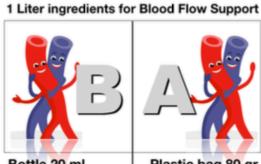
## How to mix my Blood Flow Support:

## For mixing Blood Flow Support you need:

- 1. Weighing scale
- 2. Distilled Water (2x 1/2L)
- 3. 1 Lt measuring jug
- 4. 1/2 liter bottle
- 5. 1 liter bottle for shaking
- 6. Fluid Funnel
- 7. Blood flow support bag A 80 grams (1L)
- 8. Blood flow support bottle B 20ml(1L)
- 9. Small measuring Cup 20 ml
- 10. Plastic teaspoon for stirring



Bottle 20 ml

Plastic bag 80 gr



## For optimal effect, our suggestion is to make half a liter:

- 1. Weigh 40 grams of powder(A)
- 2. Take 10 ml from bottle B
- Put half a liter of distilled water in large measuring jug
- 4. Add 40 grams powder & 10 ml into large measuring cup with 1/2 L distilled water
- 5. Stir well with plastic teaspoon
- Put mixture in liter bottle
- Shake until completely dissolved
- 8. Pour into 1/2 liter bottle & your Blood Flow Support is ready.



Dosage intake: as indicated by **Tests** or see **general usage** 

A private initiative of men and women for other men and women who care about health and well-being for themselves, others and the future. Engaging with us means that you agree, as a man or a woman and on your own title, to the notice on www.healthyvitalizers.com

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