

*Vitae Elixir*  
*Herbal Foot Soak*

**Instructions**

You will need a plastic container the size of a shoe box, just big enough for both of your feet to fit in, with a tight fitting lid. Place the container in the bottom of your bathtub or shower for easy clean up. (This product does stain) Shake well. Empty the bottle into the container. You will leave the foot soak in this container permanently. Use as is with no dilution. Sit on something comfortable and place feet into container.

**SUGGESTED SCHEDULE**

**Use during the morning and/or evening.**

First week, soak your feet 5 minutes each day.  
(Call 307-266-5310 before increasing to ten minutes)  
Second week increase to 10 minutes each day.  
Third week increase to 20 minutes each day.  
Fourth week increase to 30 minutes each day.  
(This schedule may be accelerated or reduced.)

When finished soaking your feet for the required time place the lid tightly on the container, wash your feet with soap and water. If desired you can remove the stains with lemon juice, vinegar or bleach. You can leave the plastic container in the bath tub until the next application. It does not need to be refrigerated.

When the level of the foot soak is low reorder another bottle to add to the remaining solution. Continue soaking your feet daily until desired results are achieved. You can discontinue the foot soak for 2-3 days and no benefits will be lost.

Keep us informed as to symptoms, usage & progress.  
307-266-5310

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