



How to take Body Balance

Congratulations on deciding to take Body Balance! This excellent whole food supplement can play an important part in supporting your good health. Refrigerate after opening.

- ☑ Shake BB well and take on an empty stomach

HOW MUCH TO TAKE

The general recommendation is to drink two to four ounces (oz) per day for the first month upon waking. (One oz equals two tablespoons.) However, the optimal amount is highly variable per individual depending on weight and overall health. Experiment to find the amount that supports you to have consistent energy throughout the day, sleep deeply at night and wake up feeling refreshed. Getting the right nutrients for your body, in a highly usable form, allows most people to experience a wonderful increase in energy and overall wellness. Tune in and observe what your body is telling you.

Some chronically depleted and/or stressed people may need 8 oz or more per day. Others may only need an ounce. Appropriate amounts can change over time for you, depending on your health needs and level of stress. You may find that there are times when you want to take extra Body Balance for added energy or protection. For example, if you slept poorly, were exposed to someone who was ill, were stressed physically or emotionally or just need extra energy.

WHAT TO EXPECT

People differ in how soon they feel the effects. Many people notice an energy increase. Other improvements people report are improved mood and emotional stability, mental clarity, enhanced resistance to infection and allergens, better skin condition and digestion, reduced cravings and better sleep.

A minority of people go through some detoxification symptoms and feel lethargic. Some get headaches. This is normal and will pass a few days after it starts. Toxins coming out of the fat

and liver and going through the lymphatic system can cause these symptoms. You can increase the amount of water you are drinking or reduce the amount of Body Balance (or both) until the symptoms pass.

IMPORTANT TO NOTE

The Aloe Vera in Body Balance helps your body absorb nutrients more efficiently. It can do the same for oral medications, both prescription and over-the-counter. If you are taking medication, pay attention to any changes that may be the result of this effect.

- ☑ Note if the desired effects of the medicine seem to be enhanced and whether you experience more side effects. For instance, blood pressure medication may bring your blood pressure down lower than it has before, or oral diabetes medication may lower your blood sugar more than before. If a medicine made you a little sleepy before, now it may make you very sleepy. The same thing may happen for feeling stimulated or keyed-up.
- ☑ If you notice changes, schedule an appointment with your health care provider. You may find that you need less medicine. Any medication changes should be made in consultation with your health care provider.

This effect of Body Balance can happen for substances other than medicine, as well. For instance, some people find that caffeine is more stimulating for them and they're uncomfortable if they drink their regular amount of coffee, tea, cola, etc. With the energy support that Body Balance gives, many find that they no longer need caffeine.

For most people, Body Balance is a great addition to their routine and helps them feel better in a variety of ways. If you have any questions, concerns or unexpected experiences, please let the person know who introduced you to the products or contact Life Force International at (800) 531-4877 or LifeForce@LifeForce.net



How to take OsteoCare

Congratulations on deciding to take an OsteoCare product! These excellent liquid calcium and mineral supplements can play an important part in supporting your good health.

- ☑ Shake well (storing the bottle on its side is helpful) and take it with food.
- ☑ Take directly or mix with one glass of a favorite beverage. Rice milk is delicious! Do NOT mix Osteo**Omega**Care in hot beverages; this is fine with Osteo**Pro**Care.
- ☑ The normal serving is 1/2 ounce (oz) twice daily (1/2 oz equals one tablespoon).

REFRIGERATION

Osteo**Omega**Care should be refrigerated (to protect the omega oils)

Osteo**Pro**Care should NOT be refrigerated (cold causes the minerals to precipitate)

HOW MUCH TO TAKE

All bodies are different, so the optimum amount of OsteoCare can vary between individuals. Begin with one teaspoon 2x/day with food. Gradually increase to one tablespoon 2x/day. Some people are able to assimilate even more. You may need to take an extra ounce if you are doing heavy labor, engaged in an unusual amount of exercise such a skiing or dancing, or are experiencing discomfort during a menstrual cycle.

TASTE SUGGESTIONS

- ☑ Try mixing OsteoCare with flavored rice, soy or dairy milks. All of them taste good.
- ☑ Another method is taking OsteoCare in a fruit smoothie or other nutritional shake. This is especially great in the morning.
- ☑ Osteo**Pro**Care tastes amazingly good with many savory herbal teas (for example, Celestial Seasonings *Vanilla Hazelnut*, *Almond Sunset* or *Roastaroma*).
- ☑ Do NOT mix Osteo**Omega**Care in hot beverages (to protect the omega oils)
- ☑ You can also mix OsteoCare with a quart of water and swish it through your teeth throughout the day as you drink. This is a great way to support your teeth and gums.
- ☑ If you have digestion issues, try switching from one version of OsteoCare to the other. You can also try taking it on an empty stomach—some people find this works better. Another option is to take it with an *Acidophilus* cultured milk (Kefir works well).

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