

A Simple Guide for the ENDOCRINE SYSTEM



PowerGize
TAKE 2 CAPSULES DAILY.



EndoFlex Vitality
DILUTE 1 DROP WITH 1 DROP OF OLIVE OIL IN A CAPSULE
AND TAKE UP TO 3 TIMES DAILY.



MultiGreens
TAKE 3 CAPSULES 2 TIMES DAILY. CAPSULES MAY ALSO BE
OPENED AND SPRINKLED OVER FOOD.



Super B Tablets
TAKE 2 TABLETS DAILY WITH A MEAL.



Nutmeg Vitality
APPLY OVER THE ADRENALS (LOWER BACK) AND THYROID
(FRONT OF THE THROAT) MORNING AND EVENING.



NingXia Red, 2pk.
DRINK 2-4OZ. OF NINGXIA RED ON ITS OWN OR ADD IT
TO A SMOOTHIE OR WORKOUT SHAKE EACH DAY.
OPTION TO ADD IN A DROP OF NUTMEG VITALITY
AND/OR ENDOFLEX VITALITY!