

## How to get the Best Results with Essential Eternity and Eternity – by Bill DeFalco

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**Eternity** - Contains an added "Energy Blend" which includes: Cha-de-Burgre (leaf) Extract, Guarana (seed) Extract, Green Tea (leaf) Extract, Bitter Orange (fruit) Extract and Green Coffee Bean (polyphenols) Extract.

**Essential Eternity** - My Preference - In place of the added "Energy Blend" you'll get more Resveratrol – the Key Component in this supplement, which by itself will give you plenty of Resveratrol-Driven Energy. All of the remarkable results I've been having are with the Essential Eternity - and it has a slightly better taste too!

Also - Essential Eternity- is the proper choice for children since it does not have the added natural caffeine components. Children should be given a ½ ounce serving of Essential Eternity (first thing in morning on an empty stomach). Many parents have reported exceptional results in treating ADD and ADHD without medication by giving their children a ½ ounce serving of Essential Eternity first thing in morning on an empty stomach.

Follow these directions to get the highest assimilation into the cells of the body:

- Refrigerate the bottle before opening, and always keep it refrigerated.
- Take 3/4 ounce each day - first thing in the morning on an empty stomach -
- A GREAT Way to Start Each Day! (1/2 ounce daily for children under 14)
- Before each serving - insure the cap is on tight - then slowly turn the bottle upside down and back up - two times to blend in any of the ingredients that may have settled out to the bottom.
- To insure you are getting exactly 3/4 of an ounce, I recommend using a calibrated shot glass. (You can find them in the measuring cup section of any grocery store or at Target)
- Take the 3/4 oz. serving down very Slowly - One very tiny sip at a time - just enough to moisten your mouth. Swizzle it around in your mouth for a few moments, then slowly swallow. Then take the next tiny sip and swizzle it around in your mouth for a few moments and swallow - and so on.

It should take about 9 to 12 small sips to slowly consume the entire 3/4ounce, followed by drinking down two to three shot-glasses filled with water.

This should all take about a minute and a half and it will be the Best 90 seconds of your day! By taking the Eternity slowly in tiny sips as described here - you will get a great deal of the Resveratrol and the other vital nutrients absorbed into your body through your mouth - and this will make the product so much more effective.

So take your time each morning and Enjoy your Daily Serving of Eternity!

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