



EST. 2020

**COLD? FLU? COVID?**

*Recommended Quantity*

**Morning**

**Two Tablespoons of Gel**

**Afternoon**

**8oz of Reflection's Tea**

**Evening**

**2 Capsules & 8oz of  
Reflection's Tea**

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We are not medical doctors or physicians, and do not diagnose, treat, or cure disease. Always seek the advice and guidance of your physician before using any of our products and herbs in general.