



**PLEASE DO NOT ANTICIPATE THIS SAMPLE WILL GIVE YOU THE RESULTS A FULL TWO-MONTH COURSE COULD GIVE YOU**

7 days of Yamo a™ capsules are unlikely to give you lasting results because it's not long enough for the Yamo a™ to change your immune response from an abnormal to a normal reaction to allergens<sup>1</sup>. However, there is a *chance* you could start to see a change in your condition from the outset, this is not entirely unheard of.

**This sample is designed to reassure you:**

- that Yamo a™ will most likely not cause you any adverse reactions
- will most likely not make you drowsy and give you side effects that other over-the-counter medications could give you
- will most likely not interact with the orthodox medications or other supplements or herbals you are currently taking

**Please note:**

We say 'most likely' as in our experience, any of the above events are very, very rare, and although we cannot guarantee in every case, as we're all different and some could react in these ways, we are pretty certain you'll feel reassured at the end of your 7 day sample. Having said all this, if your symptoms in the first week seem to be exacerbated, it could be a healing reaction, also known as a healing 'crisis' or Herxheimer reaction. This can seem negative, but actually, it's really positive! Hard to believe, but often when alternative therapies promote a change in the immune system, it can seem like the body is 'throwing off' all the symptoms at once. This is well documented, but with Yamo a™ it is quite rare, but something to be aware of. You can always contact us for advice if you think this may be happening to you.

**Dosage:**

Adults: Take 1 capsule in the morning, and one in the evening with or without food, and with water.

Under 12s: Take ½ capsule in the morning, and ½ in the evening with or without food, and with water. (Simply empty half of the contents into food or drink)

If you have any questions before or after using these capsules, please contact us through [www.yamoapowder.com](http://www.yamoapowder.com)

1. The mode of action determined by independent scientific research on Yamo a – see our 'Science & Research' page <https://yamoapowder-com.myshopify.com/pages/science-research> for more information.

**Disclaimer**

Yamo a™ should not be used as an alternative to your conventional medication. The statements regarding the products on this website have not been evaluated by the U.S. Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. The material provided on this site is for educational purposes only and any recommendations are not intended to replace the advice of your physician. You are encouraged to seek advice from a competent medical professional regarding the applicability of any recommendations about your symptoms or condition. It is important that you do not reduce, change, or discontinue any medication or treatment without consulting your physician first. We cannot offer any guarantees that Yamo a™ will work for you, we can only express our own and our customers' experiences of it. We sincerely hope that Yamo a™ is the natural approach to supporting your respiratory system that you have been looking for.