

# Bios Life®

## Instructions



- ❖ Take your **Bios Life Slim** 5-10 minutes before eating for **best** results.
- ❖ Mix your **Bios Life Slim** right before you drink it. Add your Slim powder to a shaker cup or bottle of water and shake for at least 10 seconds. Use a minimum of 8-10 ounces of water, or water and juice combined. Drink immediately.
- ❖ Do not use carbonated beverages or alcohol for mixing **Bios Life Slim**.
- ❖ It is most effective when taken prior to your largest meals but if you forget it then, take it as soon as you remember. It is very important to take at least twice daily.
- ❖ Individuals wanting to aggressively reduce their size, cholesterol, triglyceride levels or glucose have found positive results taking up to two packets simultaneously before each meal, 3 times per day.
- ❖ If you tend to experience bloating or gas, you will want to start by using it only once per day. Your body will adjust to the healthy amount of increased fiber and after about 2-5 days, you can start using it twice daily.
- ❖ The addition of fiber to a diet that may be currently low in fiber might cause **temporary diarrhea or constipation**. To remedy this situation, increase your water intake. Fiber needs water to work, and a normal diet should contain 8 or more glasses of water per day.
- ❖ For those **people who have IBS** (irritable bowel syndrome), **Bios Life Slim** can be a very helpful supplement. For you it is **best to start slowly with one half of a packet (half a tablespoon) mixed in 8-10 ounces of water**. You may need additional supplements.
- ❖ **Bios Life Slim** can be taken with most medication as there are no known side effects or contraindications. If taking prescription drugs that recommend taking **with food, drink Bios Life Slim at the same time**. If the prescription medication calls for you to take it on an **empty stomach, take your medication one hour before Bios Life Slim or four hours after**.
- ❖ **If taking a cholesterol medication, DO NOT stop taking it**. If your goal is to reduce your statin dosage, speak to your healthcare professional. Stopping statins abruptly will cause a rebound increase in cholesterol. Taking **Bios Life Slim** and the statin together initially will allow your healthcare provider to gradually reduce the dose of the statin and avoid rebound.
- ❖ **If you have diabetes, know that Bios Life Slim will stabilize and improve your blood sugars**. Testing your blood sugar will allow you to detect any low levels. If this occurs, report them to your healthcare provider so appropriate changes can be made to your diabetes medication.
- ❖ **Taking Bios Life Slim is AT LEAST a 3 MONTH COMMITMENT**. You will start by experiencing a decrease in appetite and cravings followed by fat loss. This can take from 2 to 6 weeks on average and up to 3 months. It is very important to understand that Bios Life Slim is not something you "try" for one month. **Taking it as directed is very important and that includes using Bios Life Slim two times a day for AT LEAST 3-4 months**.