The BOTOBOTI Starter Checklist — Read the Label First

Five quiet habits from our guides. Screenshot it, print it, keep it near the shelf.

1 · Read Any Label in 20 Seconds

- ☐ **Serving size** — how many capsules or scoops is one serving, really?
- ☐ **Amount per serving** — the actual dose of the key ingredient, in plain numbers.
- ☐ **Actives vs. blend** — a real dose is a number. A "blend" is a group total.
- ☐ **Other ingredients** — the bottom line, where the things you avoid like to hide.
- ☐ **Third-party testing** — is it noted on the label? Can you verify it?

2 · The Supplement Red Flags

- ☐ **Proprietary blends** that hide how much of each ingredient you get — we pass.
- ☐ **Miracle claims** — big promises, giant percentages, no amounts to back them up.
- ☐ **No third-party testing** — or testing the brand won't name or let you verify.
- ☐ **A facts panel you can't see** before you buy. If it's hidden, that's your answer.

3 · Layering Order, in One Line

Thinnest to thickest — watery products first, creams last — and **SPF always last in the morning**. One new active at a time, and give each layer a few seconds to settle.

4 · The 3-Day Patch-Test Rule

- ☐ Pick a small, hidden spot — along the jawline or behind the ear.
- ☐ Use a pea-size amount, once a day, for **three days**.
- ☐ Add only **one new product at a time**, so you know what your skin is reacting to.
- ☐ No sting, no surprise — then it earns its place in your routine.

5 · Storage Basics

- ☐ **Cool, dry, and dark** — a drawer away from heat beats any shelf.
- ☐ **Out of the steamy bathroom** — heat, humidity, and light work against what's in the bottle.
- ☐ Keep the **original container**, lid tight, moisture packet in.
- ☐ Write the **date you opened it** on the bottle — the open-jar symbol is a countdown.

Beauty on the Outside Begins on the Inside.

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No products are recommended in this checklist. Anything we ever feature has passed our vetting gate first.