

# YOUR CORE 4 GUIDE

One simple daily system for your gut, your energy,  
your joints, and your cellular health.

Welcome to Perga — where **biohacking is simplified**. The Core 4 isn't four random supplements; it's one system, working in sequence. Your gut absorbs, your mitochondria energize, your joints stay protected, and your cells get a nightly clean-up. Your body rebuilds itself on a months-long schedule — which is why the real transformation shows up at 90 days, 180 days, and one year. Here's exactly what to take, when, and what to expect.

## YOUR DAILY RHYTHM *Suggested timing — flexible by design.*

We recommend taking CoreFlow + CoreBlue earlier in the day and CoreRed + CoreGreen later in the day to make the Core 4 simple and easy to remember. However, **you do not have to take them at exact AM/PM times to benefit from the system.** The most important thing is taking your daily servings consistently in a rhythm that works for your life.

SUGGESTED  
MORNING

### Fuel & Flow

**CoreFlow:** 1 stick pack  
**CoreBlue:** 5 tablets

SUGGESTED  
EVENING

### Protect & Repair

**CoreRed:** 1 softgel with food  
**CoreGreen:** 5 tablets



### MORNING • STEP 1

## CoreFlow — The Gut Intelligence Layer

Everything starts in the gut. CoreFlow balances your microbiome so every other product — and every meal — absorbs better.

**INSIDE** 3-Biotic System (prebiotic fiber • spore-based probiotic • ReBiome postbiotic)  
Digestive enzymes • GoMCT®

- ✓ Supports digestion and nutrient uptake
- ✓ Promotes a balanced gut microbiome and regularity
- ✓ Helps reduce bloating and supports gut lining integrity

**Suggested: 1 stick pack daily — mix into 8–12 oz water or a shake**



### MORNING • STEP 2

## CoreBlue — The Cellular Energy Catalyst

Fuel for your mitochondria — the engines inside every cell that turn nutrients into all-day energy.

**INSIDE** Organic spirulina • Phycocyanin • AstaReal® astaxanthin • Carotenoids

- ✓ Supports cellular energy and mitochondrial function
- ✓ Supports your antioxidant defense systems
- ✓ Helps promote metabolic flexibility and resilience

**Suggested: 5 tablets daily**



## EVENING • STEP 3

**CoreRed — The Joint & Cellular Protector**

Omega-3s your cells can actually use — phospholipid-bound, so they're built right into your cell membranes.

**INSIDE** Superba™ krill oil (phospholipid EPA & DHA) • Astaxanthin • Hyaluronic acid

- ✓ Supports joint comfort, hydration, and mobility
- ✓ Helps protect cell membranes from oxidative stress
- ✓ Supports recovery and a healthy inflammatory response

**Suggested: 1 softgel daily with food**



## EVENING • STEP 4

**CoreGreen — The Cellular Clean-Up Crew**

The modern world is toxic — we're exposed to 700+ synthetic chemicals daily. CoreGreen supports your body's natural nightly detox and defense.

**INSIDE** Organic chlorella (tested for 500+ contaminants) • Chlorophyll • Plant-based B12 • 40 vitamins & minerals

- ✓ Binds & helps remove heavy metals, pesticides, and toxins
- ✓ Supports liver detox, immune defense, and glutathione production
- ✓ Nourishes body and brain while you recover overnight
- ✦ *Pro tip: move your body and break a sweat regularly — sweating is one of the best ways to help flush out the toxins CoreGreen is helping your body release*

**Suggested: 5 tablets daily — adjust as needed when starting**

**Serving note:** The full daily serving is 5 tablets. If the full serving feels like too much at first, reduce your serving and gradually build back up as your body adjusts. Stay hydrated, listen to your body, and focus on consistency.

**THE LONG GAME — WHAT TO EXPECT**

Your cells replace themselves over months, not days. Stay consistent and let each milestone build on the last — this is an investment, not a quick fix.

**90 Days****THE FOUNDATION**

- Digestion settles — better regularity, less bloating
- Steadier daily energy, fewer afternoon crashes
- Joints start feeling looser and more comfortable

**180 Days****THE SHIFT**

- Improved nutrient absorption and microbiome balance
- Greater metabolic performance and resilience
- Better mobility, recovery, and a lighter toxic load

**1 Year****THE NEW BASELINE**

- Sustained energy, focus, and overall vitality
- Long-term gut, joint, and cellular health
- Resilience that compounds — this becomes your normal

**FOUR KEYS TO SUCCESS****1. Anchor it to a habit**

Pair your Core 4 with something you already do every day. The suggested AM/PM rhythm is there to make the system simple, but it is not a strict rule. Consistency matters more than perfect timing.

**2. Don't judge week one**

As your gut rebalances, give your body 2–3 weeks to adjust. That's the system working.

**3. Hydrate & eat well**

Water moves nutrients in and toxins out. The Core 4 amplifies a good diet — it doesn't replace one.

**4. Mark your 90 days**

Note your energy, digestion, and sleep today. Compare at day 90 — that's your proof.