

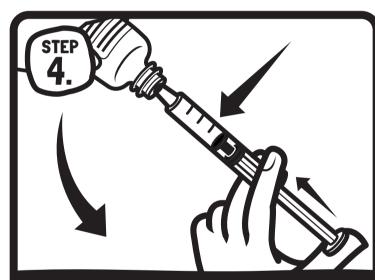
Press the self-sealing adapter into the bottle neck. You will need to press hard.



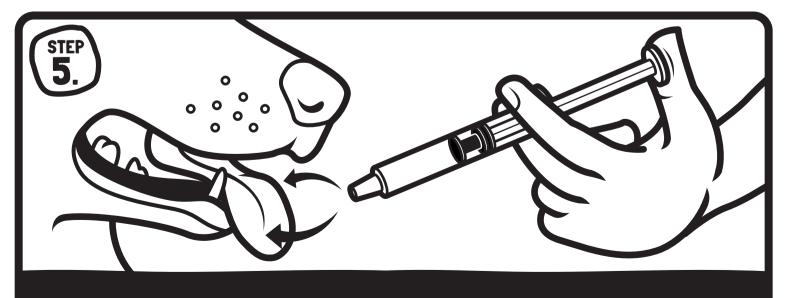
Insert the syringe into the adapter, then turn the bottle upside down.



Draw the Full Spectrum Hemp Oil past the mark on the syringe you intend to use and flick out any bubbles.



Push the plunger to your intended mark and then turn the bottle upright before removing the syringe.



Squirt the oil on to the gums/gingiva on either side of the mouth for best absorption.