

Vitae Elixir

Purple Label Formula

Herbal Extract

"Information Sheet"

Extract is

A nutritional adjunct, compatible with other programs you may be following. There is no conflict with any prescription, non prescription medication or products, food, beverage, vitamins or other herbal products. Prescription medication should be taken before or after the herbal extract.

Extract has no restricted shelf life – nor does it deteriorate or lose potency, nor does reasonable heat or cold affect it. Shake bottle vigorously before using.

Not a replacement for traditional health care or nutrition. Always avoid extreme diets.

Stir drops of extract into a large glass of water, juice, milk, and/or other liquids (not tea or coffee), or insert into gelatin capsules, or use in food and take according to this SUGGESTED SCHEDULE FOR THOSE WITH SENSITIVE STOMACHS. DRINKING A GLASS OF WATER AFTER TAKING EXTRACT IS HELPFUL.

First two weeks "one" drop during or after (1) breakfast, (1) lunch and (1) dinner.

Next two weeks "two" drops during or after (2) breakfast, (2) lunch and (2) dinner.

Next two weeks "three" drops during or after (3) breakfast, (3) lunch and (3) dinner.

Next two weeks "four" drops or MORE during or after (4) breakfast, (4) lunch and (4) dinner.

Thereafter, if there is no nausea, usage may be increased.

SUGGESTED SCHEDULE FOR THOSE WITHOUT SENSITIVE STOMACHS:

First two days "one" drop during or after (1) breakfast, (1) lunch and (1) dinner.

Next two days "two" drops during or after (2) breakfast, (2) lunch and (2) dinner.

Next two days "three" drops during or after (3) breakfast, (3) lunch and (3) dinner.

Next two days "four" drops during or after (4) breakfast, (4) lunch and (4) dinner.

Next two days "five" drops during or after (5) breakfast, (5) lunch and (5) dinner.

Next two days "six" drops during or after (6) breakfast, (6) lunch and (6) dinner.

Thereafter, if there is no nausea usage may be increased.

If there isn't any nausea usage may be increased faster than schedule.

Drop sizes & consistency coming from bottle may vary and thicken.

Continue maximum usage for one year or more after desired nutritional results have been attained. Then a suggested preventive maintenance use of 4 to 6 or more drops each day for one year or more, or as individually desired.

If you wish to not use the Elixir at any particular meal, then compensate for its loss at the next meal.

It is suggested that those with particularly sensitive stomachs or nausea, put approximately 1/2 inch of water into a water glass and stir herbal drops into the water, then fill the glass with milk, soy milk, rice milk or any kind of protein drink and stir vigorously. Drink during or after meals. If needed, drink very slowly for a period of 30 minutes or more. For slower release of herbal compounds in the stomach insert them into a "O" gelatin capsule, & then insert "O" capsule into a "OO" capsule, then insert "OO" capsule into "OOO" capsule. Do not fill in advance.

Antacids with calcium carbonate and/or acidophilus may also be taken later if needed.

If extreme discomfort is felt, discontinue or reduce usage.

Discontinuing use of the extract for more than one week may reduce its nutritional benefits.

It may be desirable to take approximate daily amounts of the following (numbered in order of importance). Purchase at health food stores:

1. Selenium (800 micrograms, may be reduced to 200 after four months.)
2. B6 - B12
3. 1,000 units of Vitamin "E"
4. A large glass or more of raw carrot juice daily.
5. 1,200 mg. or more Lecithin
6. Green or Black Tea
7. 1,200 mg. or more of Calcium (containing Boron and other elements)
8. Iron supplements with copper (if you do not eat meat).

Suggested Diet may be helpful:

Those fruits & vegetable having colors, and garlic & onions are beneficial. Grains, brans & cereals with B6-B12 and folic acid are more beneficial.

Protein in the form of beans, nuts, soy beans, etc. Less fatty foods. Eat reasonable amounts of lean meat, dairy products and more poultry, fish & sea foods.

If the suggested diet, vitamins, or mineral supplements cause nausea, temporarily discontinue taking them and/or change suggested diet to foods that are more agreeable.

Some research indicates that the mind may influence health. Above all, have a positive attitude.

If needed, stains may be removed by bleach, or rubbing alcohol.

Mfg. U.S.A.

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