



INSTRUCTIONS FOR USE

Congratulations on your purchase of Clearskin B5 Vitamin B5 (Formerly known Acnemiracle B5 Clearskin) : Supporting a clearer skin with a convenient dietary supplement. You can visit us at www.acnemiracle.co.za

Ingredient Information:

Each Bottle 100% pure D-Calcium Pantothenate, Calcium (Vitamin B-5)
50 Capsules and 250 Capsules
500mg per capsule

Store this product in a cool dry place. Keep out of reach of children. If you are pregnant, nursing, or taking any prescription drugs, consult a physician before using this product. Best if used within two years of purchase.

Suggested Usage:

We recommend taking 3 capsules of Clearskin B5 three /two times daily **1 hour after meals** until acne clears then 1 capsule three times daily-thereafter to maintain clear skin. Severe acne you need to stick to 3 capsules 3 times a day for a whole month. This is important to get your body used to B5 consumption and to clear the build-up of toxins that may be present in your system. We also advise the use of a good B Complex multivitamin daily with the treatment. The reason behind it is not to deplete other vitamins and to balance it out. This product is 100% safe as it's a water soluble vitamin –what the body doesn't need it will get rid of it naturally.

Tip:

Also during your treatment please open two capsules and dispose the powder in a glass. Add 50ml sterilized water or rosewater to it and use a teaspoon to stir it thoroughly. Wash your hands with hot water and soap before applying it to your face. Apply the water over the entire face and acne areas with hands. In the medical study Dr Leung used a 20 % B5 mixture to treat acne topically. This is highly recommended for people who want results fast.

Results:

Generally skin is less oily after the first few days –up to a month, and virtually all users see very good results after one to three months of usage. Some users(very rare) may experience an initial breakout when starting Clearskin B5, similar to that experienced with accutane; this is because existing acne impactions come to the surface as the skin get less saturated with oil, and this initial breakouts generally clears up within a week. Once the skin is clear it should stay clear at a maintenance dose of 2 capsules a day, 1 in Morning, and 1 in evening. In a medical study of 100 users, everyone who used the treatment successfully eliminated their acne. Some individuals even reported after being on B5 treatment for over a period of 4 months –their acne went into remission completely