

HINNAO[®]

TECHNOLOGY



WELCOME TO
YOUR HINNAO[®] JOURNEY



HINNAO® Technology Vitamin D3 + K2



Please take care to read the following document before you start taking your Vitamin D3 + K2. 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

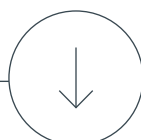
Our Vitamin D3+K2 is stable up to 85 degrees Celsius. We recommend that you keep it out of sunlight and store it in a cool, dry place. Some people enjoy the taste more when kept in the fridge, but it isn't necessary for storage. Each bottle of Vitamin D3+K2 has a shelf life of more than 2 years.

How Absorption Works

HINNAO® Vitamin D+K2 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. The Vitamin D3+K2 will still be absorbing as it travels down the throat.



When to take your HINNAO® VITAMIN D3+K2

Vitamin D3+K2 can be taken at any time of the day preferably with a meal.

Dosage suggestions based on client success reports

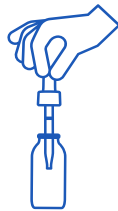
Recommended dose 0.75 ml - 4000iu D3 per day K2 100 mcg

We advise people to check their Vitamin D levels with a blood test regularly to make sure they are supplementing adequately.

Get advice from your medical practitioner on the correct dosage and length of the course it should be taken.

HOW TO TAKE HINNAO® VITAMIN D3 + K2**STEP 1**

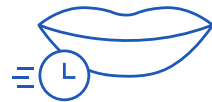
Shake the bottle well for 30 seconds to ensure a consistent dose.

**STEP 2**

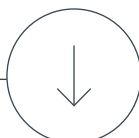
Squeeze the pipette to draw up recommended dose.

**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

Mental Focus Memory

If you are deficient in D3 you may experience brain fog, after supplementing you may notice improved cognitive function.

Immunity

D3 plays an important role in the immune system. Vitamin D reduces COVID-19; infection; severity; ICU admission and mortality: as clearly evidenced by; immune biology, observational and interventional studies, and wider considerations of; latitude, seasonal UVB exposure, and national supplementation policies. Source BMJ

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

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