



**Welcome to Superior Vocal Health**  
**PRODUCT USAGE GUIDELINES**  
***SHAKE ALL PRODUCTS WELL BEFORE USING***

**VOCAL RESCUE**

Vocal Rescue is a very potent and powerful formula. It was created to be used for tired and overused voices. It is made with restoring and healing herbs that may help bring blood flow to tired cords and help reduce inflammation, helping you to sing or speak feeling vocally fresh and strong.

Usage guidelines for Vocal Rescue:

1. Fill a cup with 2 oz of warm water. Make sure it is not too hot, so you do not burn your throat and cords.
2. Put 1 full dropper (1-1/2 droppers if you are very strained vocally) of Vocal Rescue into the water and mix well.
3. Gargle 3 times for at least 15 seconds with the mixture or until finished. Make sure the mixture gets all the way down into your throat. Spit out after each gargle.

If you have very tired cords and difficulty singing or speaking, it is advisable to go on vocal rest. However, if you must sing or present, use this gargle before as well as in the middle of a show or presentation. For added support, gargle 3 times per day, morning, noon and night, with the last time being before you go to sleep. This will allow the herbs to sit on your cords and in your throat all night, restoring and healing your tired, overused voice.

***DO NOT SWALLOW! THIS IS A VERY POWERFUL FORMULA AND CAN MAKE YOU SICK IF SWALLOWED.***

***Please note: Vocal Rescue is a gargle.***

**\*\*PLEASE NOTE: Before Use - Please Make Sure You're NOT ALLERGIC To Any Ingredients.**

**THROAT SAVER**

Throat Saver may be used throughout the day as needed.

Usage guidelines for Throat Saver:

Hold close to mouth and spray 2 times then swallow.

It is designed to help keep mucus off the vocal cords, help keep the throat and voice open and fresh, and help keep the throat and vocal cords wet and moist. In addition, the formula is made with herbs that may help to fight infection to help keep the throat healthy. Most use Throat Saver before, during and after shows or presentations, even throughout the day to maintain a healthy voice.

**\*\*PLEASE NOTE: Before Use - Please Make Sure You're NOT ALLERGIC To Any Ingredients.**

## **SINUS CLEANSE**

### "MEET YOUR NEW NETI POT"

Sinus Cleanse is a power-packed formula in a convenient easy to use nasal spray, that will help to flush out Sinuses and aid in optimal Sinus health.

Usage guidelines for Sinus Cleanse:

Remove protective cap.

With your head upright insert nozzle into nostril and depress pump, while breathing in through your nose and sniff deeply.

Repeat up to 3 times daily.

Wipe nozzle clean.

**\*\*PLEASE NOTE: Before Use - Please Make Sure You're NOT ALLERGIC To Any Ingredients.**

## **STAGE FRIGHT**

Stage Fright is an extremely effective and safe alternative to alcohol and tranquilizers for helping to promote relaxation and help to settle the nervous system. However, it will not make you drowsy or tired and is designed to keep your mind clear.

Usage guidelines for Stage Fright:

Place 1/2 to full dropper on back of tongue and swallow.

Can be taken up to 3 times daily.

20 minutes before a show or presentation.

Do not consume more than 3 full droppers in 24 hours.

**\*\*PLEASE NOTE: Before Use - Please Make Sure You're NOT ALLERGIC To Any Ingredients.**

## **VOCAL IMMUNITION**

Vocal Immunity is the most complete Immune product of its kind. This formula from SVH is designed to maintain "Ultimate Immune Support". It was created to help combat and prevent, as well recover from common issues voice professionals and consumers have to deal with, such as: Colds and flu, Fatigue and infections.

Usage guidelines for Vocal Immunity:

Place 1/2 to full dropper on back of tongue.

Let sit for up to 10 seconds with mouth closed, then swallow.

Can be taken up to 3 times daily.

**\*\*PLEASE NOTE: Before Use - Please Make Sure You're NOT ALLERGIC To Any Ingredients.**

## **DIVINE SLEEP**

The DIVINE SLEEP Formula is an herbal all-natural alcohol and drug-free plant-based quick absorption supplement made with the highest-quality ingredients. This formula helps support a natural calm of the mind and body, designed to promote every stage of sleep, transforming you into a deep state of sleeping soundly. In turn, you wake up feeling rejuvenated and experience "The Art of Sleep".

Usage guidelines for Divine Sleep:

1 Hour before going to sleep, place 1 full dropper in mouth, then swallow. Do not exceed 2 full droppers.

**\*\*Please Note: Drowsiness will occur**

**\*\*PLEASE NOTE: Before Use - Please Make Sure You're NOT ALLERGIC To Any Ingredients.**

## **VOCAL WARM-UP**

Vocal Warm-Up Enhances, Boosts and Heats Up Your Routine. Just One Spray, Fires Up Your Throat and Gets You Ready to Sing!

**PLEASE NOTE:** Vocal Warm-Up is an extremely powerful formula and strong spray with hot herbs:

**\*\*Do not use it more than once within a 20 minute period.**

**Hold close to mouth and spray \*\*Only 1 time then swallow.**

**\*\*PLEASE NOTE: Before Use – Please Make Sure You're NOT ALLERGIC To Any Ingredients.**

Thank you for your order.

We appreciate you trusting your Voice to Superior Vocal Health.