

EGON LIBRIA



Quick Start Guide

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
## Daily Drops


Onset: 10-30min  
Lasts: 4-6hrs

### HOW TO USE:

Hold 1 full dropper (10mg CBD) of oil under your tongue for 60 seconds before swallowing. If you don't feel your desired effect after 30 minutes, take another full dropper. USE DAILY.

### WHEN TO USE:

 Morning:  
AND/OR 1 full dropper of Daily Drops

 Before Bed:  
1 full dropper of Daily Drops  
as needed

### IF USING EXTRA STRENGTH DROPS:

Use 1/4 dropper (12.5mg CBD) in the instructions above.




## Daily Softgels


Onset: 1-3hrs  
Lasts: 6-8hrs

### HOW TO USE:

Take one softgel (10mg CBD) with a healthy fat (to increase absorption). Sustained-release softgels are great for daytime or nighttime use. USE DAILY.

### WHEN TO USE:

 After Breakfast:  
AND/OR 1 Daily Softgel (10mg CBD)

 After Dinner:  
1 Daily Softgel (10mg CBD)

### IF USING EXTRA STRENGTH SOFTGELS:

Use 1 (25mg CBD) softgel in the instructions above.




## Daily Gummies


Onset: 30-60min  
Lasts: 4-8hrs

### HOW TO USE:

Take gummy (10mg CBD) daily, as needed. Chew more thoroughly for a faster onset time and less thoroughly for a more sustained release. For extra-strength benefits, increase dose to 2 gummies. USE DAILY.

### WHEN TO USE:

 After Breakfast:  
AND/OR 1 Daily Gummy (10mg CBD)

 After Dinner:  
1 Daily Gummy (10mg CBD)  
as needed



*Still have questions?  
We can help.*

Book a call (or email) today  
at [myeq.com/1-on-1-support](https://myeq.com/1-on-1-support)



Get one-on-one support from a Certified Wellness Coach who's here to ensure you get the most out of your products.

You can chat with your Wellness Coach as often as you'd like, and it's always free.



## Daily Women's Microbiome Defense

### HOW TO USE:

Take one capsule, on an empty stomach. USE DAILY.

### WHEN TO USE:

Use daily as a preventative measure to consistently support your digestive, urinary, and vaginal systems.\*\*

In addition to enhanced digestive health, keep an eye out for signs Daily Microbiome Defense is enhancing your overall well-being. These might include a sense of increased vitality, uplifted mood, and an overall healthier appearance to your skin.\*\*



## Daily Nutri-Greens

### HOW TO USE:

This super-green powder is designed to boost energy levels, support healthy brain, gut and immune function, and replenish essential vitamins and minerals that are vital to women's health.\*\*

Mix one scoop of Daily Nutri-Greens into 8 ounces of liquid. USE DAILY.

### PRO TIP:

Blend into a smoothie, mix into yogurt or add to the batter of your favorite baked goods!

\*\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



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## Rapid Calming Melts

Onset: 5-10min  
Lasts: 3-6hrs

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### HOW TO USE:

Place under tongue. It should take less than 5 minutes to absorb. Avoid crushing, chewing or swallowing the melt.

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### WHEN TO USE:

Take 1 melt (5mg CBD) on an as-needed basis: when you feel you need support fast, such as in times of high stress.



## Rapid Sleep Melts

Onset: 10-15min  
Lasts: 3-6hrs

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### HOW TO USE:

Place under tongue. It should take less than 5 minutes to absorb. Avoid crushing, chewing or swallowing the melt.

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### WHEN TO USE:

Take 1 melt (5mg CBN) as-needed in the evening, or about 10-30 minutes before bedtime, for extra support easing into sleep.



## Nightly Sleep Gummies

Onset: 30-60min  
Lasts: 4-8hrs

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### HOW TO USE:

Begin with 1 gummy for 5-7 nights. Increase to a full serving (2 gummies) if desired. Chew more thoroughly for a faster onset time and less thoroughly for a more sustained release.

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### WHEN TO USE:

Take 1 gummy (12.5mg CBD; 2.5mg CBN) before bed. Increase to full serving (2 gummies) as needed.



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CBD  
FREE

## Stress Gummies

Onset: 30-60min

Lasts: 4-8hrs

### HOW TO USE:

Begin with 1 gummy and increase to a full serving (2 gummies) if more support is needed. Chew more thoroughly for a faster onset time and less thoroughly for a more sustained release.

### WHEN TO USE:

Take 1 gummy (1/2 serving) in the morning or as needed on those extra stressful days for additional support. Increase to full serving (2 gummies) as needed.



CBD  
FREE

## Focus Gummies

Onset: 30-60min

Lasts: 4-8hrs

### HOW TO USE:

Begin with 1 gummy and increase to a full serving (2 gummies) if more support is needed. Chew more thoroughly for a faster onset time and less thoroughly for a more sustained release.

### WHEN TO USE:

Take 1 gummy (1/2 serving) in the morning or as needed on those brain fog days for additional support. If taken after 2pm, monitor effects on sleep as ingredients like Cordyceps may be energizing. Increase to full serving (2 gummies) as needed.



CBD  
FREE

## Energy Capsules

Onset: 30-60min

Lasts: 6-8hrs

### HOW TO USE:

Take with a glass of water. We recommend a max of 2 capsules per day.

### WHEN TO USE:

Take on an as-needed basis in the morning or at lunchtime for a boost of energy.



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## Relief Balm

### HOW TO USE:

Great for targeting local discomfort like headaches, cramps and general soreness.

Rub in until absorbed; a little goes a long way!



## Recovery Roll-On

### HOW TO USE:

This non-greasy, paraben-free formula absorbs quickly and delivers rapid relief for sore muscles & joints.

Roll liberally into areas of soreness and repeat as needed.



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