



# RESPITROL®

## Asthma Symptom Relief

Dear Valued Customer,

Thank you for purchasing Respitrol, our safe OTC formula for natural asthma symptom relief for children and adults. Carefully read and follow the directions to receive desired results. We are dedicated to your success with Respitrol, so please contact us if you have any questions or comments.

### IMPORTANT! PLEASE READ!

- If pregnant or breast-feeding, take only as directed by your physician.
- Keep out of the reach of children.
- To maintain ingredient potency, product must not come in contact with metal.
- Do not store next to electrical devices or appliances.
- Store in a cool, dry place.
- If tamper-resistant seal is broken, *do not use*.
- OTC homeopathic medicine (FDA product listed NDC# 49726-003-02)
- Contains officially recognized active homeopathic ingredients

**Symptoms** - Respitrol is OTC formulated to safely start relieving symptoms without the negative side effects commonly associated with other asthma symptom relief medications. If you do experience a side effect or an allergic reaction, consult your health care professional immediately and then contact our customer service department.

**Healthy Lifestyle Support** - Cellular nourishment is critical to health, but many modern diets lack vital nutrients bodies need to support sustainable health. For more information on additional nutrition support, we suggest visiting these websites: [www.vita-female.com](http://www.vita-female.com) • [www.vita-male.com](http://www.vita-male.com).

**Diet** - Choose foods with beneficial effects on the body, such as raw fruits, vegetables, whole grains, organic pasture-fed meats, nuts and legumes. Drink pure water throughout the day to keep optimal hydration. Limit or avoid acidic substances, such as sodas, candy and alcohol. Avoid processed, prepackaged, and fast foods.

**Exercise** - Try establishing a regular exercise routine. You can start small; even 15-30 minutes of light to moderate exercise per day will be beneficial. Walking, riding a bike and taking the stairs instead of the elevator are small ways to incorporate more movement into your daily routine. Work with your health care professional to develop a healthy exercise regimen.

**Keep With the Program** - We encourage you to take Respitrol twice daily for 30 days to begin experiencing the results desired. If you cannot see improvement in the first 30 days, you are welcome to take advantage of our 60-day satisfaction guarantee and return the product. If you do see some improvement, however, we recommend that you stay with the program for 3-6 months to receive the desired results.

**Prescription Medications** - Respitrol is an OTC homeopathic medicine that may be used with other prescription or OTC medications. If you are taking prescription medications, we recommend you inform your health care professional of your choice to use any natural products, including Respitrol.

**Success Stories** - Tell us your success story with Respitrol! Please visit [www.hellolife.net/reviews/](http://www.hellolife.net/reviews/) to share your story, or call our customer service line at 1.866.504.7557.

**Return Policy** - Please visit [www.hellolife.net/terms-of-service/](http://www.hellolife.net/terms-of-service/) for a copy of our return policy.

**Questions?** Email us at [service@hellolife.net](mailto:service@hellolife.net) or call 1.866.504.7557.

### DOSING GUIDE / DIRECTIONS

Weight	Daily Dosage Size
50 lbs or less	½ mL twice daily
50+ lbs	1 mL twice daily

You may increase dosage to 3x per day until symptoms improve or as directed by your physician.\*

Shake before using. Add recommended dosage into 8-12 oz non-metal container of pure (non-chlorinated) water and drink. You may also dispense dosage directly into mouth.\*\* One squeeze of dropper equals approximately 1 cc/mL of Respitrol.

\* Excessive dosing may cause mild digestive discomfort

\*\* Respitrol is colorless and flavorless in water but may have a slight tangy taste if taken directly into mouth. Do not allow the dropper to touch any surface, including the mouth, as it may contaminate the solution.

[www.hellolife.net](http://www.hellolife.net)  
 International: 1.616.551.4246  
 Customer Service: 1.866.504.7557  
 Sales: 1.800.875.0850