YOUR GUIDE · TESTO PLUS

Your first 100 days.

Two tablets, one meal, every day. Here's how to make it a habit that sticks. About ten minutes to read.



START HERE, TODAY

1. **Take 2 tablets with a meal.** Today is day 1.
2. **Pick your anchor meal:** one you never skip.
3. **Set a daily reminder** on your phone, at that meal.

*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.

WELCOME

You don’t have to take our word for it.

That’s the idea behind CLARVA. Every ingredient and its exact dose is printed on your label, and every batch is tested by third-party labs.

This guide is short on purpose: how to take TESTO PLUS, your first 100 days mapped out, and exactly what’s in the bottle.

“Every bottle has to earn your trust.”

Michael

Founder, CLARVA

YOUR REGISTRATION INCLUDES

Your batch’s lab report

Ask for the Certificate of Analysis (COA) for your bottle.

A real person

care@liveclarva.com replies within 2 business days.

This guide

Yours to keep. Open it any time from your confirmation email.

First to know

CLARVA Circle members hear about new formulas first.

HOW TO TAKE IT

Two tablets. One meal. Every day.

Take 2 tablets a day with a meal, at the same time every day. There's no caffeine in it, so it fits any meal, morning or evening.

MAKE IT AUTOMATIC

After I _____,

I take 2 TESTO PLUS tablets with my _____.

Tying a new habit to something you already do is one of the best-studied ways to make it stick.[1]

Keep the bottle where you'll see it.

Out of sight is out of mind. Pick a cool, dry spot you pass at that meal, out of children's reach.

Stomach feels off?

Take the tablets in the middle of your meal, never on an empty stomach.

Traveling?

Pack the days you need in a small pill case.

Missed a day?

Take your normal 2 tablets the next day. Never double up, and never take more than the label serving.

1 Gollwitzer PM, Sheeran P. Implementation intentions and goal achievement: a meta-analysis. Adv Exp Soc Psychol. 2006;38:69–119.

YOUR 100 DAYS, MAPPED

One habit, built day by day.

1 bottle = 60 tablets = 30 days. Reorder about a week before each bottle runs out.

1 **Start.**
2 tablets with your anchor meal.

7 **One week in.**
Tick each day on your tracker.

23 **Reorder.**
Delivery takes a few days, so you don’t miss a day.

30 **First check-in.**
Count the days you took it and fill in the Day 30 box on your tracker.

60 **Second check-in.**
Same questions. Look for the pattern, not one day.

90 **Third check-in.**
Look back over your tracker: days taken, sleep, training.

100 **Day 100.**
The habit is yours. Keep it going.

A missed day doesn’t reset you. In one study, a new daily habit took a median of 66 days to feel automatic, and missing a single day did not derail it.[2]

Reorder: liveclarva.com/go/testo-amazon

2 Lally P, et al. How are habits formed: modelling habit formation in the real world. Eur J Soc Psychol. 2010;40(6):998–1009.

WHAT'S IN THE BOTTLE

Every ingredient. Every milligram.

These are the Supplement Facts from your label, dose for dose. Check them against the back of your bottle: nothing is hidden in a blend.

Supplement Facts

Serving Size 2 Tablets
Servings Per Container: 30

Amount Per Serving		%Daily Value
Zinc (as zinc oxide)	**50 mg**	455%
Tongkat Ali Root Powder *(Eurycoma longifolia)*	**500 mg**	**
Maca Root (0.6% extract)	**250 mg**	**
L-Arginine HCl	**500 mg**	**
Panax ginseng Root Extract	**67.5 mg**	**
Eleutherococcus senticosus Root Extract	**67.5 mg**	**
Sarsaparilla Root Powder	**226 mg**	**
Pumpkin Seed Powder	**87 mg**	**
Muira Puama Bark 4:1 Extract	**64 mg**	**
Oat Straw 5:1 Extract	**60 mg**	**
Stinging Nettle Leaf 5:1 Extract	**57 mg**	**
Cayenne Pepper Fruit (40M HU/g)	**57 mg**	**
Astragalus Root 4:1 Extract	**57 mg**	**
Licorice Root 4:1 Extract	**57 mg**	**
Catuaba Bark Powder	**56 mg**	**
Tribulus terrestris Fruit Powder	**40 mg**	**
Orchic Powder (bovine)	**40 mg**	**
Boron 5% (boron amino acid chelate)	**20 mg**	**
Oyster 4:1 Extract	**17 mg**	**

**Daily Value not established.
Other ingredients: Microcrystalline cellulose, vegetable stearic acid, calcium carbonate, vegetable magnesium stearate, croscarmellose sodium, hydroxypropyl methylcellulose and silicon dioxide.
ALLERGEN WARNING: CONTAINS SHELLFISH (OYSTER).

Total: 2,273 mg per serving.

WHAT TO EXPECT, HONESTLY

A daily formula, not a quick fix.

No buzz. That’s by design.

TESTO PLUS has no caffeine, so you won’t feel a jolt after the first dose. It’s built to be taken every day.

Give it a fair run.

Bodies, routines and starting points vary. Take it every day and give it weeks, not days.

Check the routine first.

Did you take 2 tablets with a meal on most days? Your tracker shows it at a glance.

Alongside the basics, not instead of them.

No supplement replaces sleep, training and good food. The next section covers the basics worth getting right.

Is it a steroid or a hormone?

No. TESTO PLUS is a dietary supplement, not a steroid or a prescription hormone. It’s a formula of botanicals, minerals and amino acids, plus two animal-derived ingredients (oyster and bovine orchic), each listed with its dose on the label.

THE BASICS

What matters more than any supplement.

General health guidance for adults from the U.S. Centers for Disease Control and Prevention (CDC).

Sleep 7 hours or more.

The CDC recommends at least 7 hours a night for adults 18 to 60. Same bedtime, dark room, screens off earlier.[3]

Train your muscles twice a week.

Adults need muscle-strengthening activity on 2 or more days a week, working all the major muscle groups.[4]

Move 150 minutes a week.

That's 30 minutes of brisk walking on 5 days.[4]

Eat real meals. Drink less alcohol.

Build meals around protein, vegetables and whole foods. Less alcohol is better for overall health.

3 CDC. About Sleep. cdc.gov/sleep · 4 CDC. Adult Activity: An Overview. cdc.gov/physical-activity-basics/guidelines/adults.html

SAFETY

Read this once.

Contains shellfish (oyster).

Do not take TESTO PLUS if you are allergic to shellfish. It also contains a bovine ingredient (orchic powder).

For adults 18 and over.

Not for use if pregnant or nursing.

Talk to your doctor first.

If you take any medication or have a medical condition, check before you start. Your label lists every ingredient and dose, so it’s quick for your doctor or pharmacist to review.

Take only the label serving.

2 tablets a day. Never double up after a missed day.

Check your other supplements.

Compare the label with anything else you take before combining.

Store it right.

Cap closed, in a cool, dry place. Keep out of reach of children.

Something feels off?

Stop taking it and talk to your doctor. Then tell us at care@liveclarva.com.

SUPPORT · LAB REPORT

A real person, every time.

Questions about taking it, your order or your bottle? Write to care@liveclarva.com. We answer within 2 business days.

Your batch’s lab report

Every batch is tested by third-party labs. Email us the lot number printed on your bottle (usually on the base) and we’ll send its Certificate of Analysis (COA).

Thank you for trusting us.

Michael

Founder, CLARVA

Not the right fit? Tell us within 100 days of purchase and we refund you in full.

YOUR 100-DAY TRACKER

Tick the days you take it.

Day 1: _____ 2 tablets a day with your anchor meal.

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**
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	**60**
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	**90**
91	92	93	94	95	96	97	98	99	**100**

Day 30

Days taken: ___ / 30

Same meal most days? Y / N

Average sleep: ___ h

Training days / week: ___

Notes: _____

Day 60

Days taken: ___ / 30

Same meal most days? Y / N

Average sleep: ___ h

Training days / week: ___

Notes: _____

Day 90

Days taken: ___ / 30

Same meal most days? Y / N

Average sleep: ___ h

Training days / week: ___

Notes: _____

Share your experience. Once you have a real opinion, an honest review where you bought it helps the next person, whether it's good, mixed or bad. We never offer anything in exchange for a review.