



RECOMMENDED USAGE

Enriching Gifts International products to address degenerative conditions

PLANT ENZYMES Digestive Support

Take 2 minutes before you eat

Week 1: 1 Capsule with your largest meal of the day

Week 3: 2 Capsule with each meal

Week 2: 1 Capsules with each meal

Week 4: 3 Capsules with each meal

Week 5: & on: continue taking 3 Capsules per meal. Also take 1-2 Capsules before bedtime to address the toxic wastes, such as cholesterol, undigested proteins and yeast infections in your system.

Try not to drink liquids 15-20 minutes before and after taking the Enzymes to maintain full potency of the Enzymes.

Caution!! In case of any discomfort or Diarrhea by possibly detoxifying too fast, start by taking 1 capsule with evening meal only. Take less capsules at one time, or less daily.

Take the enzymes with just enough liquid to swallow them.

STEROL MAX Increased the T-cell production.

Month 1: 4 caps 1 hr before breakfast and 2 caps before bed

Month 2 & forward: 2 caps 1 hour before breakfast and 1 cap before bedtime.

Allergies: Take 4-6 in the AM during the season 1hour before breakfast and 2-4 at bed time.

Because they are such large particles, sterol max has to be taken on an **empty stomach** for maximum absorption

DAILY DETOX BOWEL Cleansing Support

2 capsules per day, 1 capsule at breakfast 1 capsule at eve dinner

PRO BIOTICS Intestinal Flora Support

3 capsules per day 1 capsule with each meal. Dealing with severe disease 2 at each meal for 2 months then take 1 bottle every 3-4 months

COMPLETE VITAMINE PLUS Vitamins / Minerals / Antioxidants

2 capsules in am 2 caps in afternoon and 1 capsule before the evening meal take 5 capsules per day exceed all RDA requirements.

Complete Vitamins plus is best taken 15 minutes prior to eating or 2-3 hours after eating for maximum absorption.

CORAL LIFE Neutralizes Acids

2 to 3 capsules per day can be taken with meals

METABOLIC COMPLETE with GR8CF-77™ Multi-Nutrients/Anti Oxidants

2-4 capsules daily

For best results, take 3 times throughout the day at breakfast, lunch and dinner

RED HEART ALGAE™ Heart and Metabolic Antioxidant Support

2 Capsules per day with meals– 1 morning 1 in the evening

ALOE ACE-MAX™ Organically Grown and Kosher Certified

Take 3 capsules daily, 2capsules in the morning with a meal, and one capsule at bedtime.

LIGHTENING COLLOIDAL SILVER™ Anti-Bacterial, Viral/ Germicidal Support

1 oz. once a day as needed not to exceed 6 weeks continued use orally. Ideally used on an empty stomach (not recommended for use while taking Pro-Biotics)

THERAPAIN Pain Relief Spray

Directions: Spray liberally to completely cover and overlap affected area. No need to rub. THERAPAIN dries quickly, will not stain clothes, and is non-greasy.

Keep away from children. Avoid spraying near eyes, mouth sensitive skin and open wounds. If allergy develops discontinue use immediately. Do not bandage tightly or use with heating pad. Keep away from open flame. Store at room temperature.

(This information is not intended to serve as a prescription, or to diagnose, treat or replace the advice of your medical doctor. If you have any medical conditions or are taking prescription or non-prescription medications, consult your physician before altering or discounting the use of them.)