



— A POCKET GUIDE

# Your daily *ritual*.

Two small habits for steadier days and calmer evenings, explained in about five minutes.



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THE WHOLE GUIDE IN 60 SECONDS

# Here's the *short version*.

If you read nothing else, read this page.  
Screenshot it and you're set.

## MORNING

### 30 drops of Klara Boost

In your coffee, water or smoothie. Ten seconds, once a day.

## EVENING

### A cup of Klara Tea

1–2 teaspoons, boiling water, steep 10–15 minutes. Sip and unwind.

## BE PATIENT

### Give it 30 days

Herbs work quietly and add up. Every day counts more than any one day.

## THE BASICS

### Sleep, water, move

Herbs support good habits. They don't replace them. Page 7 has the easy list.

## — WHY A DAILY RITUAL?

# A little, *every day*.

Think of tonic herbs the way you think of brushing your teeth: nothing dramatic happens on day one, and that's the point.

Herbalists have used roots like astragalus and eleuthero for centuries in exactly this way: small amounts, taken daily, while you're feeling fine. Not as a rescue, but as steady support that builds over weeks.<sup>†</sup>

### **MOST PRODUCTS**

Something you grab once you already feel run-down.

### **YOUR RITUAL**

Daily support you build while you feel good, so you've got more in the tank when the week gets busy.<sup>†</sup>

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**KLARA BOOST**

# Your ten-second *morning.*

Six organic roots in one alcohol-free dropper.  
Here's all there is to it.

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## 01 Shake the bottle

A quick shake mixes all six roots evenly.

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## 02 Add 30 drops

To coffee, water, juice, tea or a smoothie.  
No alcohol burn, no pill.

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## 03 Do it every day

Same time, same drink. Mornings make it  
automatic.

### **MAKE IT STICK**

Keep the bottle right next to your coffee maker.  
Traveling? The 1 oz bottle fits your carry-on  
liquids bag.

— WHAT'S IN KLARA BOOST

# Six roots, *six jobs.*



THE FOUNDATION

## Astragalus

A daily tonic in Chinese tradition for 2,000 years.<sup>†</sup>



THE FIRST RESPONDER

## Echinacea root

North America's best-known immune herb.<sup>†</sup>



THE STEADY ENERGY

## Eleuthero

An adaptogen for stamina without caffeine.<sup>†</sup>



THE STAMINA ROOT

## Suma

Brazil's "para toda," a tonic for vitality.<sup>†</sup>



THE HARMONIZER

## Licorice root

Soothes and brings the blend together.<sup>†</sup>



THE LYMPH MOVER

## Red root

Traditionally used for the lymphatic system.<sup>†</sup>



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— KLARA TEA

## Your ten-minute *evening*.

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### 01 Measure

1–2 teaspoons into a mug or infuser.

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### 02 Steep long

8–10 oz boiling water, 10–15 minutes.  
Longer = silkier.

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### 03 Sip and unwind

Naturally sweet, caffeine-free, soothing on  
the way down.<sup>†</sup>

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— MAKE EVERYTHING WORK BETTER

# Six easy wins *for your week.*

None of these cost a thing, and they matter more than any supplement, ours included.

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- ✓ **Protect your sleep.** Aim for 7–9 hours. It's the biggest lever you have.
  - ✓ **Drink water first.** A full glass before your coffee.
  - ✓ **Move most days.** A 20–30 minute walk counts.
  - ✓ **Eat more plants.** Half your plate, as often as you can.
  - ✓ **Get morning light.** Ten minutes outside helps set your body clock.
  - ✓ **Take real breaks.** Two minutes of slow breathing between meetings.
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## — WHAT TO EXPECT

# Your first *30 days*.

## Day 1

Thirty drops. That's the whole commitment.

## Week 1

It's automatic. The bottle lives by the coffee maker.

## Weeks 2–3

The stretch where showing up daily matters most.<sup>†</sup>

## Day 30

Your call. Love it, or return it through Amazon.

Screenshot this page and tick off each day:

|    |    |    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|----|----|
| 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |

## — TRAVEL DAY PLAN

# Fly well, *land ready*.

**A WEEK BEFORE**

Start (or keep up) your daily Klara Boost. Protect your sleep and hydrate.

**AT THE AIRPORT**

Eat one real meal. Wash your hands after security. Skip the airport drink.

**ON THE PLANE**

Water every hour, saline nasal spray, wipe the tray table, walk the aisle.

**AFTER YOU LAND**

Daylight, a walk and a normal bedtime for the next three nights.

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— SAFETY, IN PLAIN ENGLISH

# Check with your *doctor* *first* if...

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- You're **pregnant or nursing**.
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- You have **high blood pressure**, heart or kidney concerns. Both products contain licorice root.
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- You have an **autoimmune condition** or take immune-suppressing medication.
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- You're **allergic to ragweed** or daisy-family plants (echinacea).
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- You take **daily medication**. Drink Klara Tea 1–2 hours apart from it.

<sup>†</sup> These statements have not been evaluated by the Food and Drug Administration. Drink Inc products are not intended to diagnose, treat, cure, or prevent any disease. Klara Boost is formulated for adults.

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— YOU ASKED

# Quick *answers.*

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## Can I put it in hot coffee?

Yes. Coffee, tea, water, juice or a smoothie all work.

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## Can I take both products?

Yes. Boost in the morning, Tea in the evening is the routine we designed. Mind the licorice note on page 10.

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## What if I miss a day?

Just pick it back up tomorrow. Consistency over weeks matters more than any single day.

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## Does it need the fridge?

No. Keep Klara Boost capped, somewhere cool and out of the sun.

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## What if it's not for me?

Return it within 30 days through Amazon for a full refund.

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— READY WHEN YOU ARE

Ten seconds. *Thirty drops.* One good habit.

Start tomorrow morning, and see how the month feels.

**Shop Klara Boost — \$16.99**

**Shop Klara Tea — \$21.99**

**Visit [drink-products.com](https://drink-products.com)**

Questions? A real person answers:

[info@drink-products.com](mailto:info@drink-products.com)

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