

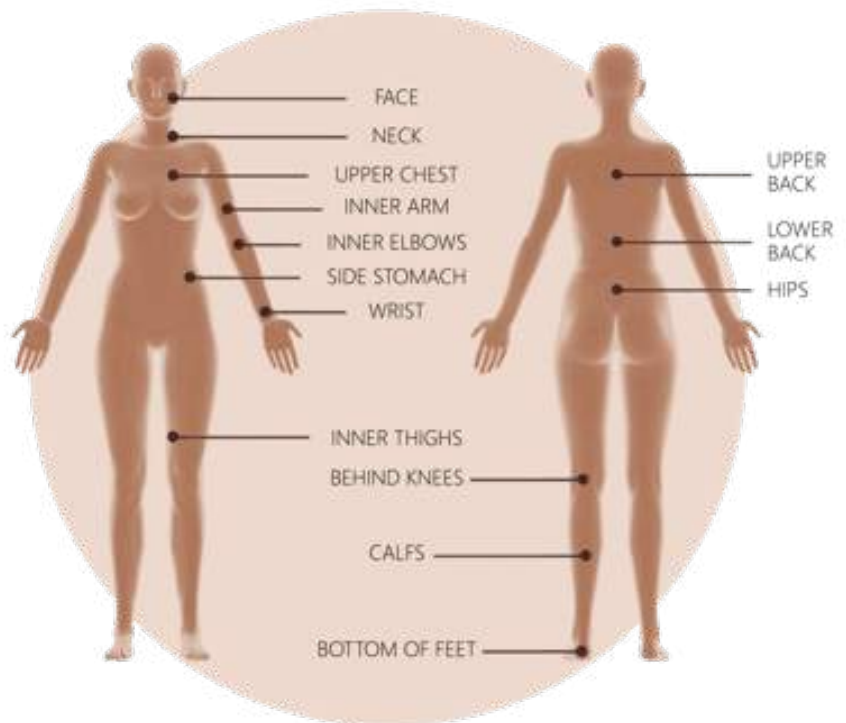
# VITAMIN B12

## WHY DO I NEED THIS PRODUCT?

Vitamin B12 is an essential vitamin. This means it is not something the body can self-produce and yet we rely on it as a regular intake to remain healthy. Vitamin B12 is a powerhouse. It helps make DNA, nerve and blood cells, and is crucial for a healthy brain and immune system. Your metabolism wouldn't run smoothly without it.



### RECOMMENDED BENEFICIAL AREAS FOR NUTRA RELIEF CREAM APPLICATION



# VITAMIN B12

## ESSENTIAL FOR PROPER BODY FUNCTIONS

SUPPORTS NERVOUS & DIGESTIVE SYSTEMS, BRAIN FUNCTION, BLOOD FORMATION PREVENTS STRESS, DEPRESSION, FATIGUE, LETHARGY, INSOMNIA, BRAIN SHRINKAGE IMPROVES SLEEP, ENERGY, MEMORY, SKIN, HAIR, NAILS, BLOOD PRESSURE, NERVES

CERTIFIED



LIPOSOMAL DELIVERY  
TECHNOLOGY

# VITAMIN B12

## APPLICATION INSTRUCTIONS

Massage (1) pump to clean skin on inner forearm, wrists or bottom of feet. Also, apply a small pea-size amount on temple areas to support focus and clarity of thought. Only use during the day as B<sub>12</sub> is an energy vitamin and may keep you awake if applied in the evening.

### AVOID COMBINING CREAMS:

AVOID combining / layering our creams with other products, especially on your face. Other creams are NOT formulated to penetrate the skin and typically contain toxic chemicals. Our creams penetrate below the SKIN, so they will pull toxic chemicals from other creams with them and could cause irritation.

### BEST TIME TO APPLY CREAM:

Best time to use Vit. B12 Cream is first thing in the morning or in the afternoon for an energy boost. We do not recommend applying at night as B12 may keep you up.

### WHERE ON THE BODY TO APPLY OUR CREAMS?

You can apply the cream on different areas of the body - look over the Application Body Chart for best-recommended body zone application areas. Apply to one area at a time, as our creams are potent and pure so a little goes a long way.



### 30 SECOND EXTRA RUB:

Rub Nutra Relief creams gently on your skin for 30 seconds longer than normal until cream disappears. The rubbing acts as a mechanism for the cream to fully penetrate through the skin.

### SENSITIVE SKIN:

If you have sensitive skin the best place to apply the cream may be on the soles of your feet. These pores are 30% larger than any other location on your body, which makes your feet an excellent area for application and absorption.

