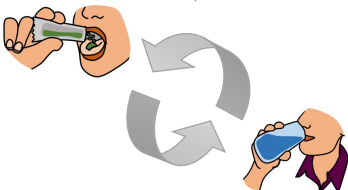
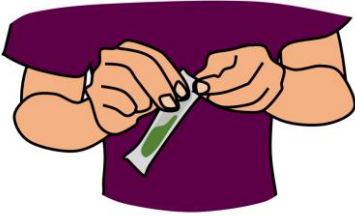


TAKING PELLETS: **The fast method**

Open bag by hand

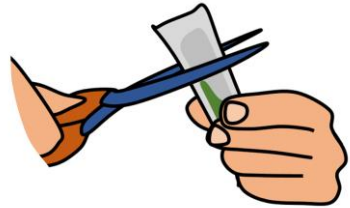
Open the bag and take care not to spill the contents.



Open with scissors

Should you have scissors at hand, opening the bags will be easier.

..Or..



Pour SMALL amount on tongue

Pour a small amount that can easily be swallowed onto the center of your tongue.

Swallow with water

DO NOT chew on the pellets or spread them in your mouth. Swallow the pellets directly with a big sip of water or any other beverage.

Repeat until done

Continue swallowing small amounts with big sips of water until you have taken your daily amount.

TAKING PELLETS: **The gentle method**

Open bag by hand

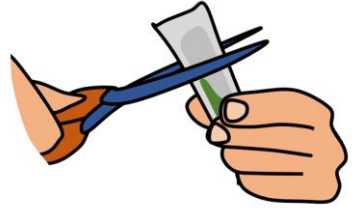
Open the bag and take care not to spill the contents.



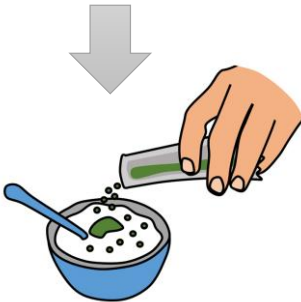
Yoghurt

Open with scissors

Should you have scissors at hand, opening the bags will be easier.

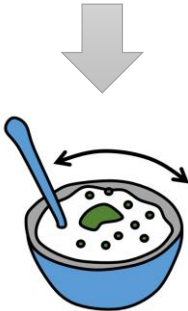


..or..



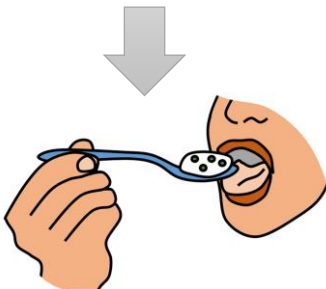
Pour pellets over yoghurt

Pour your pellets over the yoghurt. Should your mixture also contain larger bits you can either swallow them with water separately or also mix them into your yoghurt.



Mix evenly into yoghurt

Gently mix the pellets into the yoghurt to get an even distribution. The pellets will remain hard and will not dissolve. Eat within 5 minutes to prevent an unpleasant taste to develop.



Eat your yoghurt

Eat your yoghurt as usual without chewing on the pellets or the larger bits.