

Flexibility Oil



To Activate: Apply a generous amount of oil to the entire muscle group, joint, tendons and ligaments. After application, begin slowly stretching the muscle group. At the stretching point, hold for 15-30 sec. Repeat use at least three times per week for best results. Prolonged use leads to a happy, healthy life!

Possible side effects include but are not limited to:

- Increased fitness level
- Decreased chance of becoming injured during activity
- Ability to move through an entire range of motions