



BEPIVOTA

THE LUCIDITY SYSTEM PLAYBOOK

Clarity by Day. Recovery by Night.
A daily rhythm for people who carry responsibility.

Start clearly. Close well. Continue.

Read it once. Use it daily.

This is a practical guide to help you build a simple, repeatable rhythm around BEPIVOTA DAY and BEPIVOTA NIGHT.

Use the system gently: do not force perfection.

Start with the 7-Day Lucidity Reset.

Return to the Morning and Evening Anchor Cards each day.

Use the tracker to notice patterns and build consistency.

*“Lucidity is not about doing more.
It is about returning to a clear rhythm.”*

The structure

Six clear parts designed to guide purchase, use, habit and continuity.

01 **Why Lucidity Exists**

02 **The System**

03 **What's Inside**

04 **How to Use It**

05 **Build the Habit**

06 **Continue the Rhythm**

“The journey is deliberate: understand the rhythm, trust the ingredients, use the anchors, build the habit, continue the practice.”

PART ONE

Why Lucidity Exists

A human starting point for people who carry pressure, responsibility and expectation.

Why we built Lucidity

Not another wellness promise.
A simple daily rhythm for people who need to show up clearly.

Built for people carrying responsibility, pace and pressure.

Designed to support a calm start and a cleaner close to the day.

Created as part of the BEPIVOTA standard.

Considered, premium, practical and human.

*“This was built for people who carry the load.
Who still need to show up with clarity.”*



Welcome to the Lucidity System

This is not just a supplement routine.

DAY and NIGHT are anchors inside a daily operating rhythm.

This playbook turns the products into an experience.

The objective is not intensity. It is steadiness, repetition and return.

“Start clearly. Close well. Continue.”



Built for people who carry responsibility

The load is real.

Founders, leaders, professionals and operators.

Parents, carers, athletes, creators and students.

Anyone building or rebuilding structure, discipline or daily rhythm.

Professionally.

Personally.

*“People do not need more pressure.
They need a routine that helps them return.”*



Too much noise. Not enough rhythm.

The modern problem Lucidity responds to.

Fragmented attention and constant stimulation.

Days that start reactive and end unfinished.

Poor boundaries between work, family, recovery and rest.

Decision fatigue, inconsistent recovery and mental clutter.

“Lucidity is a quiet counterweight to a noisy day.”



Calm guidance. No noise. No hype.

The BEPIVOTA approach.

Responsible language over exaggerated promises.

Simple guidance over complicated routines.

Premium standards over wellness noise.

Empathy, discipline and repeatable behaviour.

“We do not shout. We guide.”



PART TWO

The System

A considered daily architecture.
Morning clarity, evening recovery, repeat.

Not a product. A system.

The Lucidity Principle.

Ingredients matter.

Routine makes them useful.

DAY creates a morning anchor.

NIGHT creates an evening anchor.

The playbook creates the behaviour bridge.

“A system is something you can return to.”



The DAY + NIGHT architecture

Morning clarity. Evening recovery. Repeat.

DAY: a clear, more intentional start.

NIGHT: a calmer, more deliberate close.

Together: a simple visual and practical rhythm.

Performance and recovery. DAY and NIGHT. One system.



The Lucidity Promise

Simple guidance. No hype. No pressure.

Begin the day with a clear anchor.

Move through pressure with steadier cues.

Close the evening with less noise.

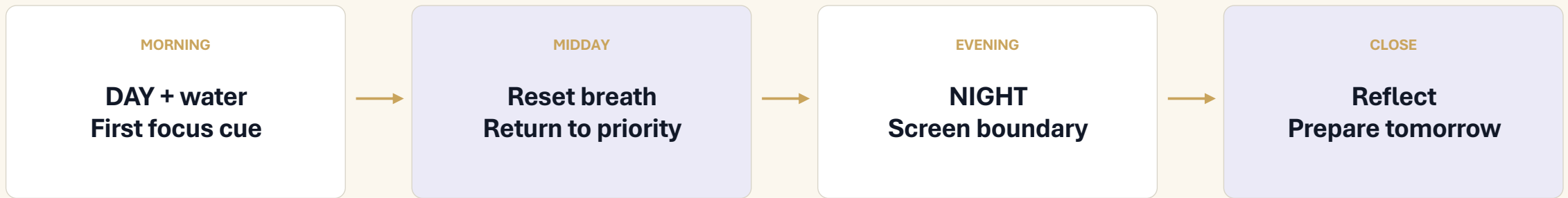
Build consistency without perfectionism.

*“The promise is not transformation overnight.
It is a rhythm you can keep.”*



The Full Lucidity Day

A simple daily flow.



“Lucidity is the discipline of beginning and closing the day with intention.”

PART THREE

What's Inside

Ingredient confidence without noise.
Simple, focused, considered, responsible.

Why these ingredients were chosen

Simple. Focused. Considered. Responsible.

No unnecessary complexity.

No exaggerated promises.

No overloaded stacks.

Carefully selected ingredients placed into a routine people can understand and repeat.

“The ingredient choice is simple by design.”

Inside BEPIVOTA DAY

L-Theanine 200mg — calm clarity without the noise.

L-Theanine is widely used in focus and calm-performance routines. In the Lucidity System, it belongs to the morning: a clear anchor for a calmer, more intentional start.

DAY is the morning anchor.



Feature. Advantage. Benefit.

L-Theanine 200mg

FEATURE	Contains L-Theanine 200mg in a simple daily format.
ADVANTAGE	Fits naturally into a morning routine without stimulant-led positioning.
BENEFIT	Supports a calmer, clearer start to the day as part of a disciplined routine.
SYSTEM FIT	Works as the DAY anchor inside the wider DAY + NIGHT Lucidity rhythm.



Inside BEPIVOTA NIGHT

Magnesium Bisglycinate — evening recovery, routine and wind-down discipline.

Magnesium Bisglycinate is a well-regarded form of magnesium often chosen for evening routines. In the Lucidity System, it belongs to the close of the day.

NIGHT is the evening anchor.



Feature. Advantage. Benefit.

Magnesium Bisglycinate

FEATURE	Contains Magnesium Bisglycinate in a dedicated night-time format.
ADVANTAGE	Fits naturally into evening wind-down routines and repeatable recovery structures.
BENEFIT	Supports the customer in closing the day more deliberately and preparing for recovery.
SYSTEM FIT	Works as the NIGHT anchor inside the wider DAY + NIGHT Lucidity rhythm.



Ingredients matter. Rhythm makes them useful.

The ingredient-to-routine bridge.

A product can be bought once.

A rhythm can become part of life.

The playbook helps the customer know what to do, when to do it and how to return.

The routine is the differentiator.

“Lucidity is built to be lived, not just purchased.”



How to Use It

Morning and evening anchors that are easy to understand and easy to repeat.

Your Morning Anchor

How to use BEPIVOTA DAY.

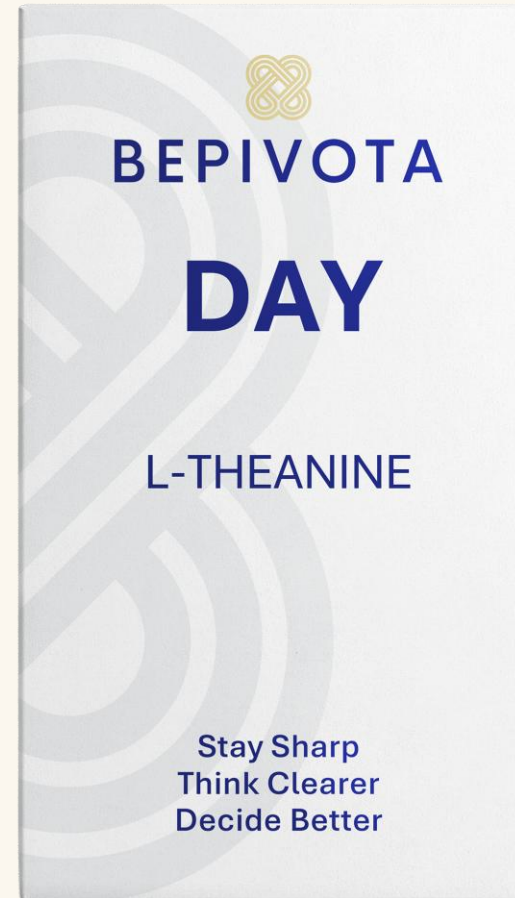
Take as directed on pack.

Pair with water and a clear first decision.

Use it before the day becomes reactive.

Name one priority before opening the noise.

DAY cue: What needs my clearest attention today?



Your Morning Anchor Card

Begin clearly.



DAY + water

One priority

First focus window

No unnecessary noise

Return to calm when pressure rises

BEPIVOTA LUCIDITY SYSTEM

MORNING ANCHOR CARD

Start clearly. Move deliberately. Stay steady.

Your morning does not need more noise. It needs an anchor. Use this card with BEPIVOTA DAY to create a simple, calm start: hydrate, choose the work that matters, reduce avoidable noise, and begin with intention.

01	Take BEPIVOTA DAY Use as directed on pack. Place it beside a glass of water so the routine is visible and easy to begin.
02	Hydrate first Before the day accelerates, give yourself one quiet minute and a glass of water.
03	Name the one thing Ask: What matters most today? Write one clear priority before the noise.
04	Protect the first focus block Start with a deliberate block of work before reactive messages and distractions take control.
05	Reduce avoidable noise Keep the first part of the day simple: fewer tabs, fewer alerts, fewer unnecessary inputs.
06	Return to the rhythm If the day becomes pressured, pause, breathe, reset the next action and continue. No drama. Just return.

I WILL PROTECT	
I WILL REDUCE	
I WILL RETURN TO	

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.

Your DAY in Practice

Begin clearly. Move deliberately. Stay steady.

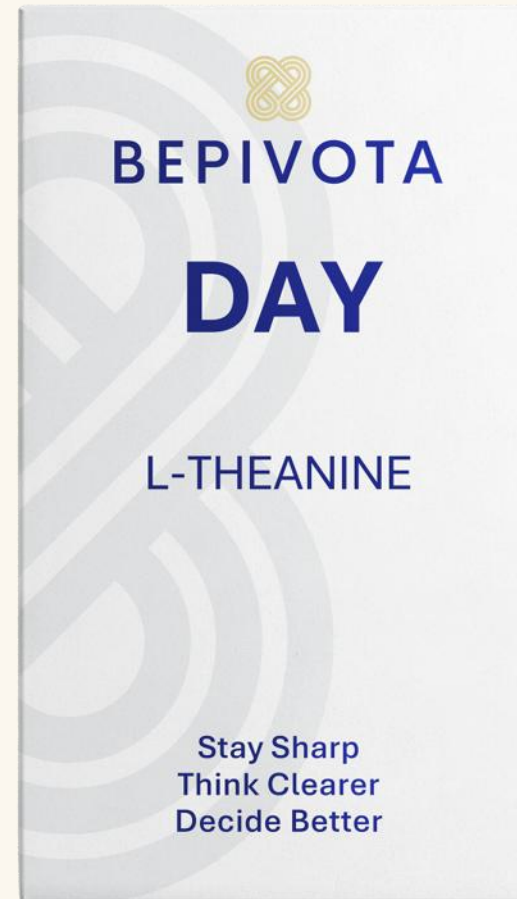
Protect the first focus window.

Keep the first hour simple.

Return to the priority when pressure rises.

Use calm repetition rather than force.

“A clear day is built in small decisions.”



Your Evening Anchor

How to use BEPIVOTA NIGHT.

Take as directed on pack.

Pair with a chosen wind-down cue.

Lower stimulation before bed.

Close loops before carrying them into the night.

NIGHT cue: What can I now let go of?



Your Evening Anchor Card

Close well.


NIGHT as directed

Reduce noise

Close open loops

Capture tomorrow's first action


Let the day finish



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	

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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.

Your NIGHT in Practice

Close the day properly.

Reduce noise.

Name what is complete.

Capture tomorrow's first action.

Create a clean handover into rest.

“Do not drag the whole day into the night.”



Build the Habit

A system becomes valuable.
When it becomes repeatable.

The Weekly Lucidity Reset

Start without overwhelm.

Day 1: place the products where the routine happens.

Day 2: begin with the Morning Anchor.

Day 3: add the midday reset.

Day 4: introduce the Evening Anchor.

Day 5: notice patterns.

Day 6: adjust the environment.

Day 7: decide what to continue.

“The first week is about beginning, not proving.”



The Weekly Lucidity Reset Tracker

A simple first-week rhythm map.

Day	Morning anchor	Midday reset	Evening close	What I noticed
1				
2				
3				
4				
5				
6				
7				

“Track patterns, not perfection.”

The Monthly Lucidity Practice

Build the rhythm into your life.

Repeat the anchors.

Track patterns, not perfection.

Review at the end of each week.

Use the discipline & consistency mindset:
continue the rhythm, do not restart.

Reset. Weekly. Repeat.

Consistency and discipline are a functioning part
of the Lucidity System.



What to notice

Track patterns, not perfection.

Morning clarity and steadiness.

Energy and attention windows.

Evening discipline and noise reduction.

Sleep preparation and recovery routine.

Your ability to return after interruption.

“The system is working when it becomes easier to return.”



When life interrupts the routine

Return without guilt.

Missed a day? Return at the next anchor.

Travel? Keep the cues simple.

Stressful week? Reduce the routine to the smallest useful version.

No guilt. No reset drama. Just return.

“The strength of a routine is not never missing it. It is knowing how to return.”



The environment around you

Make the rhythm easier to keep.

Place DAY where your morning starts.

Place NIGHT where your evening closes.

Keep water visible.

Reduce phone friction at night.

Use light, desk and bedside cues.

“Design the environment so discipline has less work to do.”



Real-life use scenarios

Find your version of the system.

Founder: protect the first decision of the day.

Parent: create a calmer morning and evening handover.

Athlete: support routine and recovery discipline.

Creator: build clarity without chasing noise.

Student: structure study and wind-down.

“The system adapts to the life. The rhythm stays simple.”

Continue the Rhythm

From trial to trust, from trust to continuity, from continuity to compounding.

The Responsibility Mindset

For people who carry the load.

Responsibility requires recovery.

Clarity is not a luxury. It is part of showing up well.

Discipline is easier when the system is simple.

Lucidity supports the rhythm around responsibility and discipline.

“People who carry responsibility need rhythms that carry them.”

What Lucidity is — and what it is not

Clear, responsible, honest.

Lucidity is a guided DAY + NIGHT routine.

Lucidity is a food supplement system, not a medical treatment.

Lucidity is not a promise of perfection.

Lucidity is a support for rhythm, discipline and consistency.

“Clear beats exaggerated. Honest beats noisy.”

Frequently Asked Questions

Simple answers for responsible use.

Can I use DAY without NIGHT?

Yes. But the strongest system logic is DAY + NIGHT together.

What if I miss a day?

Return at the next anchor. No guilt.

When should I buy or subscribe?

When you want the rhythm to continue without interruption.

“The answer is almost always: keep it simple, keep it responsible, return to the rhythm.”

Responsible Use Notes

Important food supplement guidance.

Do not exceed the stated recommended daily dose.

Food supplements should not be used as a substitute for a varied diet and healthy lifestyle.

Keep out of reach of young children.

Consult a qualified healthcare professional if pregnant, breastfeeding, on medication, or if you have a medical condition.

Use as directed on the product packaging.

Your Lucidity Commitment

The reason you are building this rhythm.

I am building this rhythm because I want more:

Clarity

Calm

Discipline

Recovery

Consistency

Steadiness

Signature / date



Start clearly. Close well. Continue.

The BEPIVOTA Lucidity System is built to help you create a simple daily rhythm: clarity by day, recovery by night and the discipline to return to yourself before the world pulls you in too many directions. It is not built to add more noise to your life. There is enough of that already. It is built to give you an anchor. A way to begin the day with more intention. A way to close the evening with more care. A way to repeat something simple enough to stay with you.

Thank you for giving us your time to review the BEPIVOTA Lucidity System Playbook. We fully appreciate that time, once spent, is the only asset we can never recover. It is precious. Thank you for choosing to spend it with us here.

If you are carrying responsibility; if your days are full, pressured or fragmented; if you are trying to lead, build, parent, perform, recover or simply steady yourself again — then this system was built with you in mind. Not to promise perfection. Not to force another impossible routine. But to offer a simple rhythm you can return to.

BEPIVOTA DAY is there to help you start clearly. BEPIVOTA NIGHT is there to help you close well. The BEPIVOTA Lucidity System is there to help you continue.

Ready to take the next step?

Johnny Ingle
Founder

Your next step is simple.

Start the Lucidity rhythm by choosing BEPIVOTA DAY, BEPIVOTA NIGHT or the complete DAY + NIGHT system through the BEPIVOTA Exchange:

<https://www.bepivota.com/exchange>

Search BEPIVOTA on Amazon.ie:

[Amazon.ie : BEPIVOTA](#)

If you are unsure where to begin, **Ask Lia**.

Lia, our BEPIVOTA Liaison Assistant, can help guide you through the Lucidity System, explain the DAY and NIGHT rhythm and direct you to the right BEPIVOTA pathway:

<https://www.bepivota.com/liaison>

The Exchange gives you access. Amazon gives you access. Lia guides the route. The BEPIVOTA Lucidity System Playbook supports the rhythm.

It is all here for **you**.

Start clearly. Close well. Continue.

