

# HINNAO<sup>®</sup>

TECHNOLOGY



WELCOME TO  
YOUR HINNAO<sup>®</sup> JOURNEY



# HINNAO® Technology Resveratrol

INSTANT ABSORPTION USING ADVANCED HINNAO® TECHNOLOGY



Please take care to read the following document before you start taking your Resveratrol. This document has been designed to give you advice to ensure you gain the most out of your HINNAO® product.

If you have any medical conditions, take medications or have any allergies please consult your GP before taking this food supplement.  
This product is not for under 18's, pregnant or breastfeeding women.



## GENERAL PRODUCT INFORMATION

### **Hydration**

Due to the strength of HINNAO® products consumers should be sufficiently hydrated before use.

### **Storage and Temperature Guidelines**

Our Resveratrol is stable up to 85 degrees Celsius. We recommend that you keep it out of sunlight and store it in a cool, dry place. Some people enjoy the taste more when kept in the fridge, but it isn't necessary for storage. Each bottle of Resveratrol has a shelf life of more than 2 years.

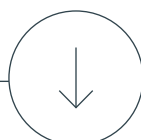
## HOW TO GET THE MOST OUT OF YOUR HINNAO® RESVERATROL

### **How Absorption Works**

HINNAO® Resveratrol absorbs into your bloodstream via mucous membranes. The instructions on the bottle indicate to hold the liquid under your tongue for 30-90 seconds to optimise absorption because there are more mucous membranes under your tongue than elsewhere in your mouth.

### **Alternatives to under the tongue**

If you have difficulty or are unable to hold the product under your tongue, there are still many mucous membranes throughout your mouth. So absorption does not require holding it under your tongue exclusively. It is still a good idea to hold the product as long as possible up to 90 seconds to ensure optimal absorption. Resveratrol will still be absorbing as it travels down the throat.



**When to take your HINNAO® Resveratrol**

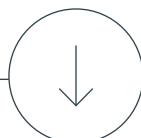
Resveratrol is best taken with food in the morning, do not take on an empty stomach or fasted, it can lower blood sugar. People taking for exercise-related benefits have reported success taking it immediately before exercise.

**Dosage suggestions based on client success reports**

Many people have reported great results taking 100mg per day. The recommended dosage of Resveratrol is 100mg - 500mg, not to be taken with blood thinners. Many people also take more than 100mg per day to enhance the positive benefits, especially those taking the product for weight loss or exercising.

**How long DOES it take to see results**

Results vary from person to person depending on the individual level of toxicity, desired results, and dosage taken. The product works immediately because of high absorption, however you may not see results for weeks to months, however some people report results can be seen as quickly as the same day. In general, we recommend keeping a log of your progress to monitor your results. Also note that results often become apparent when you stop taking the product and previous symptoms reappear.

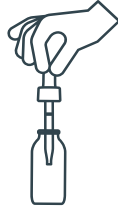


## HOW TO TAKE HINNAO® RESVERATROL



### STEP 1

Shake the bottle well for 30 seconds to ensure a consistent dose.



### STEP 2

Squeeze the pipette to draw up recommended dose.



### STEP 3

Place the product under your tongue.



### STEP 4

Hold in your mouth for 60-90 seconds, then swallow.

## POSITIVE BENEFITS TO WATCH FOR

### **Weight Loss - Energy**

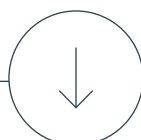
Doses of 500mg Resveratrol has been described as mimicking caloric restriction, leading to improved exercise performance and insulin sensitivity (increasing energy expenditure), as well as having a body fat- lowering effect by inhibiting adipogenesis, and increasing lipid mobilisation in adipose tissue.

### **Memory and Mental Focus**

Many customers report relief from “mental fog” and increased ability to recall things in short term memory that were previously forgotten.

### **Pain Reduction**

Resveratrol has been shown to fight inflammation. Inflammation is the most common cause of pain in our bodies.



**Aesthetic Benefits**

Resveratrol can have a two-fold effect, both neutralising free radicals and boosting antioxidant levels, so your skin can better defend and repair itself. Resveratrol has been found to help protect against UV damage and can even reduce pigmentation caused by the sun.

**Fitness**

Resveratrol supplementation can improve cardiovascular output, and reduce fatigue. Many studies support this, as well as anecdotal evidence from our customers.

## POTENTIAL SIDE EFFECTS OF RESVERATROL

Resveratrol has no negative side effects under doses of 500mg. Some people experience increased energy which can make them hyperactive, if this happens we recommend a lower dose, everybody is different, effects are dose-dependent on each individual.

Thank you for reading and good luck with your detoxification journey.

The logo for Hinnao, featuring a stylized, handwritten-style 'H' followed by the word 'innao' in a lowercase, cursive font.