## Method of Use 使用方法



步驟1:

用力搖勻小瓶。

Shake the phial in strong.



## **步驟2**:

打開膠囊容器的蓋。

Open the cap of the capsule container.



## **步驟3**:

從瓶頂把白色膠囊取出。

Take out the capsule from bottle top.



## 步驟4:

用瓶內的山楸梅汁送服膠囊,如果有需要,可飲用清水。 Unscrew the lid the drinking bottle and take the capsule together the Juice. Feel free to drink more water if needed.