

ENERGY4LIFE

How to Take Infoceuticals

Please follow instructions from your practitioner on taking Infoceuticals. If you have not received instructions, here is a general guide:



Add drops to a glass of water and drink. It's fine to mix drops from several bottles into one glass.



One serving is 15 drops, but you can start with fewer and increase over time, especially the first time you take them.



Energy4Life (E4L) Infoceuticals may be taken with or without food.

You may feel a variety of changes when taking Infoceuticals. These can include changes in mood or habits, sleep patterns and dreams, energy levels, and physical symptoms. Most are positive experiences, though corrections can be uncomfortable for short periods. If you ever find that change is too rapid, decrease the number of drops you are taking and contact your practitioner for further direction.

Feel Good Infoceuticals

Did you know you can purchase our lifestyle Infoceuticals at any time? (We call these "Feel Goods.") Here is a list of available Feel Goods:

- ▶ CFI (Cold, Flu & Immunity Support)
- ▶ Chill
- ▶ Day
- ▶ EMF
- ▶ Energy
- ▶ ESR (Emotional Stress Release)
- ▶ Fat Metabolism
- ▶ Female
- ▶ Heart Driver
- ▶ Heart Imprinter
- ▶ Love
- ▶ Male
- ▶ Nerve Driver
- ▶ Night
- ▶ Peace
- ▶ Polarity
- ▶ Rejuv
- ▶ Sleep
- ▶ Youth



Please ask your E4L practitioner to learn more about buying and using Infoceuticals.