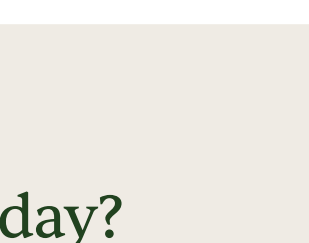
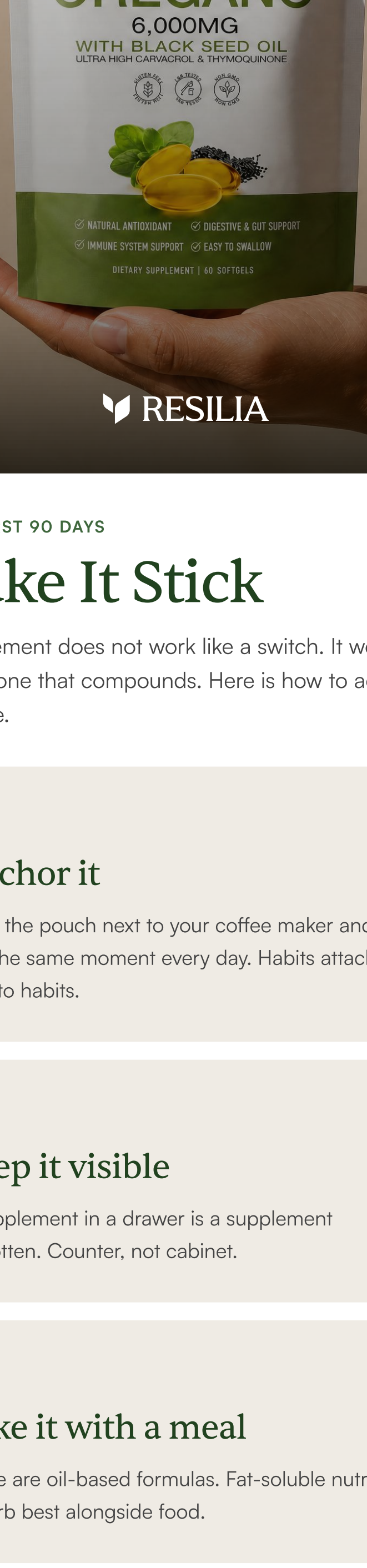


# Welcome to Resilia

*A field guide to foundational health,  
built one day at a time.*



## YOUR FIRST 90 DAYS

# Make It Stick

A supplement does not work like a switch. It works like a habit, one that compounds. Here is how to actually get there.

1

### Anchor it

Keep the pouch next to your coffee maker and take it at the same moment every day. Habits attach best to habits.

2

### Keep it visible

A supplement in a drawer is a supplement forgotten. Counter, not cabinet.

3

### Take it with a meal

These are oil-based formulas. Fat-soluble nutrients absorb best alongside food.

4

### Missed a day?

Just take the next one. Consistency over perfection.

IF YOU ARE PREGNANT, NURSING, MANAGING A CONDITION, OR TAKING MEDICATION, CHECK WITH YOUR HEALTHCARE PROVIDER FIRST.

## ANCIENT SYSTEMS

*“Across cultures that never met, wellness took the same shape: a small handful of plants, used daily, together.”*

INGREDIENTS LIKE THESE APPEAR AGAIN AND AGAIN  
IN THE DIETS OF THE WORLD'S BLUE ZONES.

## YOUR FIRST 90 DAYS

# How to Know It Is Working

Gradually, then all at once. New routines tend to take closer to two months than the popularly cited three weeks to feel automatic. Give it real time before judging it.

### DAYS 1-30

#### The habit takes hold

That is the win for now. Tune in weekly: afternoon energy, sleep, how your gut feels after meals. These observations become your baseline.

### MONTH 2

#### Consistency compounds

The 8 to 12 week mark, where most supplement categories start showing noticeable benefits. Compare against month one. Micro changes come first.

### MONTH 3+

#### Settled in

Less something to remember, more something you just do. Some nutrients, like vitamin D, take 3 to 6 months to fully stabilize. Keep going.

NO GUARANTEED TIMELINE. NO TWO BODIES MOVE AT THE SAME PACE. CONSISTENCY COMPOUNDS.

# Our Philosophy



There is a reason certain remedies survive. Oregano was pressed into household oils across the Mediterranean long before anyone isolated its active compounds. Garlic hung in doorways from the Mediterranean to East Asia. Black seed anchored Middle Eastern and North African traditions for millennia.

This is where Eastern and Western wellness traditions actually meet. Getting back to basics does not mean giving up on rigor. It means trusting ingredients nature already perfected, and confirming that trust with the tools modern science gives us.

### DID YOU KNOW?

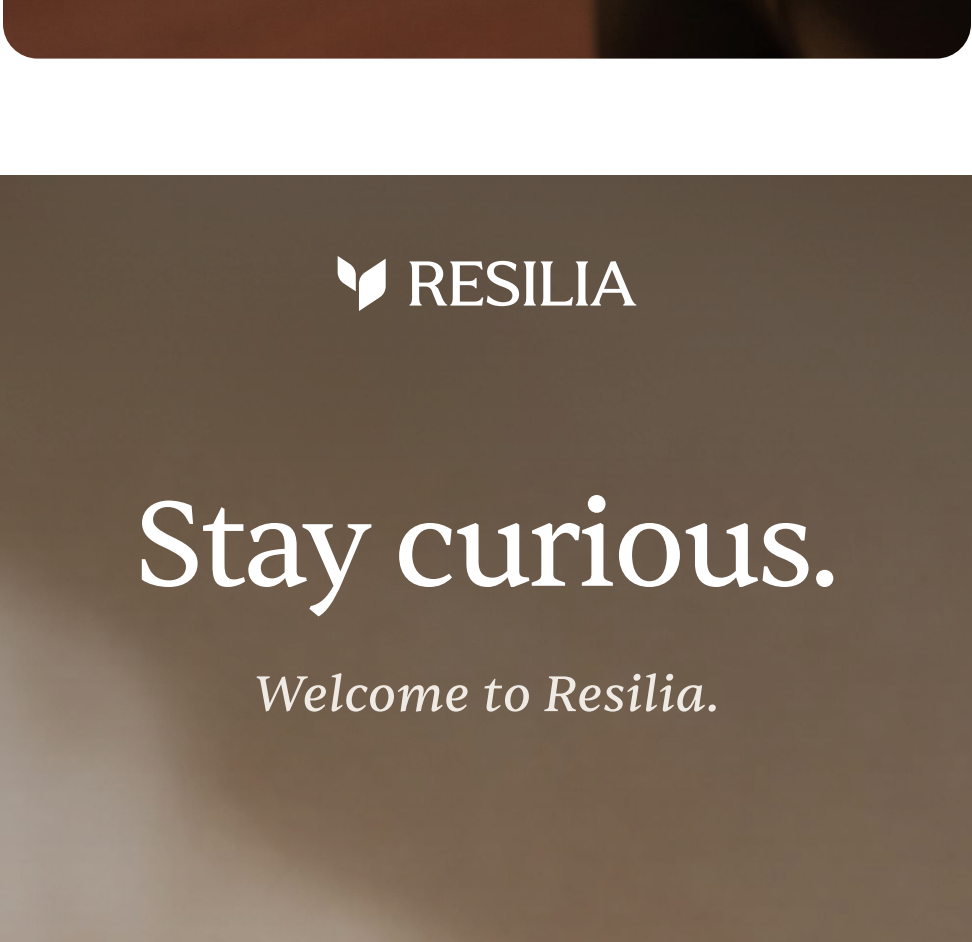
*Aged Garlic Extract is one of the most clinically studied ingredients in the cardiovascular category, with 750+ published studies behind it.*

## INGREDIENT SPOTLIGHT

# Garlic

*Hung in doorways and simmered in broths from the Mediterranean to East Asia for thousands of years.*

Ancient Egyptian laborers were reportedly given garlic rations for strength, and Greek and Roman physicians wrote about it. Slow aging is what unlocked it for modern daily use, concentrating the compound researchers now study while leaving the famous pungency behind.



## SECOND HERO FORMULA

# Aged Odorless Garlic + CoQ10 Ubiquinol

*Heart health is the kind of thing most people mean to take seriously eventually. Garlic has been the answer for thousands of years, but raw garlic asks a price.*

Slow-aged into Aged Garlic Extract, an ingredient with more than 750 published studies behind it, standardized to S-Allyl Cysteine. The aging deepens the good and removes the harsh: no odor, no aftertaste. Paired with CoQ10 Ubiquinol, the active form of a nutrient central to cellular energy production.

Two softgels daily with a meal. The most foundational formula in the collection.

### SUPPORTS

CARDIOVASCULAR WELLNESS

CIRCULATION

ANTIOXIDANTS



## INGREDIENT SPOTLIGHT

# Oregano

*“The joy of the mountain.”*

ATTRIBUTED TO HIPPOCRATES, C. 400 BCE

It grows wild across the hillsides of Greece and southern Italy, where dry heat concentrates the oil inside each leaf. Households reached for it centuries before anyone could explain why it worked. Its key compound, carvacrol, is what modern supplement makers now measure and standardize.



## HERO FORMULA

# Oil of Oregano with Black Seed Oil

*There is a particular dread that arrives with the first cold snap: the scratchy throat you hope is nothing, the trip you cannot afford to spend sick in bed.*

Concentrated oil of oregano, standardized for carvacrol, paired with black seed oil and its naturally occurring thymoquinone. Two plants with long immune traditions, together in one easy to swallow softgel. Supports immune function, digestive balance, and antioxidant activity.

Two softgels daily with a meal, which helps absorption and softens the gentle herbal note.

### SUPPORTS

IMMUNE FUNCTION

DIGESTIVE BALANCE

ANTIOXIDANT ACTIVITY



# Which Formula, When

*Cold season coming, or travel ahead*

→ OIL OF OREGANO WITH BLACK SEED OIL

*Thinking seriously about your heart*

→ AGED ODORLESS GARLIC + COQ10

*Digestion feels unpredictable*

→ ETHIOPIAN BLACK SEED OIL

*Most days spent indoors, or building for the years ahead*

→ VITAMIN D3 + K2 MK-7

*Looking after your liver*

→ MILK THISTLE WITH SILYMARIN

*Starting from zero*

→ BEGIN WITH OREGANO OR GARLIC, LAYER IN FROM THERE

GENERAL GUIDANCE, NOT MEDICAL ADVICE. RESULTS ARE NOT GUARANTEED. ALWAYS CHECK WITH YOUR HEALTHCARE PROVIDER BEFORE STARTING OR COMBINING SUPPLEMENTS.



# Our Story

Every health brand claims to be different. So instead of telling you what makes Resilia different, we will tell you what we got tired of: labels with twenty ingredients and none of them explained, “proprietary blends” that hide exact amounts, and the boom and bust cycle of trends.

Resilia went the other way. We built a small collection around ingredients that have proven themselves, some for thousands of years, and that still hold up under modern research. Oregano. Garlic. Black seed.

Vitamins D3 and K2. An intentional merging of Eastern and Western wellness philosophy, chosen because it works.

*“Wellness is not a peak you chase.  
It is a foundation you build.”*



# Stay curious.

*Welcome to Resilia.*



\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

\* Consult your healthcare provider before starting any supplement regimen, especially if you are pregnant, nursing, taking medication, or have a medical condition.