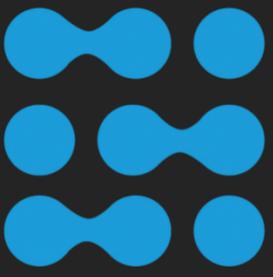


# Quickstart Guide

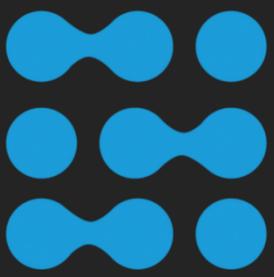
Your 30-Day  
Inflammation  
Reset



# Want to watch a video instead?



Click the QR code or visit:  
<https://usamedical.com/quickstart>



# You've made the right choice!

While millions of people suffer from inflammation, you've already taken your first step toward relief – good job!

**This Quickstart PDF will help guide you on your 30-Day Inflammation Reset.**

Now you can rest easy knowing that by following this guide, you're on your way to a healthier gut, brain, and body!



# Your Reset:

## Three Daily Doses

Your 30-Day Inflammation Reset is as simple as 3 easy daily steps.

These steps are broken down into morning, afternoon, and evening.

- **Morning**

Take 1 dose of CBG. Drop the oil under your tongue and let it absorb for a few minutes before swallowing.

- **Afternoon**

Take 2 capsules of both Ashwagandha & Turmeric.

- **Evening**

Take 2 capsules of both Magnesium Glycinate & Full Spectrum CBD.

**MORNING**

# CBG Oil

**Take 1 dose of CBG Oil.**

CBG is a powerful, natural anti-inflammatory that quickly relieves inflammation in your brain and body.

Take your CBG first thing in the morning to start your day with energy, focus, and comfort!

## Proven Benefits



CBG works to clear brain fog, relieve stress, and boost your energy. CBG keeps your brain sharp and your body energized!

**AFTERNOON**

# Ashwagandha & Turmeric

**Take 2 capsules of both  
Ashwagandha & Turmeric.**

These are nature's answer to keeping you calm and focused throughout the afternoon.

Take these herbs at lunch to power through your day and stay feeling your best!

## **Proven Benefits**



Ashwagandha calms your mind and boosts your body's defense. Turmeric fights inflammation and keeps you feeling great all day!

**EVENING**

# Magnesium & CBD Capsules

**Take 2 capsules of both Magnesium Glycinate & CBD.**

These both work at night to relax your mind and body while setting you up for a peaceful sleep.

Take them before bed to ensure a restful night and refreshed morning!

## Proven Benefits



Magnesium Glycinate helps your muscles relax and prepares you for sleep. CBD Capsules ease your mind, reduce pain, and guarantee a good night's rest!

# 3 Tips for Faster Relief

Here are 3 tips to improve your  
30-Day Reset!

- **Be Consistent**

- **Drink Water**

- **Pay Attention**

Follow your daily plan, stay hydrated, and be aware of the changes in your comfort, sleep, and energy!





# Answers to FAQ's

## **How should I store the supplements?**

Keep them in a cool, dry place away from sunlight. No need to refrigerate.

## **Can I take all the doses at once?**

It's best to follow the guide and take them at the suggested times. This way, they work best throughout the day.

## **What if I miss a dose?**

If you forget, just continue as normal the next time. It's okay if you miss once in a while, but try to be consistent.



# Answers to FAQ's

## **Are there any side effects?**

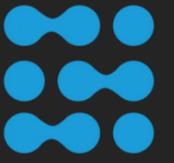
Most people don't have side effects. But always listen to your body. If something feels off, talk to us.

## **Can I take these supplements with other medications?**

For the most part, there's no potential for interaction. If you're concerned, talk to us.

## **Can I take smaller/bigger doses?**

Yes! Most people prefer to start with half doses and see how they feel. For more severe conditions, larger doses may be required.



# Answers to FAQ's

## **How soon will I see results?**

Everyone's body is different. Some feel better in a few days, while others might take a few weeks. Stick with it and give your body time!

## **What should I eat during the 30-Day Reset?**

Healthy foods like berries, fish, and eggs are great choices. Just try to stay away from processed, sugary, and fried foods.

## **What happens after 30 days?**

After 30 days, you'll feel much better! Many people continue with maintenance doses, but it's up to you. Talk to us if you have questions.



# Have questions about your 30-Day Reset?

**We're here to help!**

Text us 24/7 at:  
**(323) 352-9131**

Or email us at:  
**[info@usamedical.com](mailto:info@usamedical.com)**