

## How to Take CorVive Products:



### **COR RENEW**

1-2 Capsules upon waking up with a full glass of water. Can take more as needed until system is on track of at least 1 bowel movement per day. Can be taken with COR BOLIC, COR XLR8 and COR NRG.



### **COR BOLIC**

1-2 Capsules 20-30 min before breakfast and/or 1-2 Capsules 20-30 min before lunch or dinner. Can be taken with COR RENEW, COR XLR8 and COR NRG.



### **COR POWER**

1 Scoop in 8-10 oz of ice water in a shaker cup. Can be blended with favorite fresh/frozen fruit. Drink immediately. COR POWER can be taken throughout the day as needed.



### **COR XLR8**

1 Stick pack in 12-14 oz of ice water in a shaker cup. Drink immediately, if taking before a workout, take at least 30 min before. Can be taken with COR RENEW, COR BOLIC and COR NRG.

*For those with a sensitive stomach start with ½ Stick Pack (can be mixed in favorite nut milk or aloe vera juice). Take the ½ Stick Pack for 3 days and then increase to a full Stick Pack. COR XLR8 can be taken thru out the day as needed.*



### **COR NRG**

1 Stick pack in 8-12 oz of ice water in a shaker cup. Drink immediately, if taking before a workout, take at least 30 min before. Can be taken with COR RENEW, COR BOLIC and COR XLR8.