

# CONGRATULATIONS - NOW LET'S GITSUM!

## HOW TO USE GITSUM - BY MATT COOK, PROPRIETOR



**GITSUM is not shipped empty!** The oils are in the first 1/4 inch.

- STEP 1** Shake the bottle gently.
- STEP 2** Unscrew the top of the bottle and bring it to your nose and inhale. (It's not a traditional nasal stick, so no need to stick it in your nostril.)
- STEP 3** Close bottle -- do not leave open and do not pour out!



You can reuse GITSUM as many times as you want each day. The bottle should last about a month.

## WHAT TO EXPECT



### The First Week

I started feeling a rush of clarity and determination almost immediately. I used this energy to pitch several new ideas to my team and walk about 1 mile more on the beach than usual.



### By Week 2-4

By this time, I began noticing subtle, positive changes in my interactions with other people -- like with the cute barista who actually remembers my name now. I can feel my confidence growing each time I sniff.



### After 30 Days

I'm having better workouts, smoother conversations, and running my company with more assertiveness, especially in high-pressure situations. The longer I'm using it, the better it gets!

## WHAT IT WON'T DO

Think of GITSUM like a catalyst -- not a magic wand. The power lies in how you use the energy and confidence GITSUM provides. It enhances your presence, but you still have to take the lead.

## KEY TIPS FOR SUCCESS



### Pair with Action:

Sniff before you lift, speak, or negotiate.



### Consistency is Key:

Sniff regularly to build momentum.



### Track Your Wins:

Celebrate small victories to reinforce the habit.

## SHARE YOUR STORY WITH US

We love hearing how GITSUM is helping guys like you! Share your story with us at [support@IdealMaleLabs.com](mailto:support@IdealMaleLabs.com) or give us a call at (877) 993-6638. We'd love to hear your suggestions and answer any questions you may have.