

CERTIFIED



LIPOSOMAL DELIVERY  
TECHNOLOGY

**NutraRelief**



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APPLICATION  
PROTOCOLS



## MORNING / DAY APPLICATION PROTOCOLS:

- **B<sub>12</sub> Vitamin:** **Massage (2-3) pumps on clean skin** to inner forearm, wrists or bottom of feet. Also, apply a small pea-size amount on temple areas to support focus and clarity of thought. Apply during the day as B<sub>12</sub> is an energy vitamin and may keep you awake if applied in the evening.
- **D<sub>3</sub> Vitamin:** **Massage (2) pumps on clean skin**, continue until fully absorbed. Apply to any of these skin options: inner arms, upper or lower chest, inner thigh, calves, abdomen or bottom of feet.
- **Gaba L-Theanine:** **Massage (2-3) pumps daily on clean skin**, continue until fully absorbed. Can be used day and night. Apply to inner arms, upper chest, inner thigh and abdomen.
- **Glutathione Plus:** **Massage (2-3) full pumps on clean skin** along the right side of your body in the location of your liver for detoxification benefits and immune system support.
- **10% Niacinamide:** **Massage (2-3) pumps on clean skin** continue until fully absorbed on each targeted joint, ligament or bone-on-bone area. May be reapplied multiple times as needed.
- **Trauma Max Relief:** **Massage (2-4) pumps on clean skin** until fully absorbed on all afflicted areas for pain relief support. May be reapplied multiple times during the day or evening as needed.
- **NutraFlow Max:**  
• **Nitric Oxide Boost:** **Massage (2-3) pumps daily on clean skin**, continue until fully absorbed. Apply inner arms, upper or lower chest, inner thigh, calves, abdomen, bottom of feet or any inflamed area with neuropathy.
- **Probalance:**  
• **Probalance PLUS:** **Massage (2) pumps daily on clean skin**, continue until fully absorbed. Apply onto thin-skinned body areas: Breasts, inner arms or inner thighs. Rotate areas to avoid saturation. May split the (2 pumps) and apply (1 pump) in the morning and (1 pump) at night OR may apply both pumps at the same time.



## ***EVENING APPLICATION PROTOCOLS:***

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- **Melatonin:** **Massage (2-4 pumps) on clean skin** until fully absorbed. **Apply at night only (10-15 min) before bedtime.** Choose one skin area to apply cream each night: face, neck, or upper chest, or inner forearm, wrists or bottom of feet.
- **Trauma Max Relief:** **Massage (2-4) pumps on clean skin** until fully absorbed on all afflicted areas for pain relief support . May be reapplied multiple times during the day or evening as needed.
- **Magnesium Citrate:** **Massage (2-3) pumps daily on clean skin,** continue until fully absorbed. Choose one skin area to apply cream each night: inner forearm, underneath breast or upper stomach area, leg or feet area especially if experiencing leg cramping or restless leg syndrome. May alternate areas to avoid saturation.
- **Gaba L-Theanine:** **Massage (2-3) pumps daily on clean skin,** continue until fully absorbed. Can be used day and night. Apply to forearm, inner arms, upper chest, inner thigh and abdomen.
- **10% Niacinamide:** **Massage (2-3) pumps on clean skin** continue until fully absorbed on each targeted joint, ligament or bone-on-bone area. May be reapplied multiple times as needed.
- **NutraFlow Max:**  
• **Nitric Oxide Boost:** **Massage (2-3) pumps daily on clean skin,** continue until fully absorbed. Apply to inner arms, upper or lower chest, inner thigh, calves, abdomen, bottom of feet or any inflamed area with neuropathy.
- **Probalance:**  
• **Probalance PLUS:** **Massage (2) pumps daily on clean skin,** continue until fully absorbed. Apply onto thin-skinned body areas: Breasts, inner arms or inner thighs. Rotate areas to avoid saturation. May split the (2 pumps) and apply ( 1<sup>st</sup> pump) in the morning and (2<sup>nd</sup> pump) at night OR may apply both pumps at the same time.

# APPLICATION *TIPS*

## HOW TO LAYER OUR CREAMS:

Our creams can be applied to the body at the same time on different skin areas OR mix (1-2) creams in the palm of your hand and then apply to skin area. Avoid layering creams with **non** Nutra Relief creams as other creams are made with toxic chemicals which could cause irritation.

## WHERE ON THE BODY TO APPLY OUR CREAMS:

Our liposomal creams will go thru the skin into the circulatory system no matter where on the body you apply them. Review the **"Recommended Application Body Chart"** for skin area options. Multiple creams can be applied to the body at the same time, however, apply them on different skin areas.

## NOT FALLING ASLEEP QUICK ENOUGH:

If you're not falling asleep quick enough keep using the **Melatonin Cream** every evening for at least week. No skipping a night! Some individuals require more time for their body to feel the effects while others feel it immediately on night one. We recommend (2-3) pumps but if you're not asleep within 20 minutes after applying your first application, you may apply (1) extra pump.

## 30 SECOND EXTRA RUB:

Gently massage Nutra Relief creams on skin for 30 seconds longer until fully absorbed. The gentle massaging acts as a mechanism for the cream to fully penetrate the skin.

## HOW MUCH CREAM TO APPLY:

Our creams are **"self-regulating"** meaning you can choose how much cream to apply based on your personal need. Apply the **recommended pumps** per the **Night & Day Protocol** page or by your healthcare doctor. Regarding the **Melatonin Cream** you may self-regulate and reduce it to a (pea-size) amount or increase it to (4) pumps as needed.

## WHAT IF I HAVE 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 for an excellent absorption and application area.

## NATURAL CREAM SMELL:

The natural smell you're noticing in the Melatonin, or any other cream is the natural smell of the pure bio-active ingredients. We choose not to mask our ingredients and instead formulate our creams as pure as possible to avoid any allergies our customers may have.

## WAKING UP IN THE MIDDLE OF THE NIGHT:

If you wake up in the middle of the night, avoid turning on lights, tv, tablet or looking at your cell phone. Light will signal your Pineal Gland that it's daytime and kick "Serotonin" into production which will wake you up! To fall back to sleep, wet your hands with a little bit of water and rub over the original Melatonin Cream application area. **Please DO NOT APPLY MORE Cream!** Simply rub over the application area with damp hands and it will reactive the Melatonin that's still stored in your skin.

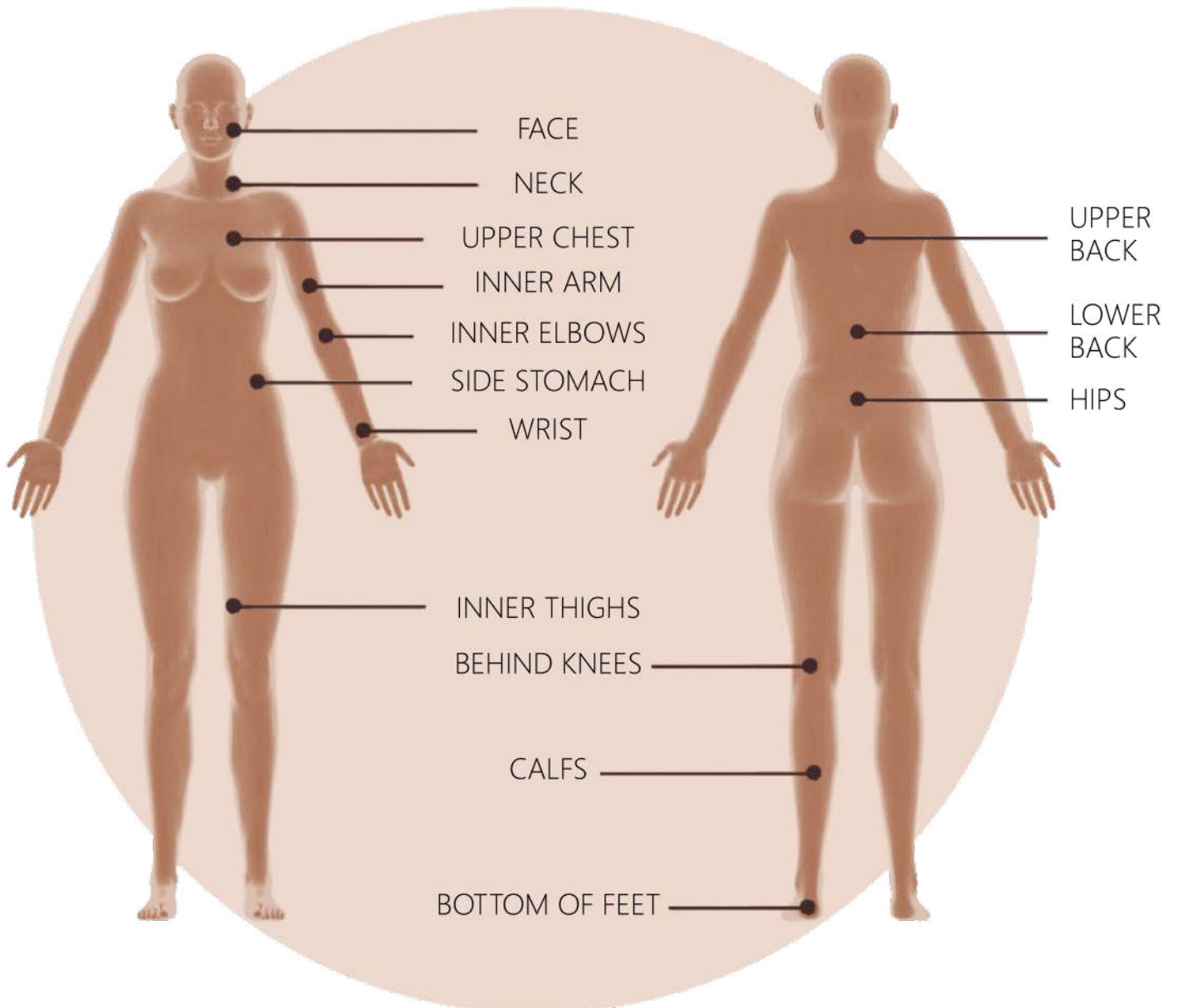
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## RECOMMENDED BENEFICIAL AREAS FOR NUTRA RELIEF CREAM APPLICATION



# NutraRelief



Contact Us:  
[NutraRelief.com](http://NutraRelief.com)

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