



## Important Dosing Information

You are holding **one of the most effective and powerful products**. Every day we get emails exclaiming the benefits people are receiving from this unique and powerful all-natural food supplement. Recovery® is the number one solution for pain and inflammation and contains Nutricol®, a unique proprietary blend of green tea and grapes. Nutricol® repairs the matrix and membrane of the cell improving nutrient receptivity and healing.

Results and improvements happen quickly for most individuals but sometimes relief and deep healing take longer than anticipated. This does NOT mean that healing isn't occurring. As with all conditions, there are numbers of factors to consider.

### Remember:

- It takes the body 60 to 90 days to make a change
- Your condition did not arrive overnight therefore it is unlikely it will leave as quickly. Be patient – you will be thankful that you stuck with the program!
- If you are not getting the results you anticipated, incorporate other changes. Include diet modifications by focusing on fresh and alive foods based on your blood type. These are wonderful guidelines to help get you on track.
- Diligence and consistency over time brings results!

### PROPER DOSING

Used as directed, Recovery® typically produces results in two to three weeks although some individuals may experience results sooner.

**It is recommended that Recovery® be taken on an empty stomach for OPTIMAL results. However, if you have a sensitive stomach or experience nausea or stomach upset, take Recovery® with food until your tolerance level increases. Note that some of the benefits are removed with the fiber content of food.**

**Beginning to Maintenance Dosing** – start with ¼ to ½ a teaspoon powder twice a day. Gradually increase to 1 teaspoon twice a day over a two-week period. Continue indefinitely.

**Therapeutic Dosing** – increase your Recovery® to 1.5 teaspoons twice a day. If you are experiencing pain, inflammation, or have had an injury or surgery, use the therapeutic dosing regime for at least a one-month period and then return to a maintenance dose on-going.

**Persistent Conditions:** if you are experiencing an acute situation, it is helpful to take 3 to 4 teaspoons per day until the situation subsides. Then adjust your protocol accordingly.

**CAPSULES:** 5 capsules equal 1 teaspoon of powder

## Q & A

### HOW LONG SHOULD I TAKE RECOVERY®?

It is safe to take Recovery® indefinitely. Once the primary symptoms disappear and healing is confirmed, lower doses are appropriate. Most individuals continue to take Recovery® indefinitely as a preventative.

### IS THIS GOOD FOR PROTECTION AGAINST INJURY TOO?

As we age our connective tissue continues to breakdown. This process alone makes us vulnerable to injury and disease. Exercise also places a stress on the body by producing free radicals and releasing cortisol into the bloodstream, which renders connective tissue at risk. Athletes and active individuals greatly benefit from continued use of Recovery to neutralize any potential damage.

### I AM EXPERIENCING DIARRHEA AND STOMACH UPSET FROM RECOVERY®.

Minimal side effects may occur with Recovery®. Some may experience a looser stool, flatulence and abdominal gurgling, or other detoxifying symptoms. Simply adjust your dosage levels to ensure your comfort. Begin taking Recovery® with food until your body adjusts. Recovery® is safe, effective and produces outstanding results for those who are consistent in taking it.

### I AM EXPERIENCING CONSTIPATION FROM RECOVERY®.

Although this is most uncommon, it can result from your body resetting its healing parameters. Because Recovery® kills off bad bacteria, the system may become overloaded. If this is the case, increase your dosage level to move these pathogens out of the body more quickly.

\*Please note that there are no toxic doses of Recovery® therefore adjust your dosage level to suit your needs or consult us to discuss.

### I AM ALLERGIC TO SULFA DRUGS.

An allergy to sulfa drugs does not mean that Recovery® (containing MSM) should be avoided. Research supports that there have been no known contraindications connected to the use of Recovery®.

The MSM component of Recovery® is natural occurring sulfur found in plants. Scientific reports of allergies to MSM are not found.

If you are experiencing what appear to be allergy symptoms when taking Recovery®, know that this is most likely a part of detoxifying, an "induced symptom". It is not a true allergy. Adjust your dosing protocol to suit your comfort level or call to discuss.

### IS RECOVERY® SAFE TO COMBINE WITH THE DRUGS I AM TAKING?

Recovery® is safe to take with the medications you have been prescribed. There are no contraindications as Recovery® is a

whole food natural product. Due to its antioxidant, anti-inflammatory and anti-catabolic action, combining Recovery® with drugs can lead to reduced drug toxicity.

### MY DOCTOR SAYS NOT TO TAKE RECOVERY®.

Refer your doctor to the Healthcare Professionals section of our website for more information. All doctors, chiropractors and healthcare practitioners that are using Recovery® for their patients fully support and concur with the outstanding results.

### MY SYMPTOMS SEEM TO BE GETTING WORSE.

This truly will pass. As the body moves out toxins, you may experience an increase in symptoms but know that this is short lived and improvement is just around the corner.

### WHAT MAKES RECOVERY® DIFFERENT FROM THE OTHER ANTI-INFLAMMATORY PRODUCTS ON THE SHELF?

Nutricol®, a potent proprietary bioflavonoid complex containing EGCG, proanthocyanidins, theaflavin and resveratrol from grapes and tea, is the primary active ingredient in Recovery®. It reinforces membrane and matrix structure (halts damage that initiates inflammatory and spasmodic reactions).

Nutricol® increases membrane receptivity to hormones such as insulin, IGF and thyroxin (required for anabolic repair/healing). While other products will arrest symptoms, Recovery® repairs the damage from the inflammatory process.

### I AM A DIABETIC. IS RECOVERY® SAFE TO TAKE?

Yes, Recovery® is safe to take if you are a diabetic. Recovery® actually improves blood sugar regulation in diabetic patients as it delivers insulin more efficiently to the cell. Continued monitoring of sugar levels is of course encouraged.

Please be aware that Health Canada has COMPLETELY removed all warnings regarding Glucosamine from its published monograph, as it is false. Glucosamine does NOT interfere with blood sugar.

### THE NEW VEGAN FORMULA USES CORN AS ITS SOURCE OF GLUCOSAMINE. I AM ALLERGIC TO CORN.

Glucosamine is a purified component of Non-GMO corn, which is entirely different from corn proteins that people have allergies to. It is absolutely safe and produces no allergic responses in sensitive individuals.

### TESTIMONIALS

More Recovery® users experience wonderful results everyday. Check [www.RecoveryMedicine.com](http://www.RecoveryMedicine.com) for the latest testimonials!

Note: For compromised immune systems use ImmuneFX as an immune system enhancer. Primes the immune system, reduces stress hormone release and lowers oxidative activity. For more information on ImmuneFX visit [www.Purica.com](http://www.Purica.com)