

Inside Lid

M.F. Bromelain®

To help decrease swelling after injury*

1 capsule with breakfast

1 capsule with dinner

Meriva 500-SF® (CURCUMIN)

To help relieve aches and soreness during recovery*

2 capsules with breakfast

2 capsules with dinner

Melaton-3™ (MELATONIN)

To promote calm mood and restful sleep*

2 capsules at bedtime

Note: The suggested use above is specific for aiding in the healing process, and is not necessarily the same suggested use on individual bottles.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

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