

# Stem Cell Regeneration Support Product USAGE AND TIPS

## PRECAUTIONS

*Warning: Do not take if pregnant, nursing, or under 18 years old. If you are taking prescription medication, or have a pre-existing medical condition, consult your healthcare provider before taking this product. Keep out of the reach of children. Do not use if tamper evident ring or seal is broken. This product may cause temporary reddening of the skin or flushing.*

## DIRECTIONS AS PER BOTTLE

Take 6 capsules daily on an empty stomach, (3 capsules in the morning and 3 capsules in the evening).

## OPTIMUM RESULTS - RECOMMENDATIONS

1. Drink 2 to 3 glasses of water
2. Then take 2 tablets.
3. Then eat your meal 10-15 minutes later.
4. **Repeat 3 times a day > before each meal.**

If you are taking a higher dose increase your water intake and ideally reduce diuretics. Some people choose to take a double dose. This is recommended by the product formulator if you want fast results.

Drink more water when you can as it will assist in the flushing of toxins (2-3 litres is ideal). Try filling up water bottles or jugs so you can consume adequate amounts of water.

## HOW LONG DOES IT TAKE TO WORK?

Whilst some people report improved well-being within the first two to four weeks, the optimum time is 12 weeks (3 months). To ensure you receive your monthly supply we highly recommend using the autoship option. We are finding those who don't drink adequate water (and consume alcohol or caffeine) are slower to respond. Also the more water you drink the faster and better the results seem to be happening.

## BEST PRICE

The cost is \$25 per week for 1 months supply. Please ask the person who shared this with you for ways to get this product at a better price.

## A NOTE ABOUT ALCOHOL, AND CAFFEINE

The more tablets you take the more water you need to drink. IF YOU ARE TAKING A HIGHER DOSE DRINK MORE WATER.

Alcohol, and Caffeine (Coffee, Black Tea, all caffeinated drinks) are considered **diuretic drugs**. They affect the body's hormones, and kidneys. When consuming these types of drinks the body needs more water to remove them.

If you are a heavy or moderate consumer of coffee, black tea, caffeine drinks, or alcohol you will need to increase your water to compensate. Ideally try to reduce the consumption of alcohol and caffeine, particularly if excessive.

## Drinking water and adequate hydration is key to good health...water removes and flushes waste from the body

This product provides three classes of advanced super-nutrients to provide intense support to the stem cells for:

1. Removing glycation buildups that inhibit intracellular proteins.
2. Supporting the stem cell's internal system to break down and remove toxins, sludge and cellular garbage that have built up.
3. Allowing a significant increase in ATP-providing biological hydrogen. Theoretically, this process could increase electrical energy within the stem cells three or four fold, to where you may feel like you were 20 again.

## NAD+ SUPPORTS AGE REVERSAL. B3 IS AN NAD + PRECURSOR (INGREDIENT IN THIS PRODUCT)

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### NIACIN (B3) FLUSH (may occur in some people)

If you've ever taken a supplement with high levels of B3 (Niacin), you may have felt a very unique sensation come over you. Your face flushes and heats up, you begin to feel prickles on your skin, your heartbeat increases and you may start breathing faster. Sound familiar? This is known as the Niacin Rush. It can be a little terrifying if you're not used to it, but rest assured it's quite safe.

Niacin is extremely important for many of the processes that take place in your body. In fact, it's one of the crucial components for how your body generates ATP (adenosine triphosphate), which we know to be a key element in life-giving energy.

At high doses, Niacin will actually trigger a reaction in our body that opens up blood vessels near the surface of our skin. This creates a warm, tingly sensation and causes our skin to flush red. (Next time you're in an awkward situation and blush, say it's a niacin rush. Avoid embarrassment and look smart doing it. Win win!)

The benefits of a niacin rush are many. Studies have shown that healthy levels of niacin can help with arthritis and cholesterol. It's also been proven to help with our digestive and nervous systems. Similar to other B Vitamins, niacin has the essential ability to break down carbs, proteins and fats into energy our body can use.

That being said, the niacin rush can be a little unsettling. Some ways to help offset the initial feeling include drinking lots of water, taking it with food, and avoiding alcohol, coffee or tea while taking it. If it's still a bit much for you, you can always start with a lower dose and work your way up from there.

We have found splitting the dosage into 2 tablets 3 times a day is best way to minimise or avoid a flush.

