



BEPIVOTA LUCIDITY SYSTEM

EVENING ANCHOR CARD

Close well. Reduce noise. Prepare to recover.



Your evening does not need more stimulation. It needs a close. Use this card with BEPIVOTA NIGHT to create a simple, calm finish: close open loops, reduce avoidable noise, prepare tomorrow lightly and let the day end.

01	Take BEPIVOTA NIGHT Use as directed on pack. Place it where your evening routine naturally begins so the anchor is visible and easy to keep.
02	Close open loops. Capture what is unfinished so it is written down, not carried into the night.
03	Reduce stimulation. Lower the inputs: fewer screens, fewer alerts, fewer unnecessary tasks.
04	Prepare tomorrow lightly. Name one clear priority for tomorrow. Do not rebuild the whole day tonight.
05	Create a quiet handover. Let the day end deliberately. Move from doing to recovery.
06	Return without guilt. If the routine slips, restart tomorrow. No judgement. Just return.

I WILL CLOSE	
I WILL REDUCE	
I WILL PREPARE	

Need support building the rhythm?

Visit www.bepivota.com to explore more, access the BEPIVOTA Exchange or speak with Lia.

Responsible Use:

Use only as directed. Do not exceed the stated daily dose. Food supplements should not replace a varied, balanced diet and healthy lifestyle. Keep out of reach of children.