

## **Instructions for Taking Jusuru**

### **For Optimal Results:**

Your monthly Jusuru order will be delivered around the same time each month. Each case of 4 bottles will provide you a total of 100 ounces. The positive results found in clinical trials are based upon drinking 2 ounces of Jusuru, twice daily, spaced about 10-12 hours apart, for a total of 4 ounces per day.

We suggest ordering an extra 2 bottles every 3 months in order to maintain a consistent daily dosage of 4 ounces. If you do not wish to purchase extra 2 bottles every 3 months, choose the “For Basic Results” amounts. *If you wish to see quicker results, you can order more than one case of Jusuru per month.*

### **For Basic Results:**

A reduction down to 1.7-ounce taken twice daily (about 10-12 hours apart; once in the morning and once in the evening) will extend your dosage to 30 days, or about one month. It is very important to not skip days while using Jusuru during your trial period, as your ability to see results is related to consistent supplementation.

### **Non-liquid Jusuru alternatives**

Depending upon your lifestyle and schedule, drinking the liquid form is not always an option. People who travel via air can bring the Jusuru solid dissolvable “chews” which are an alternative to the TSA liquid travel restrictions. The chewable option is also convenient if you will be at a social event where taking out a bottle of Jusuru is not a possibility.

### **Document Your Results!**

One of the rewarding aspects of taking Jusuru is to be able to feel and see the changes that occur.

#### **Physical**

For skin and muscle issues, taking photographs is an excellent way to do so. Photograph areas of cellulite, and if aging appearances on your face is an issue, take photos of your face! For facial photos, a well-lit photo of your wrinkles, fine lines, creases and general skin complexion will provide

you with an excellent “Before” photo. Although some changes may be obvious, it can be easy to miss subtle changes without documentation.

**Pain and range of motion issues**

For pain issues, rate your pain levels using a 0-10 scale, with 0 indicating no pain and 10 indicating extreme pain as reference points.

For range of motion issues, if you have previously been clinically tested then use those ranges; if not, you can rate your range of motion based upon what it used to be prior to joint, cartilage and muscle issues.

Please make sure to share the improvements with us as soon as it is possible – we all like good news!

**For the most effective results:**

1. Before pouring your dosage, make sure to shake the bottle! The juice is a delivery system for the collagen, which provides extra anti-inflammatory benefits. The Biocell Collagen can settle at the bottom of the bottle.
2. Try to take your Jusuru roughly around the same times each day, spaced apart by roughly 10-12 hours.
3. Be consistent! Skipping days will yield inconsistent results. If traveling, pour an appropriate dose into a watertight container in anticipation of a trip, or take your Jusuru Chews with you.
4. By measuring your dose you’ll be better able to not run out before the next order arrives. If you take 3.3 ounces per day, this should last 30 days (one month).
5. Store the unopened bottles in a dry, cool storage area. Opened bottles should be refrigerated, or kept as cool as possible while traveling.

**Be sure to share your results with others!**