

## WHAT'S INCLUDED IN THIS KIT

### 14 Daily Relief Packets Containing:

- **Omega-3 Fatty Acids:** Curb joint stiffness and increase the effectiveness of other anti-inflammatory agents.
- **MSM:** Breaks up pain-inducing calcium deposits and helps cells absorb nutrients.
- **Vitamin D:** Reduces inflammation associated with age-related diseases.
- **Glucosamine:** Inhibits inflammation and stimulates cartilage cell growth.
- **Chondroitin:** Gives cartilage strength and resilience and slows degeneration.

### Anti-Inflammatory Gel:

This gel soothes aching joints, sore muscles, and nerve pain by cooling the skin, stimulating blood flow, and increasing circulation, thus reducing the body's inflammatory response. When used daily, this gel can provide long-lasting natural pain relief! It can be used to treat pain from swelling, aches, soreness, sprains, stiffness, arthritis, fibromyalgia, and other conditions.

### 14 Nutritional Shake Single-Serving Packets:

This quick-and-easy meal replacement shake provides a perfect blend of protein, digestive enzymes, vitamins, and probiotics. The high-quality whey comes from New Zealand and is casein-free, lactose-free, with zero sugar.



Contact Us For More Information

# PAIN RELIEF KIT

Targets the root cause of pain



**Solutions4™**  
NATURAL CLINICAL HEALTH

## HOW THIS KIT WILL BENEFIT YOU

The Solutions4 Pain Relief Kit uses a unique combination of products developed to soothe soreness immediately as well as target and treat the root cause of pain. Combined with nutritional changes, these fully natural, potent, and organic supplements, along with our topical products, deliver a strong dose of nutrients – giving the body exactly what it needs to reduce inflammation, diminish pain significantly, and aid in long-term repair.



# PAIN RELIEF KIT

## ADDITIONAL PRODUCTS USED IN THIS KIT

(PURCHASED SEPARATELY):

### **Solutions4 Daily Essentials:**

These convenient grab-and-go packs provide you with all of the vitamins, minerals, enzymes, antioxidants, and fatty acids that your body needs.

## INSTRUCTIONS

### **Daily Relief Packets:**

Take one supplement packet daily, preferably with a meal.

### **Anti-Inflammatory Gel:**

Apply to sore areas as needed.

### **Nutritional Shake Single-Serving Packets:**

Use one single-serving packet per day. Simply mix with eight to ten ounces of water (or another non-dairy beverage) and enjoy! For variety, add frozen berries, fresh fruit, greens, veggies, and/or ice.

### **Solutions4 Daily Essentials:**

Take one packet daily.

## TIPS FOR SUCCESS

### **Cleanse First:**

Before beginning the Pain Relief Kit, we recommend using the Solutions4 7-Day Cleanse Kit. Cleansing will prepare your body for healing by detoxing your system internally, creating an optimal environment for reducing pain, and achieving the best results you can get from the Pain Relief Kit.

## WHERE TO GO FROM HERE

### **Corrective Phase of Care:**

Once the initial pain and inflammation are reduced, you will want to move onto the Solutions4 Corrective Care Kit. The Corrective Care Kit works by providing your body with all of the nutrients it needs during the corrective phase of care so muscles and tissues can heal more completely.

### **Wellness Phase of Care:**

Once you move from the corrective phase of care onto the wellness phase of care, it will be important to get all of the nutrients your body needs. For this, we recommend using our Solutions4 Wellness Kit comprised of Solutions4 Daily Essentials and the Solutions4 Nutritional Shake. The packets in this incredible kit are full of the essential vitamins, minerals, and anti-inflammatory nutrients that your body needs to stay healthy for the rest of your life.

If you're looking to achieve other results – lose weight, sleep better, reduce stress, etc. – you can also find specific kits or supplements designed to help with these conditions. Talk to your doctor to determine which course of action is right for you.



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## EATING GUIDELINES

If you're eating foods that cause inflammation or put undue stress on the body, you'll be actively working against the supplements that you're taking. To help you get the most out of this kit, we recommend that you follow these anti-inflammatory dietary guidelines:



### RECOMMENDED:

Organic dark leafy greens and brightly colored vegetables  
Organic fruits  
Organic eggs and poultry  
Wild-caught fish  
Unrefined, cold-pressed olive oil and coconut oil  
Organic butter



### ACCEPTABLE:

Whole grains and legumes (rice, quinoa, lentils, beans, etc.)  
Non-organic fruits and vegetables  
Non-organic poultry and eggs  
Farm-raised fish  
Organic, grass-fed red meat  
Refined olive oil and coconut oil  
Unrefined natural sweeteners: (honey, pure maple syrup, agave, etc.)



### OFF LIMITS:

Dairy products  
Refined vegetable oils  
Refined grains, flours, and sugars  
Processed foods, fast foods and junk foods  
Alcoholic or caffeinated beverages  
Artificial sweeteners  
Large amounts of red meat