

Kyani Benefit Tracker

DESCRIBE your Issues here before you start & rate on a scale of 1-10 how disruptive it is for your life:

Use this tracker to record your progress of how you feel and look weekly. Sometimes it takes a week to start feeling better, sometimes 3-6 mo. We are all different.

	KYANI SUNRISE General Recommendation: Morning: Drink 1 packet, drink a glass of water before & after # OF TIMES A DAY TAKEN:	KYANI NITRO General Recommendation: Through out Day: Under tongue, before sunrise & sunset, & when needed # OF TIMES A DAY TAKEN:	KYANI SUNSET General Recommendation: Evening: Swallow 3 with dinner or before sleeping # OF TIMES A DAY TAKEN:	HOW DO YOU FEEL?
MON				
TUES				
WED				
THURS				
FRI				
SAT				
SUN				
<p>Note: Sometimes there is a detox at first involving feeling tired or headachy due to these powerful supplements cleaning house, if this happens... don't worry, this will go away and then you will start to feel great. If this does happen, let the person who shared this with you know. Thanks!</p>				

