



Welcome to Superior Vocal Health

PRODUCT USAGE GUIDELINES

SHAKE ALL PRODUCTS WELL BEFORE USING

VOCAL RESCUE

Vocal Rescue is a very potent and powerful formula. It was created to be used for tired and overused voices. It is made with restoring and healing herbs that may help bring blood flow to tired cords and help reduce inflammation, helping you to sing or speak feeling vocally fresh and strong.

Usage guidelines for Vocal Rescue:

1. Fill a cup with 2 oz of warm water. Make sure it is not too hot, so you do not burn your throat and cords.
2. Put 1 full dropper (1-1/2 droppers if you are very strained vocally) of Vocal Rescue into the water and mix well.
3. Gargle 3 times for at least 15 seconds with the mixture or until finished. Make sure the mixture gets all the way down into your throat. Spit out after each gargle.

If you have very tired cords and difficulty singing or speaking, it is advisable to go on vocal rest. However, if you must sing or present, use this gargle before as well as in the middle of a show or presentation. For added support, gargle 3 times per day, morning, noon and night, with the last time being before you go to sleep.

DO NOT SWALLOW! THIS IS A VERY POWERFUL FORMULA AND MAY MAKE YOU NAUSEAS IF SWALLOWED.

THROAT SAVER

Throat Saver may be used throughout the day as needed. It is designed to help keep mucus off the vocal cords, help keep the throat and voice open and fresh, and help keep the throat and vocal cords wet and moist. In addition, the formula is made with herbs that may help to fight infection to help keep the throat healthy. Most use Throat Saver before, during and after shows or presentations, even throughout the day to maintain a healthy voice.

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SINUS CLEAR OUT

Sinus Clear out is a power-packed formula that will help to clear out your sinus passages and help open your upper respiratory tract and chest. It is extremely effective and should not be used more than 4 times a day.

Usage guidelines for Sinus Clear Out:

1. Drop 1/2 to 1 dropper full of Sinus Clear Out onto the back of your tongue.
2. Let Sinus Clear Out sit on the back of your tongue for 30 seconds.
3. Begin to inhale the fumes through your nose and up into your head.
4. After inhaling for 30 seconds, swallow.

STAGE FRIGHT

Stage Fright is an extremely effective and safe alternative to alcohol and tranquilizers for helping to promote relaxation and help to settle the nervous system. However, it will not make you drowsy or tired and is designed to keep your mind clear.

Usage guidelines for Stage Fright:

Chew 1 to 2 tablets (depending on your sensitivity) 20 minutes before a show or presentation. Do not consume more than six tablets in 24 hours.

Thank you for your order.
We appreciate you trusting your Voice to Superior Vocal Health.