

# Alpha Blue Product Instructions

## Information:

- Discontinue use and consult your doctor if any adverse reactions occur
- Not for medicinal use
- Not to exceed the recommended daily usage
- Pregnant or lactating women and people with any medical condition may consult a physician before consuming this product
- This product is not intended to diagnose, treat, prevent or cure any disease
- Content packed by weight, some settling may occur
- Safety sealed for your protection
- Not recommended for children

## RECOMMENDED USAGE

### Direction:

- As a health supplement, take 1 scoop (33gms) mixed with 250-350ml cold water or skim milk. For best results take one serving in the morning and another immediately post workout. Additional serving may be taken during the day to meet individual caloric requirements.
- Alternatively use as recommended by your physician.

### Storage:

- To maintain product freshness, store away from direct sunlight in a cool, dry place and keep the bottle tightly sealed.

### Note:

- This product is not a sole source of nutrition and should be consumed in conjunction with a balanced nutritious diet and an appropriate physical training program. It is only effective as a part of a balanced, controlled diet and effective physical training regime.
- Health Supplement Not for Medicinal Use.