

# BASICS OF

## 10 TO 15

○ NAMED FOR HOW QUICKLY RELIEF BEGINS

### NAMING

Different products, different purposes, different ways to use them



one [very important] thing in common: Within about 10-15 minutes, the relief begins to set in.

### REALLY??

Quick answer: YES!

Legal answer: Your mileage may vary.

The experienced answer: Relief usually begins within a few minutes, but it depends on how significant the issue, your overall health, etc.

### TIMING MATTERS

You want to be able to count on the relief. Sometimes literally ...

One tester of the MUSCLES gel broke her toe while trialing the gel. She applied the gel, set a stopwatch, and called the doctor. **Within 7 minutes**, she was enjoying the relief. Although she did see her doctor [ & get an x-ray to confirm the break ], she never did use anything besides the gel, and she was back to training for a triathlon within the week.

### BASICALLY

**The lifestyle you want; the remedies you need.**



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