



oil for your **well-being**

## What you want to know about C60 oils

### ***Before you begin taking C60 oil***

Write down how you feel physically and mentally at this moment. Note both your overall feeling and very specific observations and/or complaints.

### ***After having started***

Note in the future daily what you observe physically and mentally, both changes and constant observations. With this diary you can lay down your well-being in the longer term and better compare it to the original situation.

### ***How to store***

Always store the C60 oil **in a lightproof place and at room temperature** (for example, in a kitchen cabinet).

### ***How to use***

- Take a small teaspoon (about 2.5 ml) of C60 oil every morning after standing up on an empty stomach. A small teaspoon equals to filling the dropper several times and emptying it on the spoon.
- Take the C60 oil.
- Then eat an apple (no other fruit). The apple helps to digest the C60 oil.

Have your regular breakfast when you feel ready.

### ***General***

- Take C60 oils only as long as you feel good. Stop intake when your symptoms worsen or when you no longer trust the situation.
- Observable changes may occur within a few days after the first intake, but may also take several weeks. Monitor carefully what you notice in your body and mind.
- C60 oils can be taken with different aims. You can take C60 oils to reduce specific complaints or symptoms and/or for your general well-being.
- As far as we know now there is no time limit to the duration of the intake of C60 oils.

### ***Frequently asked questions***

For more questions and answers visit our online column  
<https://c60olie.eu/en/frequently-asked-questions/>



### ***Warning***

C60 oils are not medicines. If you have any complaints, please contact your general practitioner or medical specialist.

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