

## **SOME OF THE MANY BENEFITS:**

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- **IMPROVED METABOLIC RATE ●**
- **IMPROVED OXYGEN UPTAKE ●**
- **IMPROVED CIRCULATION ●**
- **RELIEF FROM INSOMNIA ●**
- **MORE ENERGY! ●**
- **GREATER SENSE OF WELL-BEING ●**
- **STRONGER SPINE AND JOINTS ●**
- **MORE LIMBER JOINTS AND SPINE ●**
- **SOUNDER, MORE RESTFUL SLEEP ●**
- **STRONGER IMMUNE SYSTEM ●**
- **FEWER OR NO COLDS ●**
- **BETTER STAMINA ●**
- **ALLEVIATION STRESS RELATED CONDITIONS ●**
- **RELIEF FROM ANXIETY ●**
- **RELIEF FOR ASTHMA ●**
- **RELIEF FOR DEPRESSION ●**
- **RELIEF FROM HEADACHE ●**
- **IMPROVED FUNCTION OF INTERNAL ORGANS ●**