

Taking the LM Potency

- STEP ONE: Before each use, success the bottle 5 times.
- STEP TWO: Take one teaspoon from bottle and place in glass with 4 ounces of water
- STEP THREE: Stir contents of the glass for about 3 seconds.
- STEP FOUR: Drink one tablespoon from the glass and discard the rest

Please avoid food or drink 20 minutes before and thirty minutes after taking the remedy.