

## **VNI Product-Suggested Usage**

**Prodovite:** Take dose as directed, preferably on an empty stomach. If necessary, the dose may be taken with food as well.

**Brain Reward:** Take dose(s) as directed only on an empty stomach. Many of the ingredients in Brain Reward will or may be greatly lowered in efficiency if taken with food. If conditions necessitate taking Brain Reward close to a meal, then it is best to take the Brain Reward before the meal, at least 30 minutes prior to eating.

**ThionExtra:** Take dose(s) as directed only on an empty stomach. Many of the ingredients in ThionExtra will or may be greatly lowered in efficiency if taken with food. If conditions necessitate taking ThionExtra close to a meal, then it is best to take the ThionExtra before the meal, at least 30 minutes prior to eating.

**N-Sorb:** Take dose(s) as directed on an empty stomach for maximum effect. If conditions necessitate taking N-Sorb close to a meal, then it is best to take the N-Sorb before the meal, at least 30 minutes prior to eating.

**Prodovite Concentrate:** To reproduce original Prodovite, mix 2 capfuls of Prodovite Concentrate into an ounce of water, shake or stir thoroughly and consume in 1 or 2 mouthfuls over a few minutes. To make a power-packed nutrient-dense multi nutrient drink, mix 2 capfuls of Prodovite Concentrate into a few ounces of water and drink. To make a performance enhancing electrolyte-rich drink, mix 2 capfuls of Prodovite Concentrate into 12 to 20 ounces of water (no more than can be consumed in a single serving) and drink as needed to support physical performance activities. (It is always best to swish in the mouth for at least 30 seconds before swallowing.) Prodovite Concentrate works best when consumed within 4 hours of mixing.

### **Tips for Using Multiple VNI Product Simultaneously:**

Prodovite or Prodovite Concentrate may be taken with any of the other products, however only one additional product at a time. I.e. Prodovite with Brain Reward, or Prodovite with ThionExtra, or Prodovite with N-Sorb.

Brain Reward should be taken on its own, or with Prodovite. Do not take Brain Reward with Thion Extra or with N-Sorb.

ThionExtra should be taken on its own, or with Prodovite. Do not take ThionExtra with Brain Reward or with N-Sorb.

N-Sorb should be taken on its own, or with Prodovite. Do not take N-Sorb with Brain Reward or with ThionExtra.