



## **MSQ 15F Dietary Supplement**

*The Supplement for the Immune System*

### **Introduction**

MSQ 15F is a unique energy tonic product developed for various conditions of immune deficiency. We believe a dysfunctional immune system has several causes, one of which is specific nutritional deficiencies that are often the primary causative factor allowing for the onset of many diseases, especially cancer. Stress is a proven primary factor causing suppressive effects on the immune system. Our research has determined long-term stress sets in motion a series of chain reactions inhibiting proper nutritional absorption by the body, impacting the endocrine systems' ability to produce critical compounds for the immune system. Dysfunction sets in placing the body at risk for disease, and it is difficult for the body to quickly restore the immune system to a good preventative status.

While most contemporary treatment modalities are formulated to treat the symptomatic results, the underlying problem of a dysfunctional immune system remains. Our approach supports the immune system by providing proprietary compounds in the MSQ 15F formulation in a two-pronged methodology. MSQ 15F first provides missing elements to the immune system to fortify it and attack the source or cause. Secondly, it supplies missing nutritional elements to restore self-sufficiency within the endocrine system, allowing it to restore the complex array of balanced compounds to the immune system.

### **Supplement Instructions**

The MSQ 15F supplement is a thick brown liquid that has a sweet flavor. Keep refrigerated but you can leave it at room temperature for a while. Turning it upside down at room temperature helps disperse the ingredients that settled on the bottom.

It is important that all the ingredients be as evenly dispersed as possible for each dose. You must vigorously shake the flask until the color is uniform on all sides and bottom. Shake thoroughly to mix well, and measure out individual one-ounce servings.

1. Keep the supplement refrigerated. It is not harmed if left at room temperature for short periods to warm up. The supplement has a shelf life of one year under refrigeration. For long-term storage, freezing is recommended.
2. Most critical is to stir, shake, or blend every time. It is easier to mix at room temperature than right out of the fridge. Leave it out for a short period to “warm” close to room temperature and pre-measure multiple doses.

3. Take the supplement after a meal, or a small snack. Avoid taking the formula on an empty stomach to eliminate potential stomach discomforts.
4. Take one fluid ounce (two tablespoons or 30 ml) three times a day, for a minimum of 21 days or longer if necessary. The supplement may be combined with water, milk, or juice, and lick the spoon or measuring cup clean. This is an adult dose.
5. Drink at least six 8 oz glasses of water every day. This is a great practice to maintain always.

### **Additional Notes and Possible Side Effects**

- Slight bouts of diarrhea, or constipation are potential side effects due to the excessive amount of blackstrap molasses you will be taking. A high fiber diet of vegetables and fruits help reduce these effects. These are temporary and will soon subside as the body adjusts.
- Socially Correct Warning! The body will respond to this formula with a heightened presence of flatulence due to the sulfur. This is unavoidable, and very noticeable.
- The above notes on the gastrointestinal effects make it sound worse than it usually is, but the warnings are necessary to alert you to the potential possibilities.

### **Diet**

Nutrition is unquestionably an important part of life and good health. The list below will supply the body with the right nutrients to help regulate the system of organs and glands that modulate the immune system. Enjoy any other foods that you like, just be sure to include these as recommended. The rule of thumb is to use fresh ingredients and minimal cooking time.

## DAILY MINIMUM INTAKE

One green vegetable	lettuce, cabbage, or any greens
One yellow vegetable	carrots, squash, or tomatoes
One white vegetable	onions, potatoes, eggplant, etc.
One half citrus fruit	orange, grapefruit, lemon, etc.
One third teaspoon	vanilla extract
One ounce	raisins
One ounce	chocolate, cocoa or candy bar
Four six ounce	glasses of water

## WEEKLY

Two ounces nuts	peanuts, pecans, almonds, etc.
One medium	garlic button cooked, in salads
Three eggs	preferably soft-boiled
Four ounces	wheat germ