

Quick Start Instructions

Oral usage

Purple drops

2 drops in food, juice or water before each meal. (2 to 3 meals a day) See purple instruction sheet.

Yellow drops

2 drops in food juice or water after each meal. (2 to 3 meals a day) See yellow instruction sheet.

Over several weeks you will work up to 18 drops a day of each.

BCGG

Start with ½ a pea size of the paste. (pea size about the size of a pencil eraser)
Take 30 minutes after a meal. 2 times a day. Over several weeks you will work up to 2 pea size a day.

Dissolve in water or a protein style drink or juice. See green instruction sheet.

Foot Soak

Prepare the soak according to the blue instructions sheet.
Soak feet for 5 minutes place lid on container and clean your feet.