



## PRINTING INSTRUCTIONS

### Recipe Labels

We've created the following label template to make it easy for you to print and create your own labels at home. The labels include the name, recommended dosage, storage, and date made. We recommend you write the name for easy identification. You can print the labels and handwrite the information specific to you.

#### Printing the Labels

Included are 2 options for printing

#### #1 Printing on Labels

Labels were designed for a 2"x2" Avery label, with paper color options.

- **Brown Kraft:** Avery 22846
- **White:** Avery 22806

You can find these labels in stores or online, through Amazon and Staples.

#### IMPORTANT

When printing the labels, if they don't fit properly, make sure "scale to Fit" is not selected in the printer settings. Labels should be printed at 100% scale. If the printouts are a tad bit off, it may be a result of how the sheets are being fed into the printer at one time. Each printer is different and requires some adjusting to get the labels to fit just right.



NAME

RECOMMENDED DOSE	1-3 DROPS TWICE DAILY
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SHELF LIFE: STORE FOR ONE WEEK IN A DRY PLACE.

DATE: JANUARY 9, 2029



RECOMMENDED DOSE	
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SHELF LIFE:

DATE:



RECOMMENDED DOSE	
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SHELF LIFE:

DATE:



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