



Getting started. Try keeping a 9 day diary
3 serves a day for 3 days
2 serves a day for 3 days
1 serve a day for 3 days
Score 0 for no pain and 10 for lots
0 for no tiredness and 10 for lots
Use the amount that works best for you

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Serving Suggestions for MetaBuz™ Turmeric Chai Tea

* Cold Chai Tea.

1 Serve of Metabuz makes 1 litre of refreshing turmeric chai tea.

Add 1 litre of cold water to a shaker bottle. . Add MetaBuz™ and 6-7 drops of lemon / and or lime juice to suit your taste. Shake it well and drink throughout the day.

The lemon or lime juice gives it an extra smoother flavour and helps keep your drink fresh all day long. Refrigerate in high temperatures.

My favourite.

- * 1 of recommended serve ie full screw cap bottle of MetaBuz, around 11 g
- * add 1/8 to 1/4 whole lemon ... or.. around 1 teaspoon of lemon juice – from lemon or purchased juice... or ¼ teaspoon of vit C
- * Add between 500 to 600 ml water typically in a water bottle.
- * Mix for 30 sec in a Nutribullet™ or Thermomix™ blender.
- * Put on ice or in the refrigerator and it will last 7 days or so.
- * Bulk - Make up 5-10 times this at a time so you don't have to do this as daily chore. 5-10 bottles in a refrigerator. Shake and go.

* Hot Chai Tea.

Mix 1 teaspoon of MetaBuz™ with a cup of boiling water for a warming start to your day. Goes well in a thermos where you can shake and mix as you drink.

Use hot almond milk or coconut milk for a creamy luxurious treat.

* Add Flavour to Each and Every Food or Meal.

Add a spoonful or more to your morning smoothie, breakfast cereal, porridge or yoghurt.

Sprinkle MetaBuz™ over steamed vegetables, add a dash of coconut milk, yoghurt or cream. Presto- you have delicious curried vegetables.

* Stability of Turmeric.

Turmeric has been proven to be stable up to 100°C.

* What Can I Do If I Don't Enjoy the Grainy Texture or Fibres of MetaBuz™?

Open the packet and add the dry contents to a machine such as Thermomix or NutriBullet. Mill the dry MetaBuz™ for 20 seconds. Replace the MetaBuz™ to the packet and use as directed.

* Do I Take MetaBuz™ All At Once or Throughout the Day?

It does not matter.

* Can I Have More Than The Recommended Serving Size?

Yes, it is a food.

* **Weight Loss.** The Charlick Method (www.thecharlickmethod.com) for weight loss is a great way to lose weight. If you follow the whole plan and are overweight, people often lose 3-4 kg per week. And if you don't lose 2 kg in the first 2 weeks then we will refund your purchase of MetaBuz™ and the Fat Buy Back guarantee applies, provided you have purchased MetaBuz™. Normal weight people usually do not lose weight following The Charlick Method.

If you follow just a part of The Charlick Method, such as Step 4 (*Step 4. Mix herbs such as sage, turmeric, cinnamon, rosemary, cloves, oregano, fennel and sumac in cold or hot water and take that as your only liquid apart from water.* - See more at: <https://thecharlickmethod.com/charlick-method/#sthash.BZtlouIT.dpuf>) then weight loss of 1 kg per week often occurs.

* **Warranty.** We offer a money back warranty for any reason. The quickest way is to send an email to <https://metabuz.com.au/contact-us/> . We send a return authorisation form. The contact number is 08 9445 3478 - calls go to our call centre in Phillipines. Emails get copied to CEO. The CEO's direct number is in the FAQ section of the web site (<https://metabuz.com.au/support/faq/>).

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Nutri Bullet™ is the registered trademark of CAPBRAN HOLDINGS. LLC



AloeBuz™ Usage Instructions

Here are some different ways to use AloeBuz™. The most popular size is the 500ml upside down spray. It's ergonomically designed to be used upside down. It will not work if you hold it in the normal position, which sits on a table or a bench. Please do not rub AloeBuz™ once it has been sprayed on, allow it to dry slowly and 100% it takes about 3-10 minutes to dry depending on how much you apply and the environmental conditions. To obtain an even coverage, move the spray nozzle at a consistent speed and distance from the body, so as not to cause excess product to be applied.

***Setting Up 500 ml Upside Down AloeBuz™.**

The nozzle is shipped with the nozzle locked off. THE NOZZLE MUST BE OPEN IN ORDER FOR THE SPRAY TO WORK. The bottle MUST BE HELD IN THE UPSIDE DOWN POSITION WHILST PULLING THE TRIGGER. Hold upside down and pull the trigger several times with the nozzle in the unscrewed fully open position so a narrow stream of product is emitted.

Invert the container and open up the green nozzle by turning it anticlockwise as you look at it. Only turn it half a turn. Operate the trigger until AloeBuz™ starts to spray. Then adjust the nozzle to a fine mist spray which will be in the very slightly opened position. Then you are ready to go.

***Troubleshooting and Maintenance of Your Trigger Spray for the 500 ml Upside Down AloeBuz™.**

With care and maintenance your Japanese made trigger spray should last a long time, perhaps forever. The internal moving parts are industrial quality and chemical resistant.

* **Blockage.** Remove the nozzle and pull the trigger to make sure it is still pumping. Reverse the nozzle and press it firmly against the pump outlet. Pull the trigger firmly to clear the nozzle. Rinse under warm water and return to normal use.

* **Cleaning.** Remove the trigger and immerse in warm water /dishwashing liquid added, and continuously pull the trigger whilst totally immersed. Do this 5-10 times then leave in the warm water for 5-10 minutes before repeating. Do a final clean using clean water.

* **Lubrication of External Moving Parts.** After cleaning and drying the trigger spray, operate the trigger spray whilst applying olive oil over the external moving parts until they move freely and smoothly and without making any noise. Wipe the excess olive oil from the trigger spray return to normal service.

***AloeBuz™ on the Legs and Feet, Hands, Arms, and Upper Body.**

The most effective way is after you shower, dry off and treat your whole body. Stand on the mat, hold the bottle and spray AloeBuz™ upside down, and spray on the feet and lower legs in a fine covering.

***AloeBuz™ on the Face.**

Close the eyes before spraying. Use exactly the same application method on the face then if AloeBuz™ does get in the eyes, it will sting but it will not cause any damage.

***AloeBuz™ in the Hair.**

AloeBuz™ really transforms and improves hair. It adds an appearance of shine, body, reduces the appearance of split ends and much more. It makes styling a breeze. Towel-dry the hair before you do any styling or blow dry. Spray AloeBuz™ on and then complete your hair preparation for the day. Do not wipe or remove AloeBuz™ from the hair, allow it to dry in and leave it in. You will not lose or no shampoo, so it becomes a natural conditioner and a shampoo, releasing dirt as it washes out.

***The 10 Years / 10 Minutes Test. 10/10 Test.**

If you want to impress yourself or your friends, spray one hand with AloeBuz™ and don't wipe it. Don't rub it in because you are actually rubbing it off.

After it's dry in one hand put the both hands under a light source so you can closely inspect. Hold them in the same angle, not tight. You want to be able to see the lines, the wrinkles, the lines on the knuckles, the redness all that sort of thing in hands. Then do the comparison and the appearance of one hand should be remarkably different to the other in a pleasant manner.