

## Let's Begin

Feel free to start taking your Arlene supplements right away no matter what time of the month it is.

Simply choose the appropriate pack based on the current phase of your cycle. Then continue taking your supplements twice a day with plenty of water, alongside meals or snacks if you choose;

**Here's how to determine which pack is right for today.**

DAY 1-7 ON CYCLE PHASE

Currently bleeding, begin with "On Cycle", and switch to "Complete" when your period is done.

Release & Receive



DAY 22-28 PMS PHASE

DAY 8-21 COMPLETE PHASE

Between periods but experiencing no symptoms of "Complete" pack

Pre Menstrual Superpower Phase, begin with the "Complete" pack

Love is the Medicine

Become the Observer

Experiencing PMS symptoms in anticipation of your period, begin with the "Pre Menstrual Super Power Phase" and switch to "On Cycle"



# Welcome to Arlene

*this is your experience*

As you're well aware, when the mind-body-soul connection is hindered, we suffer. But when it's properly supported, we become aligned, connected, and balanced. We experience greater well-being and flow throughout our lives.

Today, you're embarking on a journey of healing and love that begins inside your body, but will filter out into your home, your circle, and ultimately the world. As you heal, so does your world. You already know that what you put in your body matters, and today you reclaim her power.

**THE PROCESS OUTLINED ON THE OTHER SIDE IS THE ONE YOU'LL USE EACH MONTH TO DETERMINE WHEN TO STOP YOUR CURRENT SET AND START THE NEXT.**

If you have any questions at all, please do not hesitate to reach out to our customer service team, and be sure to watch your inbox for important updates and helpful insights.

**WE'RE SO EXCITED YOU'VE TAKEN THIS POWERFUL STEP OF SELF LOVE.**

Your best is yet  
to come