



## BROME-LEN PROTOCOL

*To manage muscle trauma*

### Recommended for:

Those who have suffered muscle trauma and want to resolve it naturally.

### When is it recommended?

When tension and muscle stiffness resulting from traumatic events are associated with the formation of a hematoma with swelling (edema).

Tears, strains, sprains: events that can occur frequently, especially if you play sports, causing joint and muscle stiffness and often leading to the formation of hematomas with edema. With this protocol, you can release localized muscle tension and reduce edema.

## YOUR DAILY PROTOCOL

*We recommend cycles of 15-20 days.*

### **Principium Tensiolen**



To relieve localized muscle tension and restore muscle function

4 tablets per day for 1 week, then continue with 2 tablets until the problem is resolved; on an empty stomach

### **Principium Bromelina 500mg,**



To promote fluid drainage

4 tablets (2 mid-morning and 2 mid-afternoon) for 5 days, then continue with 2 tablets for 10 days; take between meals

Visit our store locator on the [principiumlife.com](https://www.principiumlife.com) website, enter your city and find the store nearest you.



Suitable for vegans



Gluten free



Lactose free