE IT EASY
Glutation Plus+	2 **drippers**. 2 mL	**Breakfast**	**Your beauty shot break.**
V-Daily	1 scoop / packet · 5 g	**Breakfast**	**cold water or breakfast drink**
Vitalage Collagen	1 **extent** · 10 g	**Breakfast or snack**	**agua yogurt o smoothic**
V-Harmony	2 **capsules**	**meal**	**Take with food. Swallow them whole.**
V-Omega 3	3 **soft capsules**	**meal**	**with your main meal.**
V-TE Detox	1 **rate**	**Night — 2 to 3 times a week**	**You, skincare, and rest.**

LET THE JAR FIND YOU

WHERE DO YOU HAVE BREAKFAST?

V-Daily y Vitalage Collagen.

WHERE YOU EAT

V-Harmony y V-Omega 3.

NEXT TO YOUR WATER OR YOUR SKINCARE

Glutation Plus+.

IN THE TEA CUPBOARD

V-TE Detox, for selected nights

YOUR MENTAL SHORTCUT

Breakfast: green + beige; lunch: pink + black; afternoon: IV drips; chosen for the evening: tea.

WHAT EACH ONE IS USED FOR (1 OF 2)

Don't memorize ingredients. Memorize the function.



BASE

V-DAILY

Cover your daily nutritional foundation.

It contains vitamins, minerals, prebiotics, and probiotics.

How to take it: 1 scoop or 5 g packet at breakfast, with cold water.



GLOW

VITALAGE COLLAGEN

It provides structure for skin, hair, and nails.

It contains collagen, vitamin C, and hyaluronic acid.

How to take it: 1 scoop (10g) at breakfast or as a snack, with water, yogurt, or a smoothie.



BALANCE

V-HARMONY

Support your feminine well-being.

Contains inositols, magnesium, zinc, b6, dim and saffron.

How to take it: 2 capsules with a meal—always take with food.

> The six products address different areas; that is why they are taken together—they do not compete, but rather complement each other..

WHAT EACH ONE IS USED FOR (PART 2 OF 2)

Three more pieces. Three clear functions.



LÍPIDOS

V-OMEGA 3

Provides essential fats and cellular support.

contains EPA, DHA, tocotrienols, and astaxanthin.

How to take it: 3 softgels with a meal. Contains ingredients of marine origin.



ANTIOX

GLUTATION PLUS+

Complete your antioxidant defense.

contains glutathione, L cysteine and tetrahydrocurcumin.

How to take it: Two 2ml droppers in the afternoon. Make it your break.



RITUAL

V-TE DETOX

Complement your nighttime gut-health ritual.

It contains a digestive herbal blend.

How to take it: 1 infusion, 2 to 3 nights a week; never daily.

A candid clarification: These are dietary supplements. They are not medicines, nor do they replace a balanced diet.

REAL-LIFE QUESTIONS

The 5 questions that appear in the first week.

CAN I TAKE THEM ALL TOGETHER?

It's better not to; spread your 6 products across the 4 times of day—they are better tolerated, and you're less likely to forget them.

CAN I TAKE THEM WITH COFFEE?

Yes, take V-Daily with your breakfast and have coffee alongside it, not as a substitute.

WHAT IF I'M ON MY PERIOD?

Stick with the four-moment routine. If the tea makes you uncomfortable on those days, skip it—it's not mandatory.

CAN I OPEN THE CAPSULES?

Do not take V-Harmony and V-Omega 3 whole with water and food.

HOW MUCH WATER DO I NEED?

Drink water throughout the day. Fiber and collagen work better with good hydration.

The most common question:
If you miss a dose, do not double up. Resume at the next scheduled time.

CONSULT YOUR DOCTOR BEFORE STARTING IF...

Lee esta página completa antes de tu primera toma.

1 You are pregnant, breastfeeding, or trying to conceive.
The tea is not used during pregnancy. The complete plan must be tailored to you.

2 You take medication on an ongoing basis.
Thyroid medications, anticoagulants, contraceptives, antidepressants, or other treatments.

3 You have a diagnosed condition.
Hepatic, renal, thyroid, digestive or metabolic.

4 Are you allergic to fish, shellfish, or any ingredient?
The plan includes ingredients of marine and bovine origin.

5 Are you already taking a multivitamin or B complex?
Check for duplicates before adding it to V-Daily and V-Harmony.

IF YOU ARE GOING TO HAVE LAB TESTS DONE

INFORM YOUR HEALTHCARE PROVIDER THAT YOU ARE TAKING BIOTIN SUPPLEMENTS.
Biotin can alter some test results, especially those related to the thyroid.

SUSPEND AND CHECK IF IT APPEARS---

Suspending the process and asking questions is always the right decision.

PERSISTENT DIGESTIVE DISCOMFORT

For more than 2 or 3 days in a row, even if you take everything with food.

COLIC OR DIARRHEA WITH TEA

Discontinue V-TE Detox. It is not a product for daily use.

SKIN REACTION

Hives, itching, or inflammation after starting.

ANY NEW SYMPTOM THAT WORRIES YOU

Stop everything and consult your doctor.

LO QUE ESTE PLAN NO ES

SON COMPLEMENTOS ALIMENTICIOS. NO SON UN TRATAMIENTO MÉDICO.

No curan ni tratan enfermedades. No sustituyen la indicación de tu médico ni una alimentación equilibrada.

3 ACT 3 - EAT

BUILD YOUR PLATE WITHOUT A NEW DIET AND WITHOUT OVERTHINKING IT.

THE DISH FORMULA

Usa esta medida con tu mano en la comida y en la cena.

1/2 PLATE

VERDURAS

Espinaca, lechuga, brocoli, pepino, jitomate, pimientos.

1 PALMA

PROTEÍNA

Pollo, pescado, huebo, res, tofu, yogurt griego.

1 FIST

CARBOHIDRATO

Tortilla, quinoa, papa, camote, avena, arroz.

CARBOHIDRATO

1 INCH

GRASA

Aguacate, aceite de oliva, nueces, semillas.

THREE MEALS THAT ALWAYS WORK

EASY BREAKFAST	Eggs, omelet, avocado, and fruit.
EASY MEALS	Chicken or fish, salad, potato or quinoa, and olive oil.
EASY DINNER	Protein and vegetables. Add carbohydrates if you are hungrier or more active.

You don't need a perfect diet.
If your plate has protein, vegetables, a carbohydrate, and a fat, you're off to a good start.

WHEN YOU DON'T KNOW WHAT TO EAT

Pick an opinion and go on with your day.

BREAKFAST
Mushroom omelet, Spanish omelet, and salad.

MEAL
Fish tacos with cabbage and carrot.

DINNER
Egg salad with vegetables and seeds.

FAST
Greek yogurt with protein, mixed berries, and chia seeds.

BREAKFAST
Hotcakes proteicos con fresas.

MEAL
Chicken fajitas with quinoa and vegetables.

DINNER
Mexican-style tuna or sardines with avocado.

FAST
Quinoa or lentil bowl with cucumber, tomato and olive oil.

KEEP THIS AT HOME AND YOU'LL NEVER IMPROVISE BADLY

READY-TO-DRINK PROTEIN
Egg, tuna or sardine, cooked chicken, Greek yogurt, panela.

EASY VEGETABLES
Washed lettuce, cucumber, tomato, carrot, frozen broccoli

CARBOHYDRATE
Tortillas, oats, quinoa, potatoes, or sweet potatoes.

GOOD FAT
Avocado, olive oil, walnuts, chia seeds, or flaxseeds.

Cuando comer fuera
Busca primero la proteina y las verduras, Despues elige el acompañamiento que de verdad quieras.

FOOLPROOF SALAD

Don't just eat leaves. Put together a real meal in 5 steps.

1	BASE	Lettuce, spinach, or arugula.
2	COLORS	Cucumber and tomato, or bell pepper and carrot, or beet and jicama.
3	PROTEIN	Chicken, tuna, egg, panela, chickpea or tofu.
4	CRUNCH	1 tablespoon of seeds or nuts.
5	DRESSING	Olive oil with lemon or vinegar, salt, and pepper.

Snacks: only if you're hungry

Strawberries, Greek yogurt, and chia.	Cucumber, carrot, and seeds.
Grapes, cottage cheese, and flaxseed.	beet, orange, and sesame.
Fruit, yogurt or milk, and protein smoothie.	Roasted sweet potato with yogurt dip

EL SMOOTHIE BEAUTY SHOT

liquid	Fruit	glow	Extra
1 cup of milk, plant-based drink, or water.	1 cup of frozen strawberries, mango, or banana.	1 scoop of Vitalage collagen.	1 tablespoon of chia seeds oats or peanut butter.

Collation rule:
If you aren't hungry, you don't need it—eat to fuel your day, not just because of the clock.

4 ACTO 4 · SOSTÉN

Esto es lo que te lleva del día 1 al día 30.

Los 7 hábitos

El suplemento suma. La rutina multiplica.

1	AGUA	Ten una botella visible y rellénala durante el día.
2	PROTEÍNA	Incluye una fuente en desayuno, comida y cena.
3	VERDURAS	Pon color en tu plato todos los días.
4	FUERZA	Haz 2 a 4 sesiones por semana, según tu nivel.
5	MOVIMIENTO	Camina y evita pasar horas sin moverte.
6	SUEÑO	Duerme al menos 7 horas cuando sea posible.
7	SPF	Aplica protector solar SPF 30+ todas las mañanas.

Si solo puedes elegir uno

Empieza por la proteína en las 3 comidas.

Y si puedes elegir dos

Suma el SPF todas las mañanas.

Tracker de 30 días

Marca una casilla por día cumplido. Cada bloque son 3 días.

DÍA	SUPLEMENTOS	COMIDA Y AGUA	MOVIMIENTO Y SUEÑO
1 a 3	□ □ □	□ □ □	□ □ □
4 a 6	□ □ □	□ □ □	□ □ □
7 a 9	□ □ □	□ □ □	□ □ □
10 a 12	□ □ □	□ □ □	□ □ □
13 a 15	□ □ □	□ □ □	□ □ □
16 a 18	□ □ □	□ □ □	□ □ □
19 a 21	□ □ □	□ □ □	□ □ □
22 a 24	□ □ □	□ □ □	□ □ □
25 a 27	□ □ □	□ □ □	□ □ □
28 a 30	□ □ □	□ □ □	□ □ □

> Si fallas un día, no borres la semana. Sigue marcando desde el día siguiente.

Domingo: revisión de 2 minutos

PREGUNTA	MARCA UNA
¿Tomé mis suplementos la mayoría de los días?	○ Sí ○ A veces ○ No
¿Organicé 1 o 2 comidas con anticipación?	○ Sí ○ A veces ○ No
¿Identifico qué me da energía y qué me deja cansada?	○ Sí ○ A veces ○ No
¿Pude retomar después de un día imperfecto?	○ Sí ○ A veces ○ No
¿Dormí y me moví mejor que la semana pasada?	○ Sí ○ A veces ○ No

Tu única misión del domingo

Elige 1 ajuste para la semana que empieza. No corrijas todo de golpe.

¿Qué hago si…?

Respuestas rápidas para los días reales.

…me salté una toma

Retómala en la siguiente ocasión. No dupliques.

…me cayó pesado

Tómalo con comida y no tomes todo al mismo tiempo.

…el té me da cólico o diarrea

Suspende V-TE Detox. Contiene senna y no es diario.

…voy a comer fuera

Lleva V-Harmony y V-Omega 3 y tómalos con la comida.

…no tengo tiempo de desayunar

Toma V-Daily con agua y usa Vitalage Collagen en una colación.

…me haré análisis de laboratorio

Avisa que consumes biotina en tus suplementos.

…ya tomo multivitamínico o complejo B

Revisa duplicidades antes de combinarlo con V-Daily y V-Harmony.

…salgo de viaje

Empaca por momentos: una bolsita para el desayuno y otra para la comida.

…perdí 3 días seguidos

No reinicies el mes. Retoma hoy y sigue marcando el tracker.

…no veo cambios en la semana 2

Es lo esperado. Revisa tu foto del día 0 y sigue.

Qué esperar del primer mes

Días 1 a 7

Aprende la rutina y organiza tus 4 momentos.

Días 8 a 14

Repite lo que ya te funcionó e improvisa menos.

Días 15 a 21

Observa sueño, hambre, ánimo, digestión y piel.

Días 22 a 30

Compara tu foto y tu tracker. Decide qué consolidas.

Al cerrar el día 30

Llena la columna «Día 30» de tu tabla y compárala con tu foto.

Cuando la respuesta no está aquí

Si tomas medicamento continuo o tienes una condición diagnosticada, consulta a tu médico.

Tu día en una hoja

Sigue el momento de tu día, no el reloj.

DESAYUNO
V-Daily
Vitalage Collagen

COMIDA
V-Harmony
V-Omega 3

TARDE
Glutation Plus+

NOCHE · 2 A 3 POR SEMANA
V-TE Detox

PRODUCTO	CANTIDAD	MOMENTO	CON QUÉ
V-Daily	1 scoop / packet · 5 g	Desayuno	Agua fría o tu bebida del desayuno.
Vitalage Collagen	1 medida · 10 g	Desayuno o colación	Agua, yogurt o smoothie.
V-Harmony	2 cápsulas	Comida	Siempre con alimento.
V-Omega 3	3 cápsulas blandas	Comida	Con tu comida principal.
Glutation Plus+	2 goteros · 2 mL	Tarde	Agua. Hazlo tu pausa.
V-TE Detox	1 infusión	Noche · 2 a 3 por semana	Agua caliente. Nunca diario.

Si se te olvida una toma
No dupliques. Retómala en la siguiente ocasión.

El té no es diario
V-TE Detox contiene senna: 2 a 3 noches por semana.

No se trata de hacerlo perfecto. Se trata de volver a elegirte mañana.

Son complementos alimenticios. No sustituyen tratamiento médico ni una alimentación equilibrada. Consulta a tu médico si estás embarazada, lactando, buscando embarazo o tomas medicamento continuo.

4 ACT 4 · SUPPORT

This is what takes you from day 1 to day 30.

THE 7 HABITS

The supplement adds value. The routine multiplies results.

1 WATER
Keep a bottle visible and refill it throughout the day.

2 PROTEIN
Includes one beverage with breakfast, lunch, and dinner.

3 FORCE
Add color to your plate every day.

4 FORCE
Do 2 to 4 sessions per week, depending on your level.

5 MOTION
Walk around and avoid spending hours without moving.

6 DREAM
Sleep at least 7 hours whenever possible.

7 SPF
Apply SPF 30+ sunscreen every morning.

IF YOU CAN ONLY CHOOSE ONE
Start with the protein at all three meals.

AND IF YOU CAN CHOOSE TWO
Add SPF every morning.

30-DAY TRACKER

Check a box for each day completed. Each block represents 3 days.

DAY	SUPPLEMENTS	FOOD AND WATER	MOVEMENT AND SLEEP
1 to 3			
4 to 6			
7 to 9			
10 to 12			
13 to 15			
16 to 18			
19 to 21			
22 to 24			
25 to 27			
28 to 30			

If you miss a day, don't wipe out the week. Just keep marking from the next day on.

SUNDAY: 2-MINUTE REVIEW

ASK	SELECT ONE
Did I take my supplements most days?	○ Yes ○ Sometimes ○ No
Did I organize one or two meals in advance?	○ Yes ○ Sometimes ○ No
Do I identify what gives me energy and what leaves me tired?	○ Yes ○ Sometimes ○ No
Was I able to get back on track after an imperfect day?	○ Yes ○ Sometimes ○ No
Did I sleep and move better than last week?	○ Yes ○ Sometimes ○ No

Your only mission for Sunday
Choose one adjustment for the week ahead. Don't try to fix everything at once.

WHAT DO I DO IF...?

Quick answers for real days.

...I missed a dose.
Resume it at the next scheduled time. Do not double up.

...it didn't sit well with me
Take it with food and don't take it all at once.

...the tea gives me cramps or diarrhea
Stop taking V-TE Detox. It contains senna and is not for daily use.

...I'm going out to eat.
Take V-Harmony and V-Omega 3, and take them with your meal.

...I don't have time for breakfast.
Take V-Daily with water and have Vitalage Collagen as a snack.

...I'm going to have lab tests done.
Mention that you take biotin in your supplements.

...if you are already taking a multivitamin or B-complex,check for duplication before combining it with V-Daily and V-Harmony.

...I'm going on a trip
Pack for specific times: a small bag for breakfast and another for lunch.

...I missed 3 days in a row.
Don't restart the month. Pick it up today and keep marking the tracker.

...I don't see any changes in week 2.
That's to be expected. Check your Day 0 photo and keep going.

WHAT TO EXPECT FROM THE FIRST MONTH

Days 1 to 7
Learn the routine and organize your 4 moments.

Days 8 to 14
Repeat what already worked for you and improvise less.

Days 15 to 21
Observe sleep, hunger, mood, digestion, and skin.

Days 22 to 30
Compare your photo and your tracker. Decide whatyou are consolidating.

At the close of the 30th
Fill in the "Day 30" column of your table and compare it with your photo.

When the answer isn't here
If you take medication regularly or have a diagnosed condition, consult your doctor.

CUT IT OUT AND STICK IT ON THE FRIDGE.

YOUR DAY ON ONE SHEET

Follow the rhythm of your day, not the clock.

BREAKFAST
Glutation Plus+

MEAL
V-Harmony
V-Omega 3

BREAKFAST
V-Daily
Vitalage
Collagen

EVENING
2 to 3 times
a week
V-TE Detox

PRODUCT	AMOUNT	MOMENT	WITH WHAT
Glutation Plus+	2 drippers • 2 mL	Late	With your main meal.
V-Daily	1 scoop / packet • 5g	Breakfast	Cold water or your breakfast drink.
Vitalage Collagen	1 extent • 10 g	Breakfast or snack	Always with food.
V-Harmony	2 capsules	Meal	With your main meal.
V-Omega 3	3 soft capsules	Meal	Water. Make it your break.
VV-TE Detox	1 rate	Night • 2 to 3 times a week	Hot water. Never daily.

If you miss a dose,
do not double up. Take it at the next scheduled time.

The tea is not for daily use.
V-TE Detox contains senna: 2 to 3 nights per week.

IT'S NOT ABOUT DOING IT PERFECTLY. IT'S ABOUT CHOOSING YOURSELF AGAIN TOMORROW.

These are dietary supplements. They are not a substitute for medical treatment or a balanced diet. Consult your doctor if you are pregnant, breastfeeding, trying to conceive, or taking medication regularly.