


How to take the Aloe Vera Drink, Aloe 20+ Booster & Shark Cartilage for best results:

Recommendation for Adults >50 kg to detox, lose weight, heal scars, inflammations & allergies such as eczema, psoriasis & respiratory issues etc.

(PS. The heavier the weight we are, the more caps of aloes we have to consume so our bodies can clear toxins better & repair tissues where needed.)

TIME	ALOE VERA DRINK	SHARK CARTILAGE	ALOE 20+ BOOSTER
Before breakfast (Best on empty stomach as Aloe heals any inflammations in your digestive system from your mouth down to all organs within your body)	½ cap for younger child 1 cap for older children 2-4 caps for teenagers 4-5 caps for adults, 60kg 2-4 caps for elders, depending on her weight Be creative when serving Aloe drink to children eg add icecubes & honey to it	Ideal for daily bone maintenance: Take 1 capsule (750mg) twice a day together with the aloe vera drink. Or take 2-3 capsules twice or three times a day if there are pains for long periods.	Take one aloe 20+ booster shot (50ml) once a day, especially when you need to boost your energy, to complete an urgent assignment, prepare for exams, compete efficiently in strenuous competitions or to recover from stressful parenting or elder care.
Afternoon tea time (If one is stressed or one feels very warm/ heaty/unwell, take another drink of aloe)	Same as above. Aloe can be taken neat or added to half glass of cool or cold water or added to honey etc.		Once a day of this shot is sufficient, but if needed, do what your body tells you. There are sportsmen who take this aloe booster after their games to reduce fatigue.
After dinner, before bedtime, after brushing your teeth, it's great to swirl the aloe around your mouth within to keep gums healthy & bacteria free. Soothe your vocal chords: great for teachers, singers, speakers, parents etc. Drink 1-2 hour before bedtime.	Same as above. Daily 2-3 times aloe drinks may fulfil the nutritional needs of the body. (My years of sinusitis, eczema, lack of energy were resolved with these pure Aloe drinks which I add into ½ glass of cold water)	May need this 3 rd dosage if one is suffering from bad arthritis/osteoporosis or gout or cancer. Please check with your doctor.	
IMPT NOTES: <u>Refrigerate</u> the opened bottle of Aloe Vera Drink to keep its enzymes fresh. <u>No boiling water</u> , just cool, cold water or juices. <u>Do not grind</u> your juices with aloe. Add aloe drink last into juices.	If adult is obese, pls attend a Diet & Nutrition Consultation so as to work out a lose weight plan before age makes it harder to lose wt.	Never take shark cartilage together with any blood thinning medications. If uncertain check with your doctor.	Delicious drink with over 20 organically grown herbs, all from Australia. Only available in Bettalife (Singapore)

What's in aloe vera gel:

- Water
- 20 minerals
- 12 vitamins
- 18 amino acids
- 200 active plant compounds (phytonutrients), including:
- Enzymes
- Triterpenes (a phytonutrient that lowers blood sugar)
- Glyconutrients & glycoproteins
- Polysaccharides, including:
- Acemannan, mannanose-6-phosphate polymannans
- Dihydrocoumarins

