



### Mineral Essence

Take 5 half-droppers (1 ml each) morning and evening or as needed as a mineral supplement. May be added to 4-8 oz. of distilled/purified water or juice before drinking.



### Sulfurzyme Powder

Add Sulfurzyme Powder to NingXia Red or take 2 Sulfurzyme capsules before or after meals each day to support health at a cellular level.



### Rutavala Roll-On

Roll on spine or feet each evening at bedtime to soothe nerves and occasional pain.



### OmegaGize

Take 2 capsules in the morning and 2 in the evening to supply the brain with needed fatty acids, vitamin D-3, and CoQ10.



### Valor Roll-On

Roll on wrists, neck, or over heart as needed to provide emotional support and soothe anxious feelings.



### Frankincense Vitality

Drop 1-2 drops under tongue or add to Ningxia Red for emotional support and grounding.



### Cedarwood

Reset brain patterns and rest deeply by diffusing or applying to the feet or tops of ears before bed.



### Multigreens

Take 3 capsules 2 times daily to provide the body with a nutritious chlorophyll formula designed to boost vitality by working with the glandular, nervous, and circulatory systems.

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