



Directions Eating the healthy chocolate:

- 1 Take at least 1/2 hour before eating with water
- 2 Take 3-5 per day (not after 6 p.m.)
- 3 Use as replacement for food that has a grip on you
- 4 Listen to your body and take inventory
- 5 Call us with any concerns, questions or positive feedback you may have.
- 6 Let melt in your mouth

For more information please go to

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