



ETERNO™ contains highly bio-available nutrients that support hormone health, including noticeable increases in Insulin like Growth Factor - 1 (IGF-1), Free Testosterone and Growth Hormone.

**FEEL BETTER &
LIVE YOUNGER NOW**



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DUBAI · DALLAS · LOS ANGELES

ETERNO

YOUTH BODY TRANSFORMATION



FEEL YOUR BEST WITH ETERNO™

DIRECTIONS

ETERNO™ Youth Body Transformation is a combination of capsules taken with water at night, and a cream that is applied topically to the skin during the day.

ETERNO™ Capsule:

Please use the dosage according to your current weight:

Over 200 lbs	6 capsules at night, approximately 30 minutes before going to sleep
150 - 200 lbs	5 capsules at night, approximately 30 minutes before going to sleep
Less than 150 lbs	4 capsules at night, approximately 30 minutes before going to sleep

We recommend taking the ETERNO™ capsule 5 consecutive nights per week. Do not take the ETERNO™ capsule 2 nights each week.

ETERNO™ Cream:

Apply a small, dime-sized amount to areas where the skin is thin. Apply once in the morning and the mid-afternoon. These areas include the inside of the arms, the wrists, the neck or the groin area.

FOR BEST RESULTS

A 24 Hour Youth Body Transformation

Step 1: Do not eat after 9pm. Take ETERNO™ capsules 30 minutes before going to sleep.

Step 2: Wake up refreshed and alert. Apply the ETERNO™ cream to the inside of your arm.

Step 3: Drink 2 TAKA™ between when you wake up and when you eat lunch.

Step 4: Apply ETERNO™ cream in the early afternoon.

*To best activate the nutrients in ETERNO™, we recommend 20 - 30 minutes of **exercise** each day.*

KEY NUTRIENTS

Vitamin B6
Magnesium
Zinc Mono-L-Methionine
L-Arginine
Glycine
Beta Alanine
GABA

L-glutamine
Withania Somnifera
Aloe Vera
Trigonella
Rubus Idaeus
Melatonin

