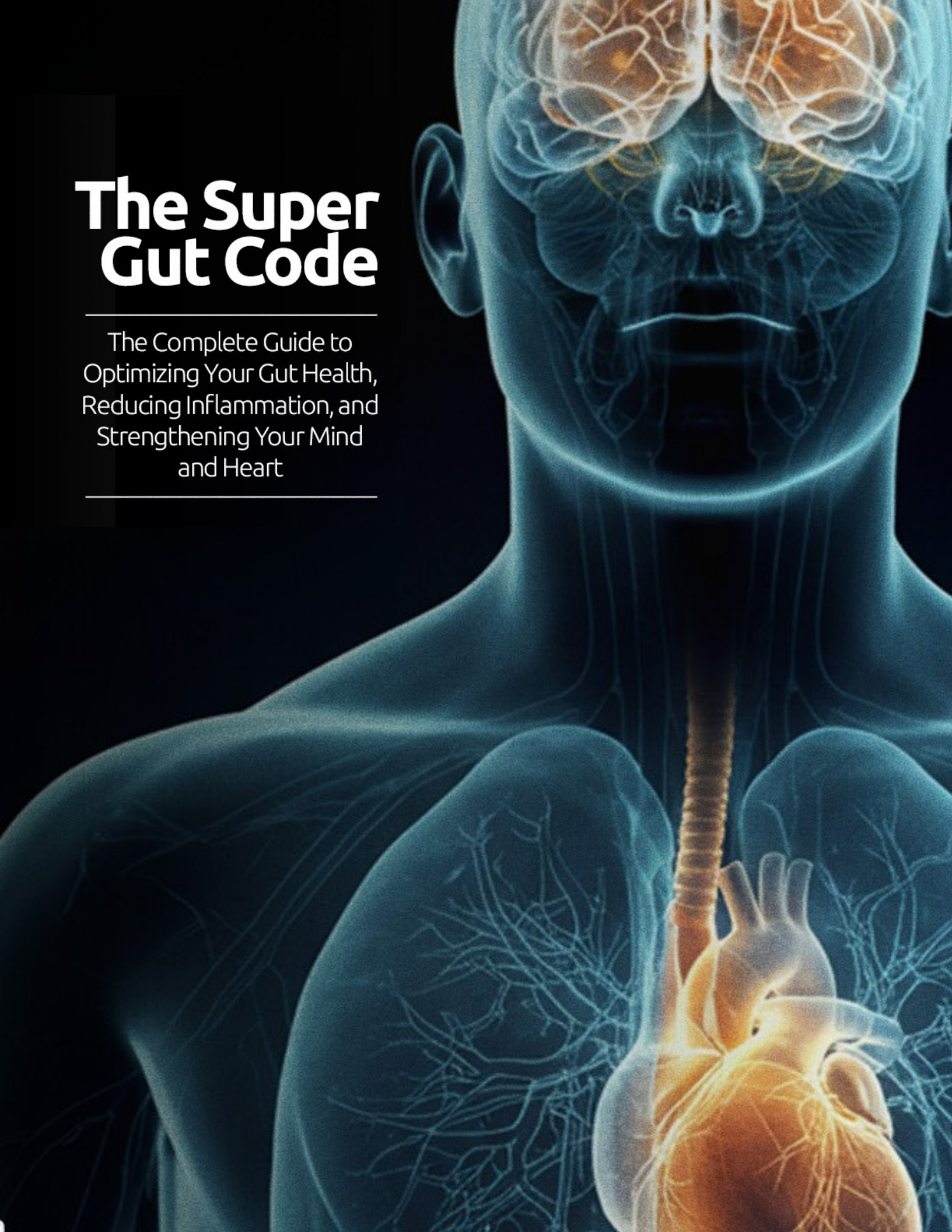


The Super Gut Code

The Complete Guide to
Optimizing Your Gut Health,
Reducing Inflammation, and
Strengthening Your Mind
and Heart



| Introduction

Welcome to your new beginning!

Congratulations on choosing **Memo Revive**! Your decision already demonstrates your commitment to a life of greater mental clarity, focus, and vitality.

And now, you have access to an exclusive bonus: the e-book “***The Super Gut Code***.” Here you’ll discover how to take care of your gut, reducing inflammation and intestinal strengthening your health, which directly impacts:

Your daily energy.

- Your cardiovascular health.
- Your cognitive function. The gut is called the “second brain” for a reason: when it’s healthy, your mind and body function in harmony.



Expected Benefits

With 10 days of continuous use of Memo Revive, combined with the practices in this guide, you may notice:

- Sharper memory and better recall, both in daily tasks and important details.
- Improved focus and concentration, making it easier to stay productive and attentive.
- Greater mental clarity, reducing mental fog and enhancing decision-making.
- Reduced fatigue and stress, supporting a more balanced cognitive state.
- Better sleep quality, which contributes directly to memory consolidation and brain recovery.

Why does it work?

Memo Revive combines carefully selected natural ingredients such as Bacopa Monnieri, Rhodiola Rosea, and Panax Ginseng, which are known to:

- Support memory formation and recall.
- Increase mental energy and clarity.
- Protect the brain with antioxidants, reducing the effects of stress and aging.
- Improve resilience to mental fatigue.

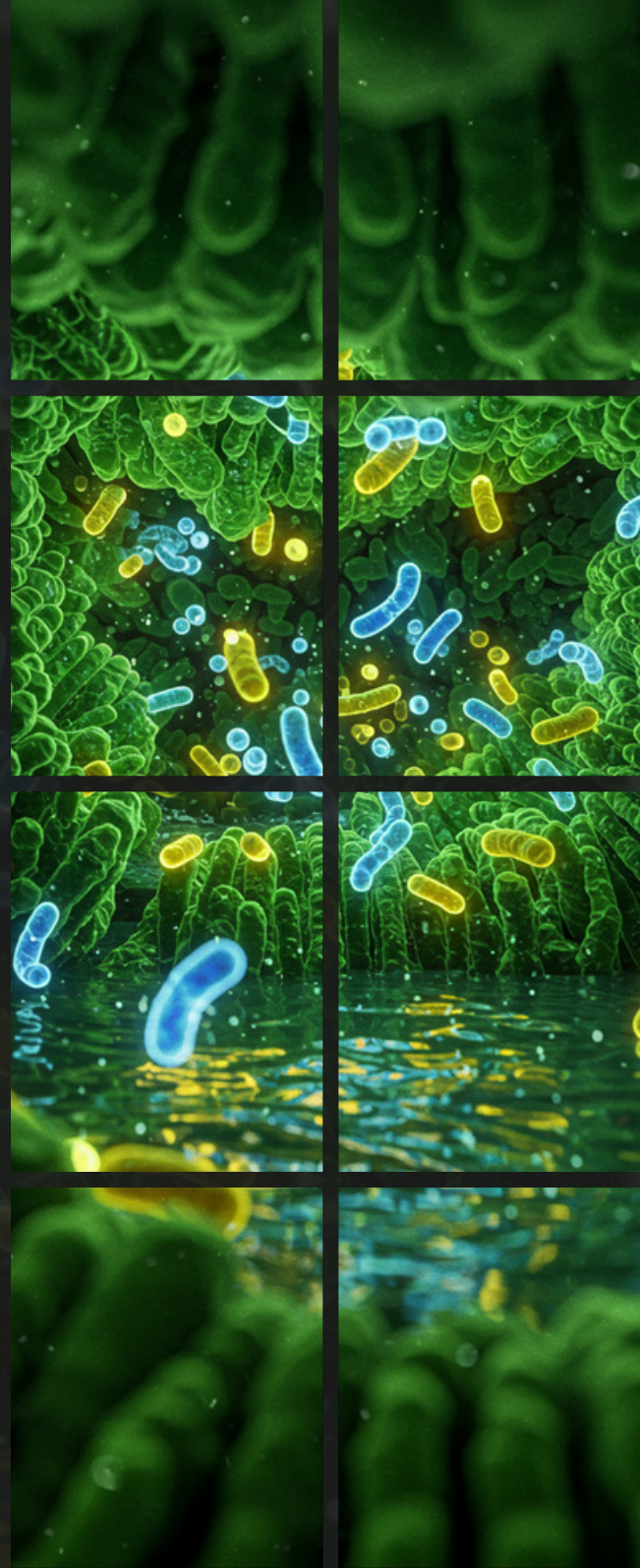
With daily use, the results are progressive and cumulative: the more consistent you are, the greater the benefits for your memory, focus, and overall cognitive function.

Why is Gut Health so Important?

In recent years, science has proven what many ancient traditions already intuited: the gut is the true command center of health. It not only digests food but directly influences the immune system, hormone production, metabolism, and even the way we think and feel.

Reducing Intestinal Inflammation

Chronic intestinal inflammation is silent, but it can be devastating. It's associated with constant fatigue, poor digestion, bloating, weight gain, low immunity, and even memory lapses and difficulty concentrating.



The good news is that by applying the methods presented in this guide, you can reduce intestinal inflammation by up to 83%, providing concrete benefits such as:



Easier, discomfort-free digestion.



More energy and energy for daily life.



Prevention of chronic diseases that originate from inflammation, such as diabetes and obesity.

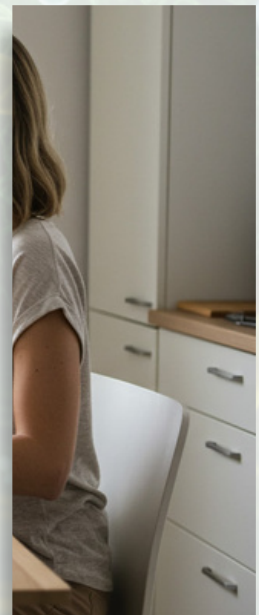
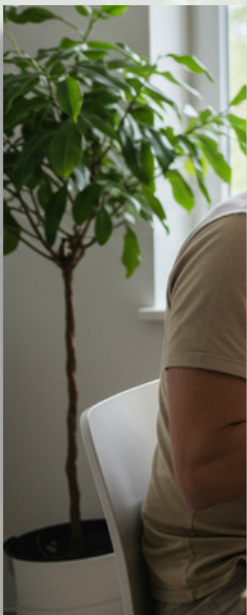
Reduced Risk of Heart Disease

The gut also connects directly to the heart. Studies show that maintaining a balanced gut flora can reduce the risk of cardiovascular disease by up to 62%. This is because a healthy microbiome regulates blood pressure, improves cholesterol levels, and reduces systemic inflammation that puts a strain on the heart.

The main benefits include

- ⦿ Greater longevity and vitality.
- ⦿ Improved blood circulation and tissue oxygenation.
- ⦿ Heart and brain functioning in perfect synergy, supporting both physical and cognitive health.

Taking care of your gut isn't just about digestion: it's the key to a more balanced, long, and healthy life.



Health is so important

Practical Methods and Strategies

The Super Gut Code brings together simple and effective steps you can apply daily to transform your gut health and, consequently, your energy, focus, and overall well-being.

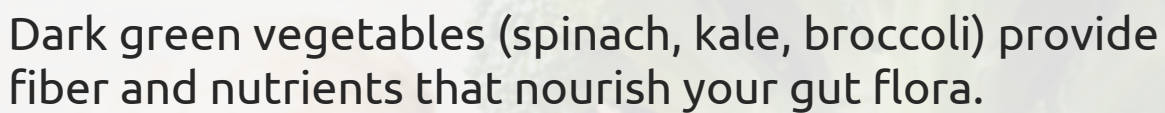
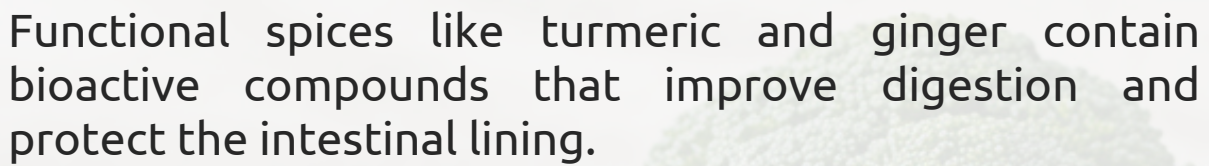
Anti-Inflammatory Foods

Diet is the starting point for balancing your gut. Always choose natural foods rich in antioxidants:



Red fruits (such as strawberries, blueberries, and blackberries) help fight free radicals and reduce inflammation.





The image consists of three vertical panels, each displaying a variety of snack products. The left panel features several bags of 'Dioks' snacks in yellow and red packaging, a box of 'Putinn' (a type of fried dough), a can of 'Coca-Cola', and a bowl of colorful, ring-shaped snacks. The middle panel shows a bag of 'Natcks' (a type of fried dough), a box of 'Putinn', a can of 'Coca-Cola', and a bowl of colorful, ring-shaped snacks. The right panel displays a bag of 'Rizoto' (a type of fried dough), a box of 'Putinn', a can of 'Coca-Cola', and a bowl of colorful, ring-shaped snacks. The products are arranged on a dark surface, and the background is a solid color.

Probiotics and Prebiotics

The balance of gut flora depends on both probiotics (good bacteria) and prebiotics (fibers that serve as food for them).

- ⦿ **Include natural sources of probiotics: kefir, plain yogurt, kombucha, sauerkraut, and kimchi.**
- ⦿ **Consume soluble fiber found in foods such as oats, chia, flaxseed, and green bananas.**

This combination helps repopulate the gut with beneficial bacteria and strengthens immunity, also improving mood and mental clarity.



Smart Hydration

Water is essential for digestion, nutrient absorption, and toxin elimination.

- ☉ Drink between 2 and 3 liters of water per day, spread throughout the day.
- ☉ When you wake up, try drinking a glass of warm water with lemon: besides hydrating, it stimulates the liver, improves intestinal transit, and strengthens the immune system.

Bonus tip: Soothing teas like chamomile or fennel at night also help you relax and promote intestinal health.



Sleep Routine

The gut and sleep are closely connected: a healthy microbiome promotes rest, and quality rest strengthens the microbiome.

- ⊙ Aim to get 7 to 9 hours of sleep per night.
- ⊙ Create a nighttime ritual: turn off screens at least 30 minutes before bed and keep the bedroom dark and quiet.

Adequate sleep reduces cortisol (the stress hormone), improves cell regeneration, and promotes intestinal balance.



Movement and Physical Activity

Daily movement is essential to stimulate blood circulation, reduce inflammation, and improve digestion.

- ⊙ Brisk walks after meals help with nutrient absorption.
- ⊙ Practices like yoga and Pilates reduce stress, strengthen the body, and increase body awareness.
- ⊙ Regular moderate aerobic exercise stimulates metabolism and also benefits the gut microbiome.

The key is consistency: you don't need to overtrain, but rather include enjoyable and regular activities in your lifestyle.



Step-by-Step Guide

Morning – Start with Energy and Clearness

☉ Take 1 **Memo Revive** capsule with a glass of water first thing in the morning. This helps activate nutrients that support your memory and cognitive function throughout the day.

☉ Drink warm water with lemon afterward. This simple practice aids digestion, stimulates the liver, and helps balance the body's pH.

☉ Whenever possible, take a brisk 10- to 15-minute walk in the morning. Early morning exercise stimulates circulation, improves mood, and helps reduce inflammation.



Eating Throughout the Day – Nutrition that Strengthens

- ⊙ Include natural probiotics, such as unsweetened yogurt, kefir, kombucha, or sauerkraut, which repopulate the gut with beneficial bacteria.
- ⊙ Add prebiotic fibers (oats, flaxseed, chia, bananas, apples, and green vegetables) to nourish this healthy gut flora.
- ⊙ Avoid inflammatory foods such as ultra-processed foods, excess sugar, fried foods, and soft drinks, which harm both the gut and cardiovascular health.
- ⊙ Prioritize balanced meals, combining lean proteins, whole-grain carbohydrates, and healthy fats (such as olive oil, avocado, and nuts).



Nighttime – Preparing for Restorative Sleep

- ⦿ Practice 5 to 10 minutes of deep breathing, stretching, or meditation. These techniques reduce cortisol (the stress hormone) and prepare the body for rest.
- ⦿ Disconnect from screens at least 30 minutes before bed. The blue light from electronic devices interferes with the production of melatonin, the sleep hormone.
- ⦿ Ensure 7 to 9 hours of quality sleep. Deep sleep is essential for cellular regeneration, hormonal balance, and maintaining a clear and healthy mind.

Remember: small changes made every day add up to big results over time. By taking care of your routine, you strengthen not only your gut, but also your mind, heart, and daily energy.



| Conclusion

Congratulations on completing The Super Gut Code!

Throughout these pages, you've taken important steps toward restoring intestinal balance, reducing inflammation and strengthening both your body and mind. Every dietary choice, every self-care practice and every Memo Revive capsule are part of a process that has already begun to transform your health from the inside out.

During this journey you've learned how to nourish your gut with the right foods, reduce habits that trigger inflammation, and create conditions for your metabolism, heart, and brain to work in perfect harmony.

Continue using Memo Revive daily and applying the tips in the guide to see weekly improvements in your energy, digestion, and memory.



Congratulations on completing The Super Gut Code!

You've already taken the first step toward strengthening your mind, but this journey doesn't

- ⊙ Apply the tips daily: include anti-inflammatory foods, stay hydrated, and adopt small routine changes that make a big difference.
- ⊙ Keep using Memo Revive: the supplement enhances results by supporting your mental clarity and optimizing cognitive health along with a balanced gut.
- ⊙ Monitor your weekly improvements: note your focus, memory, energy, and mood. Small, accumulated improvements indicate you're on the right track.
- ⊙ Integrate habits sustainably: these aren't drastic changes, but continuous adjustments that can transform your quality of life.

When your gut is in balance, your whole body functions better—your mind is clearer, your heart is more protected, and your daily energy is renewed. Start today and feel the difference of this transformation every day!

FAQ – Frequently Asked Questions

☉ I didn't see significant results in 10 days. Is this normal?

Yes! Memo Revive works progressively. Improvements are gradual and become more noticeable with continued use.

☉ Can I continue using Memo Revive after the challenge?

Yes. Continued use is safe and recommended to maintain peak cognitive function.

☉ How can I further enhance the results?

Combine the supplement with a good diet, physical and mental exercise, quality sleep, and stress reduction techniques.

☉ Does Memo Revive have side effects?

Memo Revive is formulated with natural ingredients and is generally well tolerated. If you experience any discomfort, discontinue use and consult a healthcare professional.

☉ How long will it take to see significant improvements?

Some users report benefits within the first few weeks, but more consistent results emerge with continued use, combined with healthy habits, over 1 to 3 months.

| Support

Support Email: contact@customerics.com

We will respond quickly and kindly, because your progress is important to us.

Remember: every result starts with a decision — and you've already taken that first step.

With focus, action, and the right support, you can achieve the best version of yourself.

Let's go on this journey together!



| Your health starts in your gut

It's where much of your energy, immunity, and hormonal balance are regulated. When your gut is healthy, the benefits extend to your entire body: your mind gains clarity, your heart is more protected, and your quality of life visibly improves.

By combining the power of Memo Revive with the practices of The Super Gut Code, you're giving yourself much more than immediate well-being: you're building a future of vitality, focus, strong memory, and quality longevity.

Remember: every step, no matter how small, makes a difference. Whether it's choosing a healthier diet, engaging in light exercise, or maintaining a consistent supplement intake, you're adding gains that translate into renewed energy and a more active and resilient mind.

Stay strong. Transformation happens daily, and you've already begun this journey. Trust the process, maintain discipline, and reap the rewards of a healthier, more balanced, and fulfilled life.