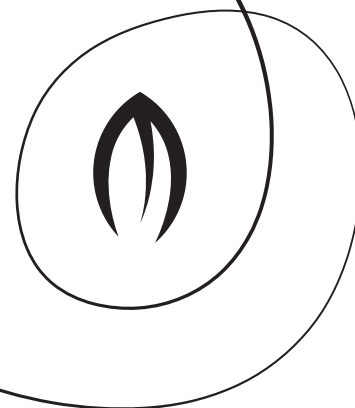


# 1

## Please adhere to the recommended daily dose.

Bitte halte dich an empfohlene tägliche Verzehrmenge.  
Veuillez respecter l'apport quotidien recommandé.  
Por favor, respete la ingesta diaria recomendada.  
Si prega di attenersi alla dose giornaliera raccomandata.



# 2

## Take it with a meal (breakfast & lunch) and drink at least one glass of water with it.

Nimm sie zu einer Mahlzeit (Frühstück & Mittagessen) ein und trinke dazu mindestens ein Glas Wasser.  
Prenez-le avec un repas (petit-déjeuner et déjeuner) et buvez au moins un verre d'eau avec.  
Tómelo con una comida (desayuno y almuerzo) y beba al menos un vaso de agua con él.  
Prendilo con un pasto (colazione e pranzo) e bevi almeno un bicchiere d'acqua con esso.

# 3

## Drink at least 2 liters of water per day.

Trinke mindestens 2 Liter Wasser pro Tag.  
Buvez au moins 2 litres d'eau par jour.  
Bebe al menos 2 litros de agua al día.  
Bere almeno 2 litri di acqua al giorno.



## Side effects?

One of the most common side effects to all supplements is gastrointestinal reactions such as abdominal pain, heartburn or bloating.

This is unfortunately normal to a certain extent and can be prevented, for example, by a lower starting dose, by taking with food and by sufficient fluid intake.

If this does not alleviate the side effects, please email us and [we will be happy to help you within 24 hours!](mailto:support@flipfeld.com)

Get Help Fast:   
[support@flipfeld.com](mailto:support@flipfeld.com)

For more information about side effects in your language please scan the QR-Code:



100% zufrieden oder Geld zurück.  
100% satisfait ou remboursé.  
100% de satisfacción o devolución del dinero.  
100% soddisfatto o soldi indietro.

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## 100% SATISFIED OR MONEY BACK

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