$\begin{array}{c|c} R & 0 \\ \hline 0 & T \\ \end{array}$

RESTORE DOSAGE INSTRUCTION

- 1/3 to 1 sachet (pack) to start out
- It can be taken in the morning or in the evening with or without food
- It can be added to smoothies & yogurts

^{*} Everyone is different when taking our products and reacts differently so listen to your body and see how it feels after taking the product