

# QUALIA

## Quickstart Guide

### 01.

Take Qualia Step One upon awakening with at least 8 ounces of water. The stimulating effects from Step One can last 4-12 hours (depending on individual sensitivity), so taking it in the afternoon may affect sleep.



#### STEP 1

Take Step One on an empty stomach upon awakening.



Wait at least 30 minutes before eating.

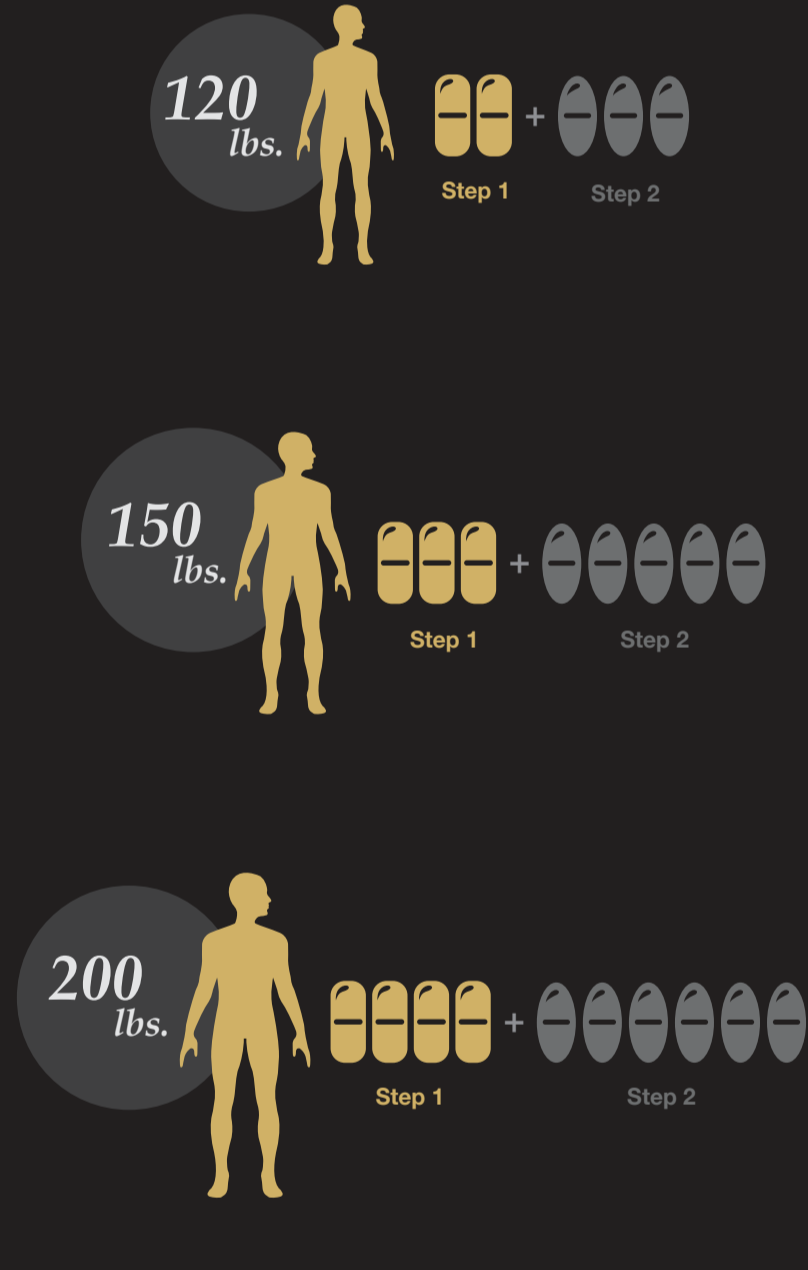


#### STEP 2

Take Step Two with food.

### 02.

Qualia is dose dependent. The average recommended dose for most people is 3 capsules of Step One and 5 tablets of Step Two. Experiment to find your ideal dose.



### 03.

You must take two days off Qualia each week.

M	T	W	T	F	S	S
✓	✓	✓	✓	✓	✗	✗

### 04.

Get good sleep. If you are not getting enough sleep, Qualia will not work correctly.

