



# ZERO-IN

DOSAGE INSTRUCTION

- Take 1 capsule in the morning (preferably on an empty stomach) and additional later as desired
- Recommended use up to 4 capsules daily
- If a reduced dose is required, open the capsule and take as it needed
- If you have problems swallowing capsules, add them to food, yogurt, smoothies, or any liquids
- One pill can provide benefits for up to 5 hours

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