FREE COFFEE GUIDE

The Smarter Coffee Swap

Keep your morning cup and upgrade what's in it. Two functional Arabica coffees made to help you feel calm, clear and steady.



SHARED WITH YOU BY Keith Gonsisko

Zilara Power Team

Why Your Morning Coffee Might Be Working Against You

You love your coffee. The smell, the ritual, that first warm sip before the day gets going. But if you're honest, the cup doesn't always love you back. Maybe it's the jittery buzz, the mid-morning slump, or the way one coffee quietly turns into three, with a biscuit or two along the way.

> 💡 **Key idea:** You don't have to give up coffee. You just need a cup that does more than shout at your nervous system.

- **The jitter spike.** Caffeine on its own can leave you feeling wired rather than focused, especially on a busy, stressful morning.
- **The mid-morning drop.** That quick lift often fades fast, and suddenly you're reaching for another cup just to feel normal.
- **The snack trap.** For lots of people, a rushed, caffeinated morning goes hand in hand with grazing out of habit rather than hunger.
- **The frazzled feeling.** Switched on, but not exactly calm. Busy, but not exactly productive.

That's where **functional coffee** comes in. It's the same rich Arabica coffee you already enjoy, paired with carefully chosen botanicals designed to work *alongside* the caffeine instead of just adding more of it. In this guide you'll meet two of them, find out what's actually inside each one, and work out which cup suits your mornings best.

Meet the Two Cups

Zilara makes two functional coffees. They share the same foundation, but each one is built for a different kind of morning.

NOVA NOOTROPIC COFFEE

Calm focus

Happy. Calm. Clear. Focus.

Organic Arabica coffee with adaptogens and brain-supportive botanicals, designed to help you feel awake **and** grounded: focus without the rush, energy without the crash.

Made for: busy minds, creators, parents, students and anyone who wants clear thinking without the jittery edge.

JAVA SLIM

Steady energy

Appetite & metabolism coffee

A daily Arabica blend designed to support appetite awareness, metabolic efficiency and steady energy, for a calmer, more regulated start to the day.

Made for: people who want their coffee to support healthier hunger signals and smoother energy as part of a balanced routine.

What they have in common

- ✓ **Organic Arabica coffee** as the base, so you still get the real coffee taste and gentle lift you enjoy.
- ✓ **Sensoril® Ashwagandha**, a clinically studied adaptogen that helps calm stress signals so caffeine feels cleaner and more balanced.
- ✓ **30 servings per bag**: one scoop in hot water, stirred and ready in seconds.
- ✓ **Built for daily use** as a straight swap for your usual morning cup.

Inside Nova: Your Calm-Focus Cup

Most coffee pushes your system into overdrive. Nova takes a different approach. Instead of forcing energy, it pairs organic Arabica with adaptogens, cognitive botanicals and hydration support to help you feel **happy, calm, clear and focused**, from the very first cup.

Ingredient	What it's there for (in plain English)
Organic Micro-Ground Instant Arabica Coffee	Gentle caffeine for alertness and motivation. Clean, fast-dissolving and easy on digestion.
Sensoril® Ashwagandha (root & leaf)	A clinically studied adaptogen that helps calm stress signals and supports focused energy instead of wired energy.
Organic Mucuna Pruriens (velvet bean)	Traditionally used to support motivation, mood and mental drive, without extra stimulants.
Organic Bacopa Monnieri (water hyssop)	Traditionally used to support memory, learning and mental processing, especially under stress.
Organic Gotu Kola (Centella asiatica)	Associated with that "clear head" feeling of calm alertness.
Organic Licorice Root Extract	Supports steadier, more sustainable energy, helping smooth out the rise-and-fall many people get from coffee alone.
Organic Coconut Water Powder	Natural electrolytes to support hydration, which is especially handy alongside caffeine.

The four benefits Nova is designed for

- **Happy:** supports a more positive, uplifted mood to start the day.
- **Calm:** takes the edge off caffeine for a grounded, steady feel.
- **Clear:** supports mental clarity and sharper thinking without the fog.
- **Focus:** encourages sustained focus so you can actually get things done.

> **Nice to know:** Nova doesn't rely on synthetic stimulants. Its supportive effects come from adaptogens, botanicals and nutrients working alongside the naturally occurring caffeine in the coffee.

Inside Java Slim: Your Steady-Energy Cup

Java Slim is for people who want their morning coffee to support more than energy. It focuses on the signals that influence appetite, cravings and metabolism, helping food choices feel calmer and more natural through the day. It isn't a diet drug or a stimulant. It's a daily coffee designed to support a healthy routine.

Ingredient	What it's there for (in plain English)

Organic Arabica Coffee	Supports alertness, metabolic activity and your daily energy rhythm.
Green Coffee Bean Extract	Traditionally used to support metabolic efficiency.
Garcinia Cambogia	Traditionally used to support appetite awareness, especially when stress is driving the snacking.
Irish Sea Moss	Minerals and nourishment that contribute to a feeling of fullness.
Blue Agave Inulin	A prebiotic fibre that helps promote fullness and digestive comfort.
Sensoril® Ashwagandha (root & leaf)	A clinically studied adaptogen that helps calm stress signals, so caffeine feels smoother and more balanced.
Crominex® 3+ Chromium	Supports healthy blood sugar signalling and steadier appetite.

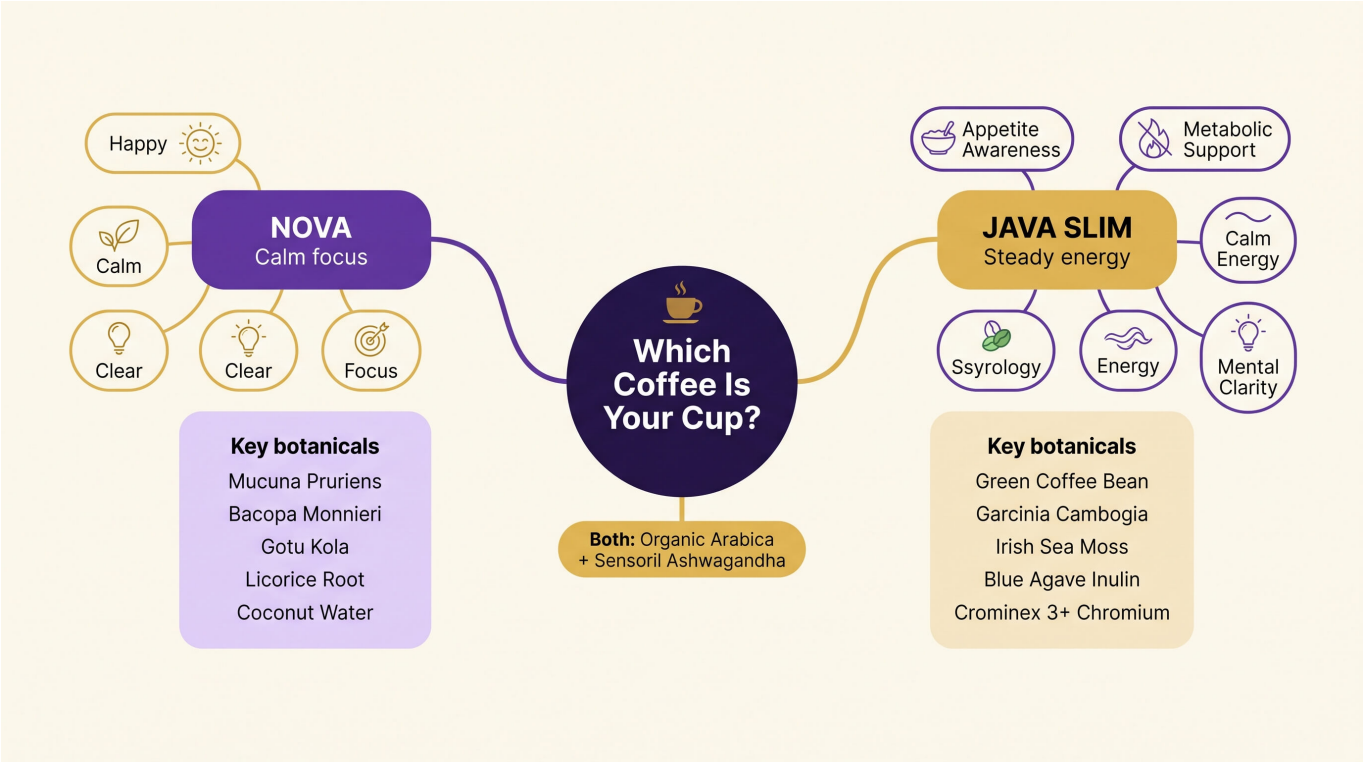
The four benefits Java Slim is designed for

- **Appetite awareness:** supports healthier hunger signals so food decisions feel more natural.
- **Metabolic support:** supports metabolic activity and glucose signalling for smoother energy.
- **Calm energy:** helps moderate the stress response so caffeine feels cleaner.
- **Mental clarity:** supports focus without overstimulation or brain fog.

⚠️ **Good to know:** Java Slim contains chromium, which supports blood sugar signalling. If you're pregnant, nursing, have a medical condition, or take any medication (especially anything that affects blood sugar), please check with your healthcare provider before use.

Which Cup Is Yours?

Here's the whole picture on one page. Same coffee foundation, two different jobs.



Choose Nova if…
your biggest wish is a clearer head, a calmer mood and focus that lasts through your to-do list.

Choose Java Slim if…
you want steady energy and support with appetite awareness as part of a healthy routine.

Can't decide?
Try both. Start with the Nova 7-day trial, then see which cup you look forward to most.

3 Easy Ways to Make the Swap

No big lifestyle overhaul needed. The point is to keep the ritual you love and quietly upgrade what's in the mug.

Way 1: Swap your first cup

Simply replace your usual morning coffee with Nova or Java Slim. One scoop, hot water, stir. Adjust the water for a rich, medium or light strength. That's it. Same habit, smarter cup.

Way 2: Try a gentle switch week

If you're attached to your usual brand (we get it), swap half your cups for a week. Notice how your mornings feel: your focus, your mood, your mid-morning cravings. Then decide.

Way 3: Make it a proper ritual

Sip it black, add your favourite milk, or blend it for something frothier. Pair it with a glass of water, a few minutes of daylight and a decent breakfast, and you've got a morning that supports you instead of rushing you.

> 💡 **Tip:** Nova is ideal in the morning or early part of the day, and some people enjoy it mid-morning as a smoother alternative to a second coffee. Java Slim is best enjoyed once a day in the morning.

Try Both for Less

Here's how to get started without overthinking it. Prices are US retail; [CHECK: confirm local pricing and currency for your country].

Option	Nova	Java Slim
Single bag (30 servings)	$59.95	$59.95
Buy 3 Get 1 Free (120 servings)	$159.95	$159.95
7-Day Trial (7 servings)	$15.95	Not available
CV per bag	[CHECK: CV]	[CHECK: CV]

Why opening a free Zilara account makes sense

- **$0 to join.** A free account with no associate, monthly or annual fees.
- **5% autoship discount** on your regular coffee order, so it simply turns up each month.
- **Up to 30% back in product rewards** to put towards future orders.
- **A free product every month from the Vault** with a qualifying 100 CV autoship.
- **Share it if you love it.** Customers who enrol just one person can become a consultant at no cost.

Made with care

Zilara products are made in a GMP facility in Cincinnati, Ohio, with lot-code traceability since 2011. There are no synthetic vitamin isolates, no artificial colours, flavours, sweeteners or preservatives, and no GMOs. Zilara is available in 200+ countries and the company is debt free.

> **Not sure which cup to start with?** Ask Keith. **Send a quick message on WhatsApp** and get a friendly, no-pressure answer.

Your next step is free

Create your Zilara account: $0 to join, no monthly fees. Then pick your cup.

Sign Up Now For FREE!

Or click here to create your free account

Earnings are not guaranteed and individual results vary. These statements have not been evaluated by the Food and Drug Administration. Products are not intended to diagnose, treat, cure, or prevent any disease. Ingredient studies are ingredient-specific and do not imply claims about the finished product. Consult your healthcare provider before use if you are pregnant, nursing, have a medical condition or take medication. Independent member resource; not the

official Zilara website.