

RENAVIA

The wisdom of return

PHASE QUICK REFERENCE CARD

Your Cycle at a Glance

Six phases. One rhythm. Live in it, not against it.

PHASE	DAYS	WORD	HORMONES	KEY SUPPLEMENTS	MOVEMENT
 Menstrual	Days 1–5	<i>Rest</i>	Est/Prog low; iron loss	Iron, Magnesium, Ginger Vit C	Rest, walking gentle yoga
 Early Follicular	Days 6–9	<i>Refresh</i>	Est rising; energy returns	B-complex, Vit D3, K2 Zinc	Light strength, walk mobility
 Late Follicular	Days 10–13	<i>Grow</i>	Est peaks; drive elevated	CoQ10, NAC, Vit E Selenium	Strength, HIIT hard training
 Ovulatory	Days 14–16	<i>Connect</i>	LH surge; peak vitality	Vit C, Vit E, B6 Omega-3	Peak output, sport connection
 Early Luteal	Days 17–22	<i>Nurture</i>	Progesterone rising	Vitex, B6/P5P, Mg Chromium	Moderate strength Pilates
 Late Luteal	Days 23–28	<i>Restore</i>	Hormones drop; PMS window	Saffron, Calcium, Mg L-theanine	Walking, yin yoga restorative

Every phase has a purpose. Learn to move with each.

Renavia is educational and does not provide medical advice. Consult a qualified provider before beginning new supplements.

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