



FORMULATED BY DR. PRICE

Real Drug-Free Pain Relief

How to Use Bio-Relieve™



Bio-Relieve is an all-natural, drug-free, herbal supplement containing 10 clinically proven, anti-inflammatory herbs that are combined at exactly the right dosages to create the synergy needed to address inflammation in the body. There are no reported harmful side effects from taking Bio-Relieve.

All bodies are different and people experience and tolerate pain differently. One person may rate an aching wrist as an "8" on a scale from 1 to 10, while another person might rate the same pain as a "2".

As a general guideline, one should take enough Bio-Relieve capsules to notice a reduction in pain and then decrease or increase accordingly. One takes one or more capsules 2 to 4 times a day, typically with each meal and/or before bedtime. Long term benefits of Bio-Relieve may be achieved by taking a daily dose of between 4-16 capsules depending on the needs for 30-90 days.

In our clinic, if a patient comes to us suffering from chronic pain, (a condition lasting for 12 weeks or longer) we will ask him or her to rate the pain on a scale from 1 to 10, cut that number in half and that will be the number of capsules they take twice each day. So if a patient rates their pain at "6", they would start by taking 3 capsules, twice a day. If their pain lessened, but did not go away completely, we might up the dosage to 4 capsules, twice each day for a few days to see how that does and so on.

We handle acute pain a little differently. Acute pain is the body's normal response to damage such as a sprained ankle or other physical injuries. Once again we have the patient rate the pain on a scale from 1 to 10 and cut that number in half, but we increase the dosage frequency to 4 times a day. So if a patient rates a sprained ankle as an "8", we would have him or her take 4 capsules, 4 times each day.

Acute pain, by definition is temporary. A sprained ankle will heal and cease to be a source of pain. One can gradually reduce the dosage as the injury gets better.

Inflammation is associated with almost any pain and there are major health consequences from long-term unhandled inflammation in the body. We recommend taking up to 4 Bio-Relieve capsules a day as part of your daily vitamin regimen for good health. In fact, taking your daily 4 capsules all at once, before bed each night can help with body stiffness upon rising in the morning.

For more information, visit www.bio-relieve.com

BIO-RELIEVE DOSAGE CHART: Rate Your Pain on a Scale From 1 to 10									
Pain Rating	Acute 4x a Day	Daily Total	Chronic 2x a Day	Daily Total	Pain Rating	Acute 4x a Day	Daily Total	Chronic 2x a Day	Daily Total
2	1	4	1	2	7	3.5	14	3.5	7
3	1.5	6	1.5	3	8	4	16	4	8
4	2	8	2	4	9	4.5	18	4.5	9
5	2.5	10	2.5	5	10	5	20	5	10
6	3	12	3	6	Note: Don't split open a capsule. For example, to take 5 capsules daily, take 3 then 2				
ACUTE: Short Term (Under 12 weeks)					CHRONIC: More than 12 weeks				