



adults . children . pregnancy

CRAM

CHIROPRACTIC and WELLNESS
CENTER

Just Stop Smoking Program Supplement Instructions

Just Stop Herbal Supplement (84 Capsules)

Day 1: Take 4 capsules 30-60 minutes before going to bed with a full 8oz glass of water.
Day 2-6: Take 4 capsules in the morning, 4 capsules in the afternoon and 4 capsules in the evening with a full 8oz glass of water with each dose.

Capsules can be taken with or without food. During your quit week be sure to drink $\frac{1}{2}$ your body weight in ounces of water every day (ex. If you weigh 100 lbs. drink 50 oz. of water per day).

Just Stop Too Homeopathic Spray

During your quit week take 3 sprays under your tongue 3 times per day. Do not eat or drink anything 15 minutes before or after taking the spray.

If you are struggling with cravings, irritability or anxiety you can take Just Stop Too Homeopathic Spray up 6 times per day, 3 sprays each time.

After your quit week continue taking Just Stop Too Homeopathic Spray 3 sprays 3 times per day until the bottle is gone.