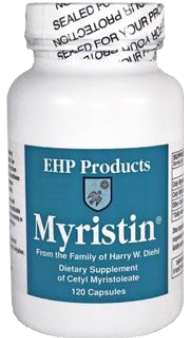



# Recommended Daily Myristin® Capsule Regimen For Joint Health

Speak with your doctor before taking any new dietary supplement. Take Myristin® Capsules and Myrist-Aid with water, 30-45 minutes before meals.

		Basic Dosage Myristin® Capsules (660 mg of CMO/day)	Improved Absorption Dosage Myristin® Capsules (660 mg of CMO/day) + Myrist-Aid
		<p><b>How much should I order?</b> Initial 3 month regimen requires: 5 Myristin® Capsule 120 count bottles</p> 	<p><b>How much should I order?</b> Initial 3 month regimen requires: 5 Myristin® Capsule 120 count bottles and 4 Myrist-Aid Capsule 136 count bottles</p> 
First 3 months	Breakfast	Take 2 Myristin® Capsules	Take 2 Myristin® Capsules and 2 Myrist-Aid Capsules
	Lunch	Take 2 Myristin® Capsules	Take 2 Myristin® Capsules and 3 Myrist-Aid Capsules
	Dinner	Take 2 Myristin® Capsules	Take 2 Myristin® Capsules and 3 Myrist-Aid Capsules
Maintenance Regimen	Breakfast	None *	Take 2 Myrist-Aid Capsules *
	Lunch	None *	Take 3 Myrist-Aid Capsules *
	Dinner	None *	Take 3 Myrist-Aid Capsules *

\* After the initial 3-month period, some choose to take two Myristin® capsules daily, as a maintenance regimen.