

**Suggested Use:** Take 1 teaspoon by mouth 1 to 3 times daily or as directed by your healthcare professional. May be taken directly by mouth or mixed into water or juice (grapefruit is best). Take on an empty stomach, at least 10 minutes before meals. Store at room temperature. Do not take when pregnant or breastfeeding. It is advisable to monitor liver function enzymes during usage.

**Quicksilver Delivery Systems®:** Our nutraceuticals utilize modern science to unleash the power of nature. Our advanced phospholipid delivery systems nourish your cells as they deliver their core ingredients faster and more effectively than conventional supplement formats.

