

Which PerCoBa product & amount is right for you?*

Product	Who should use	Benefits	Suggested Amount	Technique
Lozenges	General Population (children through elderly)	Convenient and effective daily support of the immune system	1 lozenge 2-4 times per day	Let dissolve slowly in mouth
	Travelers People in challenging environments (i.e. teachers)			
Powder	Athletes or people who work out regularly	increases stamina and lean muscle mass, decreases recovery time	1 – 2 tsp twice per day Up to 6 tsp twice per day for maximum mass & strength development	Mix in a smoothie, yogurt, applesauce or morning coffee
	People with gastrointestinal issues	Promotes healing and inflammation reduction	1 – 2 tsp twice per day	OR Wet mouth, mull 10-30 seconds and swallow to get the full benefit of absorption by the mucosal tissue and exposure /absorption of G.I. tract
	People 25 and older General Population	Daily support of the immune system and anti-aging properties All of the above	1 tsp once or twice per day ½ - 1 tsp once or twice per day	OR May be mixed with small amount of warm water
Colostrum Extract (liquid)	People with compromised immune function	Highly absorbable	1-2 teaspoon 1-3 times/day	Gargle and swallow or add to beverage
	Cuts/burns/abrasions	Fast Acting	Apply lightly	Cotton Swab
	People with Irritating skin conditions High stress environment or 1st sign of 'scratchy throat'	Promotes healing and Inflammation reduction Mobilizes effective immune response	Apply lightly directly to problem skin areas 1 tsp 3 times/day for 2-3 days	Cotton swab Gargle then swallow

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.