



How to take your BioG MicroTabs:

Before using any dietary supplement please consult with a health professional.

BioG MicroTabs should **NOT** be chewed or dissolved in water or in any type of liquids. Your BioG MicroTabs are Micro Tablets and should be taken the same as larger tablets which are immediately swallowed with a glass of water.

As recommended by a health professional, use the spoon that was provided with your BioG MicroTabs Blend to scoop and ingest your BioG MicroTabs. (**The level of BioG MicroTabs should line up just below the rim of the spoon provided.**) The spoon provided will measure approx. 1g. For best results we recommend our ROEHR Pharmaceuticals Digital Weighing Spoon for exact dosing. Please ask your health professional how to purchase the Digital Weighing Spoon.

RECOMMENDED INSTRUCTIONS:

- 1.) **Step One:** Scoop the recommended amount of BioG MicroTabs into the spoon provided.
- 2.) **Step Two:** Slightly press your tongue down on the bottom of your mouth and touch the tip of your tongue to the back of your lower teeth.
- 3.) **Step Three:** Place the recommended amount of BioG MicroTabs on top of your tongue.
- 4.) **Step Four:** Then immediately swallow your BioG MicroTabs with water.

Note: For best results take your BioG MicroTabs 1 gram at a time. If a few MicroTabs remain in the mouth, then swish water around in your mouth and then swallow.

**** **Alternatively,** measure and then place your BioG MicroTabs in a tablespoon and then add yogurt (bind the BioG MicroTabs to the yogurt) to the spoon and then swallow.

KEEP OUT OF REACH OF CHILDREN
KEEP IN A DARK AND DRY PLACE BELOW 77°

If you have any questions please contact ROEHR Pharmaceuticals customer service line at 1-800-717-6329 or contact the health professional who recommended your BioG Micro-Tabs Blend.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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No Preservatives, Lactose and Gluten Free
Made in Germany



Manufactured under cGMP Standards
Patented ROEHR BioG MicroTabs-Ingredients Technology