

EQUINE PROBLEM / CONDITION	PRODUCTS THAT MAY HELP	PAGE	HOW TO USE
Sickness / Infection / Fever / West Nile / EPM / Staph / Botulism Tetanus / Potomac Fever / Mares with Uterine Fluid	RE-BALANCE BB Add Re-Bound CNS for EPM.	5	Infection: 30 cc/1 oz every 4-6 hrs for 2 days then 2-3 times a day until gone. EPM: 30 cc/1 oz 2 times a day for 1-2 bottles. More intense issues 30 cc/1 oz every couple of hrs.
EPM / Nerve Damage / Nerve Weakness / Nerve Inflammation Spinal Issues / Tendon Tear or Sprain or Bow	RE-BOUND CNS Can also add Tranquility or Elite Performance Liniment for Bow. Add Frequency for spinal issues.	5	1 oz/1 scoop 2 times a day until gone. Some may need a second container.
Toxic (bad hay, mold, etc.) / Foundered / Overworked / Muscle sore / Scratches or Thrush / Breeding / Sale Prep Hair Coat	TOTAL GUARD POWDER OR TOTAL GUARD PASTE	6	2 oz/2 scoops or 1 tube 2 times a day
Scratches or Thrush / Older Open Wounds with Draining / Closed Wounds with Trapped Infection	ALL PURPOSE DRAWING SALVE Can also follow up or alternate with Re-Cover.	12	Apply and wrap if possible. Clean & change once a day until draining stops.
Mild Stomach Issues / Off Feed / Under Weight / Sale Prep / Shipping Stress / After Colic Recovery / Weaning Stress	G.I. EQUI-LIZER TUBES Can also feed with Ultra Guard.	7	1-2 tubes a day as needed
Skinny and run down / Biting Flanks / Irritable / Off feed frequently	GASTRO-RE-COVER Can also follow up with Horse Plus for maintenance.	7	1 tube a day for 30 days.
Muscle Sprains / Soreness / Swollen Hocks / Tight Muscles	MAGNA-EASE	14	1 oz/2 scoops 2 times a day.
Dry or inflamed joints / Pain / Joint soreness or weakness	ENDURA FLEX PLUS Can also follow up with Re-Link.	13	1/2 oz/1 scoop 2 times a day. 1 container once a year for maintenance.
At birth / Diarrhea or Scours / Weaning stress / Sick Foals	A.S.A.P. TUBES	9	1/2 to 1 tube as needed.
Colic / Agitated horse / Belly Ache	GASTRO-MAX TUBES Can also follow up GI Equi-lizer.	7	1 tube. Wait 4-6 hrs. Repeat 1 time.
Sickness / Snotty Nose & Cough / Infection / Fever / Ideal for foals with infections (Alternate with ASAP)	RE-STORE EQ TUBE Can also follow up with Ultra Guard 2 or Vital Red.	5	2 tubes a day as needed. If fever 2 tubes together.
Ulcers / Off feed / Sale prep / Weight loss / Shipping stress	ULTRA GUARD Can also start with GI Equi-lizer.	7	30 cc/1 oz/1 pump 2 times a day.
Snotty nose / Strangles / Cough / Diarrhea	ULTRA GUARD 2 Can be used as "prevention" at half rate.	5	1 oz/1 scoop 2-3 times a day.
Signs of Worm Issues / Weaning / Parasite Maintenance Program	RE-MOVE-EQ	10	2 oz/1 scoop 2 times a day 3 times a week.
Rough hair coat / No energy / Dullness in the eyes / Weight loss / Diarrhea / Sale Prep / Yellow or Jaundice in Eye (Not for pregnancy)	EQUINE LIVER SUPPORT Add Total Guard for most impact.	10	1 tube 2 times a day until box is gone. Sale Prep for 5 days.
Hump back / Swelling in front of hip bones / Tie up problems Muscle soreness / Making too much or not enough urine / Start & Stop Peeing / Blood in urine (Not for pregnancy) **Recommended to use Kidney Support first if using both Kidney and Liver back to back. **	EQUINE KIDNEY SUPPORT Add Total Guard for most impact. Add Re-Balance BB if signs of infection.	10	1 tube 2 times a day until box is gone.
Eye injury or weakness / Light sensitivity / Head Shy / Moon Blindness / Sudden Shying	EQUINE EYE TO EYE	15	1/2 oz/1 scoop 2 times a day.
Settling mares / Low semen count / Weak weanlings	EQUINE BREEDERS PLUS	8	1/2 oz/1 scoop a day.
Low iron / Nose Bleeds / Low energy / Longer drives / Colds & Sickness	VITAL RED	15	1 oz/1 scoop 2 times a day.

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Sale / Show Prep / Finisher	SLICK & SHINE	11	4 oz/1 scoop 2 times a day for 10 days.
Quarter Cracks / Weak Hooves / Weak Foundation	ULTIMATE HOOF	16	1 oz/2 scoops 2 times a day until grown out.
Wounds / Scratches / Skin conditions / Eye Injuries / Fly Control	ALL READY	12	Spray as needed
Sweat / Sore Muscles / Fresh Bow Tendon	ELITE PERFORMANCE LINIMENT Can add Re-Bound CNS for bow & alternate with Tranquility.	14	Sweat with quilt wrap and saran wrap. Change every 24 hours. Bows- shave area & wrap. Rinse and rewrap with Tranquility every 24 hours.
Tendon Inflammation / Stifle Cords / Hiking Horses	EQUINE QUICKEN Can also add Re-Link for stifles.	13	Spray 2 squirts on stifle areas 1 time a day.
Leg Weakness / Tendon Tear or Sprain or Bow / Soft Tissue Injury or Bruise	EQUINE TRANQUILITY Can add Re-Bound CNS. See Elite Performance Liniment for bow.	12	Tendon Tear or Sprain- shave hair in area spray 2 times a day for 3-5 days until heat is gone. Stall rest for 4-6 weeks.
Muscle Relax / Nerve Relax / Low blood flow or nerve function	EQUINE FREQUENCY	14	Spray a mist 1 time a day on effected areas as needed.
Daily Maintenance	HORSE PLUS	18	2-3 oz/1 scoop 2 times a day.
Brood Mares / Young stock / Malnourished horses	ELITE 2:1 MINERAL PLUS	18	2-3 oz/1 scoop 2 times a day.
Demanding High Performance / Low Energy / Stallions / Sale Prep	SUPER BLEND	18	2-3 oz/1 scoop 2 times a day.
Free Choice Mineral for Field or Stall	LICK TUB/BUCKET	19	Free choice
Free Choice Mineral for Field or Stall for Breeding	BREEDERS LICK TUB/BUCKET	19	Free choice
Calcium Imbalance / OCD / Ring Bone / Calcified Tendons or Joints / Arthritis / Weak Navicular	RE-LINK	13	1 oz/1 scoop 2 times a day. For OCD- best results when fed with Oats or Yoder Brother's feed. For Arthritis- 1/2 oz a day for maintenance.
Selenium Deficiency / Road Sore / Slow Recovery Time	SE ADVANCE	14	1/2 oz/1 scoop 2 times a day as needed.
Asteria or Tie Up Problems	RELEASE Consider following up with Kidney Support or Total Guard.	10	1 tube and wait a few hours. Give another if needed.
Flying insects Internal feeding for external control	SWAT NO MORE Can also use All Ready topically in the heat of the summer.	17	Start in April with 2 oz/2 scoops a day then back down every few weeks to 1/2 oz for maintenance.
Proud Flesh / Navals / Thrush	DRY OUT Can be used with Re-Cover and All Purpose Drawing Salve	9	Proud Flesh- spray on as needed to irritate and get fleshy again. Then switch to Re-Cover. Naval- dip after birth and re-dip every 8-12 hours until dried up. Thrush- spray on as needed to dry up.
Fresh Open Wounds / Older wounds that are hard to heal	RE-COVER Recommend to use with Re-Balance Bb 1 oz 2 times a day.	12	Fresh wounds- spray on 2 times a day. Clean off as needed. Older wounds- alternate with All Purpose Drawing Salve

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Nervous / Trauma or Accident / Stubborn Horses	RE-LAX EQ	15	1 oz/1 scoop 2 times a day for the first 4-6 weeks then drop to half for possible wean off or maintenance.
Nervous / Balking / Need to focus	SERENITY EQ PASTE	15	Give 1 tube as needed 30-45 minutes before use.
Weak Foals or Weanlings / Crooked legs / Slower Growth Foals	FOAL MINERAL BLEND	9	1/2 –1 tube a day as needed.
Thyroid Weakness / Metabolic Weakness / Need low starch diet Cushing's / PSSM	THY-RIGHT	16	1/2 oz/1 scoop 2 times a day. Feed for 6-12 weeks and re-evaluate
Mares after foaling / Off Water / Dehydration / Long drives / Hot summer	ELECTRO-BOOST	17	1 tube a day as needed
Need energy and focus fast	EDGE Great with and GI Equi-lizer and	11	Give 1 tube as needed 15-20 minutes before use.
Sale Prep / Weight loss & Need gain / Muscle loss & Need gain	PLATINUM	11	4 oz/1scoop 2 times a day
Moody or witchy mares / Not breeding properly / Hormone weakness	MARE MATE	8	Start with 1 oz/30 cc then back down to 10 cc for maintenance if needed for longer term use.
Mares with low milk supply (Do not use before foaling!)	LACT ADE EQ	9	1 oz/1 scoop 2 times a day as needed.
Stallion's lost interest or Young stallion's	DRIVE	8	Give 1 tube as needed.
Allergies / Lung weakness / Lung inflammation / Snotty Nose or Cough /	BREATHE EQ	17	1/2 oz/1 scoop 2 times a day
Not drinking enough water / Mineral imbalance from winter hay	HYDRO-LYTE	17	1 oz/1 scoop 2 times a day in

Testimony

Hi, Just a quick note to thank you for all you do at Elite Nutrition. I work horses full time and do mostly sale prep. I can not imagine doing it without Elite Nutrition and Yoder Brothers. Here is what sets you apart from your competition. It works every time and it works fast starting with a healthy gut which is very important. And I have no problem shedding out horses in the winter time. Some people say, I can't afford Elite. I tell them you can't afford not to feed Elite.

Thank you, Loren Beechy, Summit Crest Equine

CANINE PROBLEM / CONDITION	PRODUCTS THAT MAY HELP	PAGE	HOW TO USE
Daily nutritional maintenance needed for all dogs. Females not cycling. Females eating puppies. Stud dogs not performing.	ESSENTIAL DOG	29	1 oz added to every 10 pounds of feed.
Females not cycling properly. Overweight. Hair loss. Dogs with both high or low thyroid numbers. Consider feeding 2 weeks prior to a big event for extra energy.	K9 THYRIGHT	33	Top dress on feed twice a day. Under 20 pounds 1/8 of the scoop. 20 to 40 pounds 1/4 of the scoop. 40 to 80 pounds 1/2 of the scoop. 80 pounds or more 3/4 of the scoop
Whelping contractions inconsistency. Milk fever. Muscle weakness after whelping. Eating puppies.	K9 CALCIUM Can be given 1-2 times a day 2 days before whelping and for a few days after whelping too.	30	Consider for use during whelping. Initial quantity at start of labor may be a little more. Then give every 30 minutes or after every newborn puppy. 1cc/gm per 10 pounds for bitches UNDER 40 pounds. 2cc/gm per 20 pounds for bitches OVER 40 pounds. 3cc/gm per 20 pounds for bitches OVER 80 pounds. 4cc/gm per 20 pounds for bitches OVER 120 pounds. Amounts and frequency may vary depending on breed genetics and whelping history.
Low milk supply. Larger litters. Weak malnourished puppies.	LACT ADE POWDER OR PASTE Do not give if mastitis is present.	30	Powder: 1/2 oz for less than 25 pounds twice a day. 1 oz for more than 25 pounds twice a day mixed in wet or soaked feed. Paste: Orally feed 3-4 cc per 20 pounds of body weight two or three times a day or as needed. Consider using for 2 weeks after whelping. Always have a good supply of water available. Intended for intermittent or supplement feeding only.
Weak uterus. Prone to emergency c-sections.	RED RASPBERRY K9	30	Orally feed or top dress on feed during pregnancy daily from third week of gestation until one week after whelping. Daily 3 ml for every 25 pounds of body weight. Split up twice a day for best results.
Stud dog not interested in females or not performing properly. Times of high breeding demand.	SPIKE	34	2 cc per 10 pounds of body weight for 3 days in a row or as needed.
Infection or fever. Cough or snotty nose. Mastitis. Post C section. Retained placenta. Great product to try if dog is just not right before a vet visit.	RE-STORE K9 (Could alternate with K9 Re-Balance Bb or GI Equilizer K9 and step down to Happy Dog Plus.)	31	Orally feed 2 times a day 5 cc to dogs less than 20 lbs. 10 cc to dogs less than 40 lbs. 20 cc to dogs 80 lbs. or more. Feed 3-7 days and then alternate with the other to options.
Intestinal Parasites	RE-MOVE K9	34	1 oz added to every 10 pounds of feed for 1 week every month. Double the length of time for tapeworms.
Infection or fever including ear infections or deep wounds. Cough or snotty nose. Mastitis. Post C section. Retained placenta. Vaccine reaction. Nerve damage.	K9 RE-BALANCE BB	31	Orally feed or top dress on feed: 1 ml for every 10 pounds of body weight. Give 2-3 times a day for best results.
Tick Born Illnesses	K9 RE-BALANCE BB AND K9 GUARD AND HAPPY DOG PLUS	31,32 33	Follow directions for all three items for 90 days.
Toxins or Yeast overgrowth. Licking paws. Itching body or ears. Food sensitivities.	K9 GUARD	33	1 oz added to every 10 pounds of feed as needed.
Uterine infections or cleaning problems with toxicity. Bloody diarrhea or diarrhea. Giardia or coccidia. Use as a step down for Re-Store K9 or K9 Re-Balance Bb. Overall immune and digestive health.	HAPPY DOG PLUS NOTE: (Bloody diarrhea feed at 3 times rate for 7-10 days. Puppies with giardia or coccidia feed at 3 times the rate for 2-3 weeks.)	32	Packaged paste tubes or to make a paste: Mix 4 oz. of water with 4 oz. of powder to make a liquid and use within 48 hrs. Top dress on feed: 1/2 tsp or 2.5 ml for every 15 pounds of body weight. Also 1 oz added to every 10 pounds of feed. Give twice a day for best results. Newborn Puppies 1 ml twice a day.

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Malnourished dogs. Occasionally vomiting. Overall immune and digestive health. Puppies for a treat or mask flavors of meds.	HAPPY DOG	29	Orally feed or top dress on feed: 1/2 tsp or 2.5 ml for every 15 pounds of body weight. Give twice a day for best results. Newborn Puppies 1
Off feed. Stomach issues or vomiting. Emotional stress. Shipping stress including traveling to and from events and hunting.	GI EQUILIZER K9 (Consider sending with puppies for transport.)	31	Orally feed 1-2 cc per 15 pounds of body weight once or twice a day or as needed. Working dogs give before travel and after arrival.
Hydration and energy in the field. Not drinking. After whelping. Summer heat. Winter cold.	K9 PUNCH WS OR ELECTRO-BOOST K9 (paste)	32	WS is water soluble to mix 1 oz per gal of water before and after times of hard running or as needed. Paste 1 cc per 10 pounds of body weight when needed.
Puppies at birth. Tired females. Struggling puppies. Females without enough milk.	ASAP PUPPY (Consider sending home with puppies.)	29	Puppy less than 5 pounds: 1 cc Small Breed less than 20 pounds: 3 cc Large Breed more than 60 pounds: 6 cc Feed every
Stress or anxiety. Storms or fireworks. After C	SERENE DOG	31	Small Breed less than 20 pounds: 3 cc Large
Injury or inflammation. Muscle pain. Joint weakness or pain. Dry joints. Recovery from over exertion or hard running.	ACTIVE DOG	33	Less than 10 pounds 1/8 tsp. 10-20 pounds 1/4 tsp. 20-30 pounds 1/2 tsp. 30-40 pounds 3/4 tsp. 40-50 pounds or more 1 tsp.
Skin fungus or disorders. Ear mites. Superficial wounds or irritations from brush or soybean fields. Safe to mist around the eyes.	ALL READY	34	Shake before applying. Spray on area effected.
Deep or open wounds including puncture wounds.	RE-COVER	34	Shake before applying. Spray on area every 12 hours. If dirt accumulates then wash and re apply.

Testimonies

A mini Bernedoodle had her heat cycle at 10 months and at 25 months old there was still no signs of anything so she was put on THYRIGHT K9 and in 5 weeks she had a good heat and had a big healthy litter of puppies!!!

Back on track in PA

I had a golden retriever that wasn't cycling and Elite recommended to put her on the K9 ThyRight. About a week or so on it she came into heat!

Ivan Fisher in PA

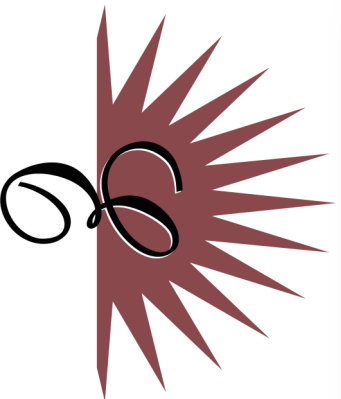
People problem questions and products to consider using

Digestion & Immunity Questions	<p><i>How is your digestion? Are you having 2-3 bowel movements a day? Do you feel bloated after eating? Do you have heartburn frequently? Do you struggle with yeast, rashes or tongue coating?</i></p> <p><i>Do you get sick frequently? Do you recover quickly? Have you had chronic infections like cellulitis, Lymes or Epstein-Barr.</i></p>
MicroLife	<p>Daily maintenance take 2-3 times a day . Small fussy babies 1 ml every or every other feeding. Children immune maintenance take 1-2 times a day. Cold or Flus take every few hours.</p>
CobaLife	<p>Sore Throat, Cold, Flu or Stomach Ache –powder can be put in mouth or mixed in water or juice. Children like the flavor. Adults 1/4-1/2 tsp. Children 1/8-1/4 tsp. Take like MicroLife. Make sure bottle seals properly or put in tight sealing container after open.</p>
PureBiotic	Pill form, has more probiotics than MicroLife or CobaLife. Can be taken in the same way.
Enzyme Plus	For digestive issues and bloating take 1 pill about 20 minutes before a big meal. Preferably take at least 2 pills in a day.
Ultra Caps	Probiotics and MOS prebiotic take 1-2 pills 2-3 times a day for immune maintenance. For yeast issues 3-4 pills 2-3 times a day to start for 3 weeks then back down to maintenance. Can be opened and mixed in with CobaLife for children.
MicroLife EZn	MicroLife with more probiotics and elderberry and zinc as a great winter immune booster or cold and flu fighter . Same instructions as MicroLife but the MicroLife EZn is not recommended for babies until they are on solid foods due to their gut bacteria still developing.
PureBalance	Infection fighter . Take 1-3 pills every few hours to start and then as you feel better back down to 2-3 pills 2 times a day. Can be taken in a cycle over the winter as a couple weeks on and a couple weeks off. Don't recommend for longer than 3 weeks without a break unless it is a chronic situation. Then pair with Ultra Caps and/or Total Guard.
Joint Health Questions	<i>How old are you? How long has the pain or problem been an issue? Was there an injury or accident? What have you tried so far?</i>
Cell-Link	<p>Arthritis or stiff joints 2-3 caps 2-3 times a day. May take a few weeks to feel relief. Bone Spurs or Calcified cysts 2 caps 2-3 times a day. Takes several months. Gout 2-3 caps 2-3 times a day for several weeks. Then drop down to maintenance levels. Arteriosclerosis 1-2 caps 2-3 times a day. Can go heavier for the first few months then maintain.</p>
Im Flame Ade	<p>Inflammation, Sore or Stiff Joints or Muscles 2-3 caps 2-3 times a day. Can take a few days to weeks to feel relief. Serious Injury or Sprain consider taking a loading amount of 8-10 a day for the first few days. Then slowly drop down to the daily maintenance is 2-4 pills a day.</p>
Joint Ade	Arthritis or healthy joint maintenance is 2-4 pills a day.
Muscle and Nerve Questions	<i>Do you struggle with tight muscles in your neck, back, hips or legs? Is there nerve pain anywhere? Does it radiate or move? Do you stress or worry about situations or problems out of your control? Do you get enough sleep at night 7-8 hours? Do you wake up tired frequently?</i>
Re-Lax	High Blood Pressure or Sore Muscles 4-6 caps a day or to bowel tolerance. Meaning another pill or two each day until stool is loose and then back down a pill or two. Maintenance is 2-3 caps a day. Spring and fall work is typical for muscle soreness.
Snap CNS	<p>Nerve Weakness or Damage or Neuropathy-2-3 caps 2-3 times a day. Soft Tissue or Tendon Damage 3-4 caps 2-3 times a day for 3-6 weeks and then slow down to maintenance levels for additional 2-4 weeks.</p> <p>Maintenance is 1-2 caps 1-2 times a day.</p>
Calm	Stress, Worry, Anxiety, Moody, Anxiousness or Depression - 1-2 caps at least 2 times a day or during times of stress. Can be used long term as needed or for occasional support. Best results are seen when you allow 2-3 weeks for your body to adjust to this herbal blend
Rest	Trouble Sleeping or Falling Asleep . Racing thoughts at night. Restless Legs . Fatigue upon wakening. – 2-3 caps 30 minutes before bed. If you are sensitive to Melatonin consider starting with 1 pill. It is best to have at least 6-7 hours of sleep available when taking them.
Nursing Mothers	<i>Are you drinking plenty of water? Are you eating like you did during pregnancy? Are you resting when you can? Are you trying to keep your stress levels low?</i>
Increase	Low or decreasing milk supply during lactation - 2-3 caps 2 or 3 x a day as needed. Consider starting on the higher end and back down as supply and demand adjust. During times of babies growth spurts adjust back to beginning amounts.

People problem questions and products to consider using

Thyroid or Blood Sugar Questions	<i>Do you carry extra weight? Low energy? Slow metabolism? Thyroid weakness? Struggle with Insulin Resistance or Blood Sugar Crashing? Fatty Liver symptoms like abdominal upper right side pain or tenderness? Adrenal Fatigue? Need caffeine to make it through the day?</i>
ThyFit	Start out with 1 cap 2-3 times a day or with each meal. Stay at that rate for a couple weeks and then consider how you feel. Increase if needed. Consider adding Enzyme Plus for additional digestive support if needed.
Harmony	Hormone Imbalance, Mood Swings, Body Fatigue or Muscle Weakness- Male or Female take 1-3 caps 1 or 2 times a day. Find a balance for maintenance over 4-6 weeks. Can be taken until balance is restored or as needed for longer time periods.
Allergies or Seasonal Support	<i>Do you struggle with sinus pressure and drainage? Is it seasonal or more constant? Is there lung congestion with the sinus pressure or just lung congestion alone? How long has this been an issue?</i>
Breathe	Seasonal Allergies or Hayfever, Asthma, Sinus or Lung Congestion or Inflammation- 2 caps 1-2 times a day as needed. Can be used at a maintenance level for long term use if needed.
Multi Vitamin Questions	<i>Do you currently take a multi vitamin? Do you eat a healthy diet? Do you eat green foods? Do you get sick easily? Do you have low energy and get tired quickly?</i>
VitaCell	Anemia- Adults 2-3 a day for several weeks then start to back down to maintenance levels as energy returns. Children 1/2 capsule to 1 caps to start depending on age and then back down. Daily Maintenance Adults 1-2 caps a day depending on activity and body size and condition. Methylcobalamin B12 for better absorption.
Green Cellergy	Anemia- Adults 2-4 a day for several weeks then start to back down to maintenance levels as energy returns. Children 1/2 capsule to 2 caps to start depending on age and then back down. Daily Maintenance Adults 1-3 caps a day depending on activity and body size and condition. Methylcobalamin B12 for better absorption.
Detox Questions	<i>Do you have 2-3 bowel movements a day? Do you eat a healthy diet? Do you smoke? Do you have contact with animals?</i>
Total Guard	Adults 4 caps 2 times a day for several days to weeks for a detox . Daily maintenance is 2 caps 2 times a day. Binders work gently in the bowels and soft tissues of the body so there is no harsh bowel pain or cramping.
Clear	Parasites- 2-4 pills a day for 7 days then repeat in two weeks. Digestive Health Maintenance- 1 pill a day.
Liver or Kidney Questions	<i>Liver- Do you have digestive gases, bloating or swelling after eating? Any skin irritations or bruise easily? Fatigue or Headaches? Swelling in the lower legs or feet? Kidney- Do you have fatigue? Muscle Cramps? Itchy skin? Swelling in face, hands or feet? Changes in urine color or frequency? Consider adding Total Guard Capsules for additional nutritional support while taking both of these.</i>
Liver Support Caps	To Detox Start at the maintenance rate and slowly increase to 2 caps 2-3 times a day for 2-3 weeks then back down to maintenance. Go slow. Stop if there are changes in immunity, headaches, body aches and bowl function. Daily Maintenance Adults 1-2 caps a day.
Kidney Support Caps	To Detox or During times of Stress or Irritation Adults 1-2 caps 2-3 times a day. Daily Maintenance Adults 1-2 caps a day.
Topical Support	<i>Consider a topical use product in combination with an internal use product for 2 different ways to combat weakness or injuries. Double the efforts.</i>
Frequent Ease	Spray and rub along the spine or hips and in areas where nerve damage has occurred or anywhere more blood flow or nerve function is needed.
Tranquil Ease	Spray and rub in areas of muscle tightness or sprain or pain . Where you need mild cold applied. Calming and relaxing for children on feet or spine. Migraine headaches on base of the neck and rub in.
Quick Ease	Spray and rub in areas of muscle tightness or sprain or pain . Where you need mild heat applied.
Mending Balm	Open sores or hard to heal places. Drawing salve. Apply and cover as needed.

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