

## INSTRUCTIONS FOR TAKING LYPOSPHERIC PRODUCTS

In a small glass (ideally a 'shot' glass) add **one mouthful** of water (i.e. as much water as you can swallow in one go).

Squeeze the contents of the sachet down into the lower half of the sachet.

Tear the top off the sachet and squeeze the contents into the water folding the sachet in half as you squeeze the contents out. This will ensure that you get the most out of the sachet.

The contents will sink to the bottom in the glass. **Don't** stir it around.

Swallow the contents in one go ('down the hatch' style). This is important because only this way is it possible to avoid the product (which is sticky) sticking to the side of the glass and thus wasting some of it.

It is best to take it before a meal, say 15 minutes.

Drink plenty of water (preferably filtered) during the day.

