



Independent Executive

## What to Expect When You Begin Consuming Zrii

**NOTE: Zrii is FOOD and NOT medication! It does not require a Doctor's prescription or permission to consume. Zrii's Scientific Advisory Board (SAB) has tested and determined the ONLY medication to be concerned about while consuming Zrii is blood thinners, as Zrii naturally thins the blood. The SAB recommends when something is added, changed or modified in someone's life regarding Health, for example, Zrii, exercise routine, new diet, nutritional supplements, medications. etc., a person should notify their Doctor immediately.**

It typically takes **60-90 days** to FULLY experience the benefits of Zrii. **WITHIN THE FIRST FEW DAYS** after you begin consuming Zrii, you may have some of the following experiences:

1. **Because it takes 60-90 days to fully experience Zrii's benefits** - You may feel no difference at all.
2. **Because Zrii calms the Nervous System and improves blood circulation in the body** - You may notice an increase in your energy level and improvement in sleep, calming of your mind and less stress or increased libido.
3. **Because Zrii has Anti-inflammatory and Pain relief properties** - You may experience a reduction in pain you may be feeling.
4. **Because Zrii has very strong detoxification properties** - You may experience headaches, stomach cramping, abdominal discomfort, loose stools, muscle aches, feeling lethargic, sick or "fluish." This is your body naturally ridding itself of toxins and usually lasts only 3-7 days.
5. **Because Zrii is a very strong Cellular Rejuvenator** - You may experience a drop in blood sugar or cholesterol level when your blood is tested.

**ALL OF THESE ARE NORMAL AND TO BE EXPECTED!**

### **"3 Ounces Per Day Keeps The Doctor Away"**

The Recommended Adult Serving Size is **3 OUNCES PER DAY**, on an empty stomach. The most effective way is to take it as soon as your alarm clock goes off, and **BEFORE** you get in the shower! You may take all 3 ounces at once, or spread (3) – 1 ounce servings throughout the day. For example: before breakfast, before lunch and before dinner. **If digestive discomfort is experienced, dilute 1 ounce of Zrii with water (1:1 ratio) and drink slowly with food, 3 times per day.**

Drink Zrii slowly and swish it around in your mouth for up to 30 seconds, before swallowing, to enliven your taste buds. Zrii will begin to be absorbed in the mouth through the sublingual and submaxillary glands.

If you forget a day, it is recommended to double up on your serving the following day (6 OUNCES) so you can keep up with the level necessary to experience maximum change with your health.

Everyone is different and therefore may have a different experience. Because of the diversity of botanicals in the Zrii formulation, some results may be dramatic, while others are more subtle. Please feel free to experiment with the serving size (increasing if necessary) until you obtain the best results. You **CANNOT** take too much Zrii, because it is a liquid whole-food. During crisis situations (getting a cold, flu etc.) you can dramatically increase your serving size as soon as you experience symptoms (**AS MUCH AS A WHOLE BOTTLE**) to effectively boost your immune system and overcome your health challenge quickly.