



## How to Take Enriching Gifts Products

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### **Plant Enzymes with GR8CF-77™ Digestive Support**

Take three (3) Plant Enzyme capsules at the beginning of each meal and three (3) at bedtime.

Note: Too much initially may cause you to detox too rapidly so start out slowly by taking one (1) with each meal and slowly increase amount to three (3) with each meal.

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### **Sterol-Max Sterols with GR8CF-77™**

Take three (3) Sterol-Max capsules on an empty stomach first thing each morning at least 30 minutes before eating.

Note: For the first 30 days, take six (6) capsules each morning to strengthen the immune system.

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### **Complete Vitamins-Plus™ with Vitamins, Minerals and antioxidants**

Take five (5) Vitamin capsules per day; two (2) in the morning; two (2) with the evening meal and one (1) at bedtime.

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### **Aloe Ace-Max™**

Take two (2) Aloe Ace-Max™ capsules per day, one (1) in the morning and one (1) in the evening. Can be taken with meals.

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### **Coral Life Calcium**

Take 1 Coral Life capsule three (3) times per day. Calcium should not be taken with meals because it will neutralize stomach acid.

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### **Daily Detoxification™ Bowel Cleansing Support**

Take two (2) Detox capsules per day, one (1) in the morning and one (1) in the evening. Can be taken with meals.

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### **Lightening Colloidal Silver™**

If used internally, twice each day: Dilute ½ oz. colloidal silver in a few ounces of water and swish each sip for several seconds before swallowing. Better if taken on an empty stomach.

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### **Metabolic Complete anti-oxidant formula**

Take two (2) Metabolic Complete capsules per day, one (1) in the morning and one (1) in the evening. Can be taken with meals.

Note: If dealing with severe disease, take four (4) to six (6) capsules per day spread out through the day.

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### **Pro-Biotic with FOS™**

Take three (3) Pro-Biotic capsules per day, one (1) with each meal. Double the dose for 30 days after taking an anti-biotic or using Colloidal Silver.

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### **Heart Algae**

Take two (2) Heart Algae capsules per day, one (1) in the morning and one (1) with the evening meal.

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Visit [www.primenaturals.com](http://www.primenaturals.com) or call 214-702-4152

*This statement has not been evaluated by the Food and Drug Administration  
and is not intended to diagnose, treat, cure, or prevent any disease.*

*This information is not intended to serve as a prescription or to replace the advice of your medical doctor.*

*If you have any medical conditions for which you are taking medication, see your physician before altering or discontinuing its use.*