



STILLRA™

# 5-MINUTE ROUTINE

SIMPLE. CONSISTENT. TRANSFORMATIVE.



## DAY RESET


Morning Routine





## NIGHT RESET


Evening Routine





**1**  **TAKE 1 CAPSULE**  
With a full glass of water.

**2**  **BEST TIME**  
Take in the morning within 30 minutes of waking.

**3**  **FOCUS YOUR DAY**  
Stay locked in on what matters most.

**1**  **TAKE 2 CAPSULES**  
With a full glass of water.

**2**  **BEST TIME**  
Take 30–60 minutes before bed.

**3**  **UNWIND & RESET**  
Let your mind and body relax and recover.



### CONSISTENCY IS THE KEY

Small daily habits lead to life-changing results.



FOCUS  
YOUR DAY



RESTORE  
YOUR NIGHT