

### How do I apply the crème?

Collect the recommended amount of Sabre Sciences Crème from the jar, by using a clean, 1/4 measuring teaspoon. Apply the measured amount to the PROPER area (See reverse side) using your fingertips. Apply a thin layer over the area(s), continue to rub the creme into the skin until it dissappears.

### Can the creme be applied to more than one area?

See diagram on reverse side. This will help to guide you to the most beneficial areas that are convenient for your application. You may apply the crème to any of these areas. You may also divide the dose to more than one area. By dividing the area, you may get better absorption and faster penetration of the creme. However, you do not need to cover all the areas with each application.

### Can I use more then the recommended amount of crème?

It is best to use the recommended amount. "MORE IS NOT BETTER".

### What if I feel anxious or nervous after taking the crème?

Feeling energized, anxious or nervous may occur when you first start your crème. If it causes any of these symptoms, simply reduce the amount to half of the recommendation on the label. If symptoms continue for more than 48 hours, call your physician or Sabre Sciences, Inc.

### Can I wipe off what's left of the crème?

The creme is pre-designed to absorb thoroughly into the skin leaving only a fine residue. If your crème has any color, other than pure white, there is a possibility that it may stain clothing. To avoid this, thoroughly apply the creme to an area and allow it to be absorbed. Wait for at least five (5) minutes. We suggest a 15 minute wait, prior to showering or prior to wiping with a towel.

### How critical are the times of application?

The time of application is determined from your saliva test. There is a one (1) hour window before/after the listed time. If you have forgotten, use the crème at the next appropriate time. We do not recommend a doubling of the crème on the next application in order to make up the difference. Note: Do not skip to many intervals, for we are trying to mimic the pulsatile secretion of your endocrine system with these times.

### How long will I be using the supplements?

Sabre's strategy involves three phases, each one designed to assist in normalizing a specific aspect of hormonal balance. Every person is an individual and many factors will influence the period of time necessary for the program to accomplish this goal. The average time for each phase is 90 to 120 days. Most people observe a change within a couple of weeks, with steady progress throughout each phase. Retesting is imperative and recommended to be done before starting each phase.

### What if I experience a rash?

If you should experience a rash or skin irritation at the site of application, discontinue use on that area. Moving to another area may in many cases resolve the problem. If it occurs at the new sight you may have an allergy to one of the ingredients in the crème. If the rash is not at the site of application and causes an observable reaction, discontinue and contact Sabre Sciences client services, or call the physician who initiated your program.

### What if I have a problem with the smell?

Some of the amino acids or botanicals we use in the formulas have strong odors. Although we try to overcome this problem by adding natural fruit flavorings, the cremes retain a trace of the original scent. Many clients solve this by applying the crème to the bottom of their feet. Many sensitive people find that if they apply the crème on the bottom of their feet and cover it with a sock, they can use the creme.

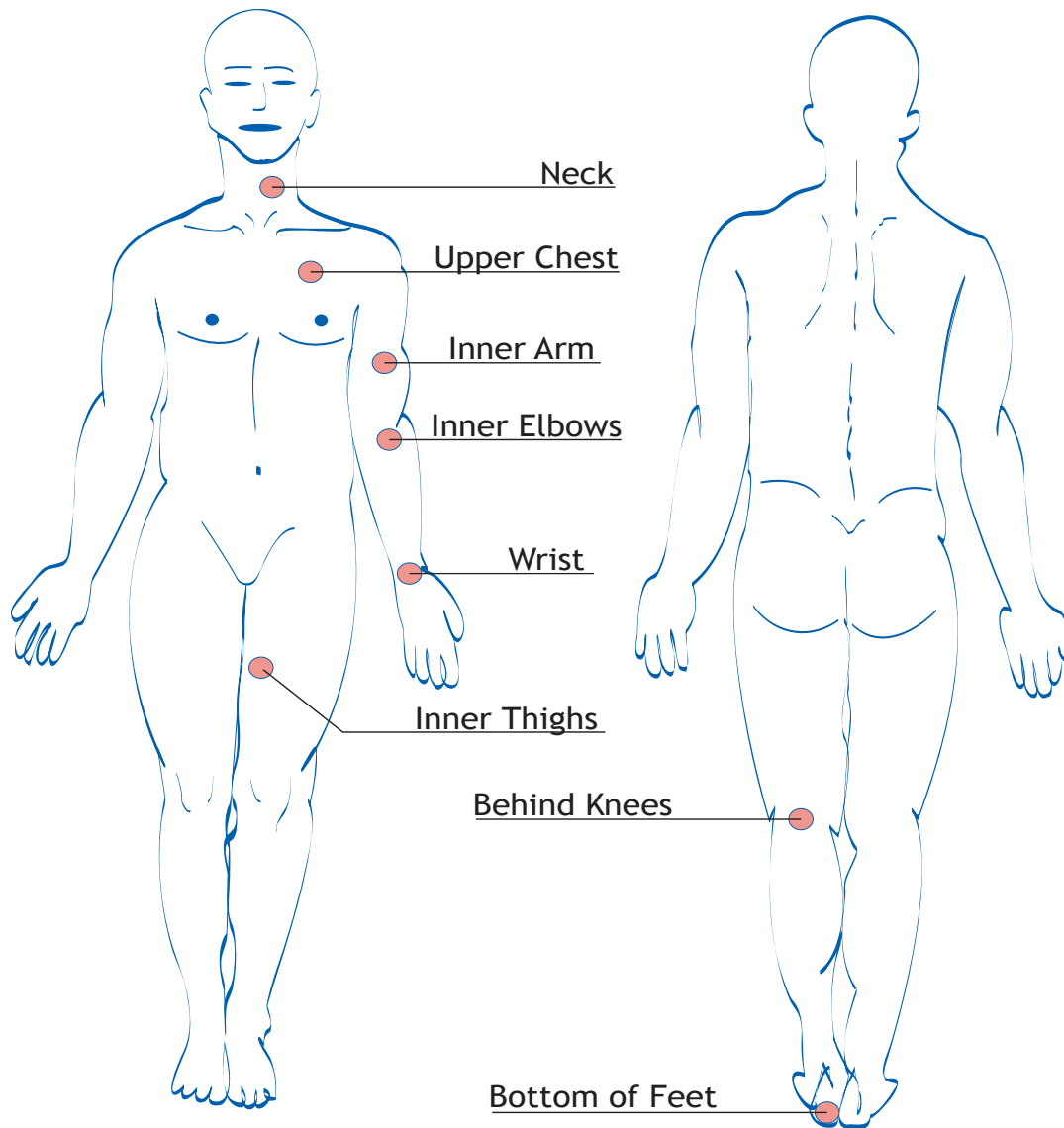
Bringing  
alternatives  
to HRT.  
Everyday  
people are  
benefiting  
from our  
unique  
approach to  
balancing.

**SABRE SCIENCES**

All Natural Balancing

1-888-490-7300

# Recommended Beneficial Areas for Transdermal Crème Application



**SABRE SCIENCES**  
760-448-2750

These are the most beneficial areas that are convenient for your application. You may apply the creme to any of these areas. You may also divide the dose to more than one area. By dividing the area, you may get better absorption and faster penetration of the creme. However, you do not need to cover all the areas with each application.

Reminder: Do not use more than the recommended dose.