



www.yourgicenter.com
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Toll free: 888-292-0010
Fax: 979-292-0488

Osmo prep

DAY BEFORE PROCEDURE:

5:00 PM TAKE 4 CAPSULES *WITH LARGE GLASS WATER*
5:15 PM TAKE 4 CAPSULES *WITH LARGE GLASS WATER*
5:30 PM TAKE 4 CAPSULES *WITH LARGE GLASS WATER*
5:45 PM TAKE 4 CAPSULES *WITH LARGE GLASS WATER*
6:00 PM TAKE 4 CAPSULES *WITH LARGE GLASS WATER*

9:00PM TAKE 4 CAPSULES *WITH LARGE GLASS WATER*
9:15PM TAKE 4 CAPSULES *WITH LARGE GLASS WATER*
9:30PM TAKE 4 CAPSULES *WITH LARGE GLASS WATER*

W W W . Y O U R G I C E N T E R . C O M

Pearland
2813 Smith Ranch Rd
Pearland, TX 77584
713-436-8171

Friendswood
1305 Parkwood Ave
Friendswood, TX 77546
832-808-9872

Lake Jackson
109 Parking Way
Lake Jackson, TX 77566
979-292-0033

Bay City
720 Avenue F North
Bay City, TX 77414
979-292-0033