



CERTIFIED



LIPOSOMAL DELIVERY
TECHNOLOGY



OUTSIDE-IN NUTRIENT DELIVERY™

NutraRelief®



APPLICATION PROTOCOLS

Daily & Targeted Guidance for
Optimal Wellness






POWERED BY LIPOSOMAL DELIVERY TECHNOLOGY



Morning / Day

APPLICATION PROTOCOLS

 <p>B12 Vitamin</p>	<p>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 B₁₂ is an energy vitamin and may keep you awake if applied in the evening.</p>
 <p>D3 + MenaQ7 (K2)</p>	<p>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.</p>
 <p>Gaba L-Theanine</p>	<p>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.</p>
 <p>Glutathione Plus</p>	<p>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.</p>
 <p>10% Niacinamide</p>	<p>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.</p>
 <p>Trauma Max Relief</p>	<p>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.</p>
 <p>NutraFlow Max</p>	<p>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.</p>
 <p>ProBalance / ProBalance PLUS</p>	<p>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.</p>



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Evening Application Protocols

APPLICATION PROTOCOLS

 <p>Melatonin</p>	<p>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.</p>
 <p>Trauma Max Relief</p>	<p>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.</p>
 <p>Magnesium Citrate</p>	<p>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.</p>
 <p>Gaba L-Theanine</p>	<p>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.</p>
 <p>10% Niacinamide</p>	<p>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.</p>
 <p>NutraFlow Max</p>	<p>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.</p>
 <p>ProBalance / ProBalance PLUS</p>	<p>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.</p>

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Application Tips

SIX SIMPLE WAYS TO GET THE MOST OUT OF NUTRA RELIEF LIPOSOMAL CREAMS



01 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.



02 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.



03 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.



04 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.



05 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.



06 NATURAL CREAM SMELL

The natural smell you're noticing in the Melatonin and the Glutathione Plus are the natural smells 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.



NOTES

If you are under medical supervision, seek the advice of your physician or health care professional. Do not use if sensitive or allergic to any ingredient. **For external use only. Store out of direct sunlight in a cool dry place. Keep out of the reach of children.** These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



LIPOSOMAL DELIVERY TECHNOLOGY

LDT™

OUTSIDE-IN NUTRIENT DELIVERY™

Our Certified Liposomal Delivery Technology (LDT™) is designed to support enhanced topical absorption through advanced phospholipid encapsulation.



Outside-In Delivery™ — Supports topical absorption



Targeted Application — Delivers where you need it most



Premium Bio-Actives — Quality ingredients for daily support



Fast-Absorbing Base — Non-greasy, soothing emollient blend

RECOMMENDED
APPLICATION AREAS



LIPOSOMAL DELIVERY TECHNOLOGY
LDT™
OUTSIDE-IN NUTRIENT DELIVERY™

FOR NUTRA RELIEF CREAM

Advanced Topical Delivery. Whole Body Wellness.



FAST ABSORPTION AREAS

- Face
- Neck
- Inner Arms
- Inner Elbows
- Wrists



LARGER SURFACE AREAS

- Upper Chest
- Abdomen
- Upper Back
- Lower Back
- Hips
- Upper Thighs



CIRCULATION-RICH AREAS

- Inner Thighs
- Behind Knees
- Calves
- Bottoms of Feet

THE LDT™ ADVANTAGE



1. APPLY

Apply **creams** to clean, dry skin.



2. LIPOSOMAL DELIVERY

LDT™ helps carrier nutrients penetrate the skin barrier with advanced phospholipid encapsulation.



3. DAILY WELLNESS SUPPORT

Supports your body's natural wellness pathways for whole body balance.



APPLICATION TIP

Apply to clean, dry skin and rotate application sites as desired. Areas with thinner skin may offer enhanced topical absorption.



THOUGHTFULLY FORMULATED
Clinically inspired. Naturally aligned.



USA MANUFACTURED
Proudly made in the USA in an FDA-registered facility.



POWERED BY LDT™
Advanced liposomal delivery for superior nutrient absorption.



SCIENCE + NATURE
Backed by innovation. Rooted in integrity.

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APPLICATION PROTOCOLS



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