



개인별 체크

많은 분들이 “라미나인”복용후  
아래 증상의 개선이 있었다고  
보고되고 있습니다.

Weekly, please check all that apply while taking Laminine.  
매주,복용하시면서 아래 사항을 점검해 보세요

SUGGESTED DOSAGE

Suggested For Adult Use:

As a dietary supplement, take 1-4 capsules a day.

OR

Suggested For Adult Use: UN2 BUDDY STUDY TRIAL

As a dietary supplement, take 2 capsules in the morning and 2 capsule at night for the first week. Take 1 capsule in the morning and 1 capsule at night for the second week. Take an OPTIONAL break for the third week. Then on the fourth week, continue taking 1 capsule in the morning and 1 capsule at night.

WEEK 1	WEEK 2	WEEK 3	WEEK 4
2 : 2	1 : 1	0 : 0	1 : 1

PHYSICAL OBSERVATIONS 신체적인 관측

- INCREASED ENERGY/에너지증가
- STRONGER NAILS/손톱건강
- REDUCED ACHES AND PAINS/아픔과 통증감소
- LOSS OF WEIGHT 체중감소
- HEALTHIER HAIR/모발건강
- LONGER WORKOUTS WITH LESS EFFORT/일의 능률향상
- WORKOUTS ARE EASIER/업무능력향상
- HEALTHIER SKIN/젊은 피부
- REDUCED SIGNS OF AGING 노화증상 감소

MEDICAL OBSERVATIONS 의료적인 관측

- IMPROVED BLOOD PRESSURE/혈압조절
- INCREASED GOOD CHOLESTEROL/ 좋은콜레스테롤 증가
- INCREASED LIBIDO 성기능 향상
- IMPROVED BLOOD SUGARS/당수치감소
- DECREASED BAD CHOLESTEROL/ 나쁜콜레스테롤감소
- MEDICATION REDUCTION/투약량 감소
- REDUCED SUGAR CRAVINGS/단음식욕구 감소
- INCREASED IMMUNITY 면역력 증가

MENTAL OBSERVATIONS 정신적인 관측

- BETTER MEMORY 기억력 회복및 증가
- HEADACHES ARE LESS SEVERE/FREQUENT/두통및 빈도 감소
- MENTAL CLARITY 맑은 정신 유지
- BETTER FOCUS 집중력 향상

OTHER OBSERVATIONS 기타 관측

- REDUCED SNACK CRAVINGS/군것질 욕구감소
- BETTER SLEEP/숙면가능/ 불면증 조절
- MOOD ENHANCEMENT 감정조절가능
- OVERALL WELL-BEING 삶의질 향상
- PERSONAL OBSERVATION
- OBSERVATIONS FROM OTHERS/타인이 변화를 알아봄

DETAILED NOTES ON BEFORE/AFTER OBSERVATIONS: \_\_\_\_\_