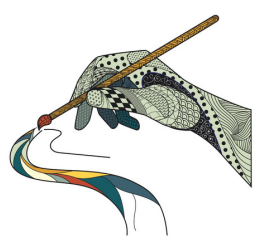


HOW TO USE QUALIA



Qualia is an advanced nootropic stack for high performance, sports and creative work.



CREATIVE WORK

Take Step 1 on an empty stomach 1 hour before starting work.

Take Step 2 with Bulletproof Coffee 30 mins before starting work.

Immediately perform a HIIT workout for no more than 15 minutes.

Begin Work



CODING AND PROGRAMMING

Take Step 1 along with 750mg of Oxiracetam on an empty stomach 1 hour before starting.

Take Step 2 with Bulletproof coffee or your first meal.



ATHLETICS

Take Step 1 on an empty stomach 1 hour before workout.

Take Step 2 with [ketoOS](#) 30 minutes before workout.

BIOHACKER



Take Step 1 in the morning on empty stomach. Combine Step 1 with substance of choice.

Continue Intermittent Fast

Take Step 2 with Bulletproof Coffee and measure effect. Repeat with new substance each day.



MEMORY/LEARNING

Take Step 1 at least an hour before your activity or learning.

Take Step 2 with Aniracetam and Bulletproof Coffee 30 minutes prior.