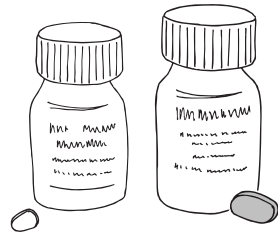
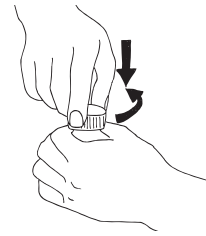


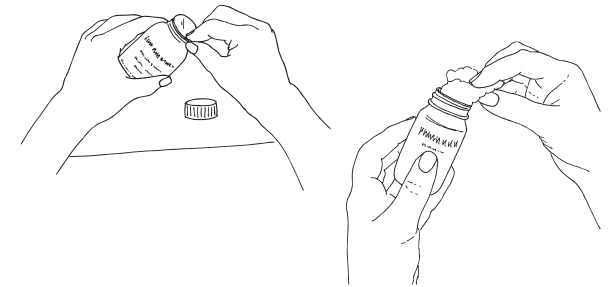
How to Take Tablets



1. You will receive 2 bottles of tablets. One bottle is larger than the other bottle. The tablets in the larger bottle are a darker color than the tablets in the smaller bottle. Take 1 tablet from each bottle, at the same time every day.



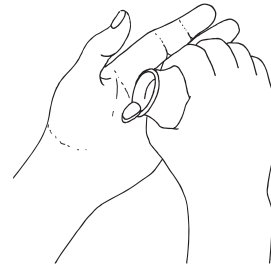
2. After washing your hands, open the bottles by pushing the cap down while turning to the left.



3. The first time each bottle is opened, there will be a seal covering the bottle. Remove and discard this seal. Inside the smaller bottle, there will be cotton wool. Remove and discard this cotton wool.



4. There is a sealed container inside each bottle that helps keep the tablets dry. Do not open this container, swallow it, or remove it from the bottle.



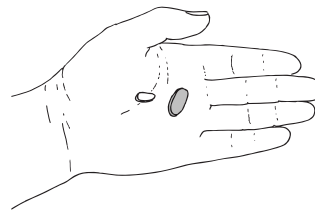
5. When taking tablets each day, first open one bottle. Remove one tablet from this bottle.



6. Then close this bottle tightly by replacing the cap and turning it to the right.



7. Next, do the same to remove one tablet from the other bottle.



8. Now you will have one lighter tablet and one darker tablet taken from the two bottles.



9. Put one tablet in your mouth and swallow it with water or other beverage. Then do the same with the other tablet. Or, if you wish, you may swallow both tablets at the same time.