

## Graviannue Premium G



### ▼ How to take

Please take 1 to 2 tablets with some water or tepid water per a day.  
It doesn't matter when you take it in a day.

### ▼ About a combination of supplements and medicine

<http://www.dite.co.jp/shop/ef/nomikata.shtml>

### ▼ With natural water or after through a water purifier

Such coffee, green tea, and coke which contain caffeine and alcohol will discharge active ingredients easily. So you should take it with some natural water or plain hot water. Tap water contained chlorine is not good because chlorine will destroy the vitamins.

### ▼ Please refer of knowledge for Graviannue Premium G

[http://www.dite.co.jp/shop/diet/gravinnue\\_e.shtml](http://www.dite.co.jp/shop/diet/gravinnue_e.shtml)



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