

# MR. BIGG™ - Exercise Routine

## **Congratulations on getting our exciting product MR. BIGG**



You are among thousands of other men around the world that want to increase the size of their penis with similar products. We highly recommend that you follow the instructions below. This could help you reach your desired results.

**On a daily basis, until you reach your goal, do the following steps:**

Take two (2) capsules with a meal and plenty of water. After about 30 to 60 minutes, start with the exercises below:



- Grab the head of your penis and softly and gently - pull it ("jelk") for about five minutes. If this hurts, you may be pulling it too hard. This will help stretch the erectile tissue chambers in your penis. Make sure your penis is flaccid during this session.
- Now after completing the jelking, your penis should be erect. While erect, start the following part of the exercises. Grab your penis and slowly jelk for about 5 minutes. By doing this slowly, you are allowing blood to slowly be directed towards the head. This allows for "hyper-expansion" of the penile chambers. Again, this is not supposed to hurt. If it does, reduce the pressure you use.

**Please keep in mind that maximum results are achieved after taking about three to four bottles along with the exercises mentioned above.**

### Ingredients Based on two (2) capsules

Zinc (oxide):	50 mg
TongKat Ali (Powder)	500 mg
Maca (6:1 extract):	250 mg
L-arginine:	500 mg
Ginseng Blend (korean/siberian):	125 mg

### Proprietary Blend Total: 745 mg

Oyster meat	Cayenne pepper (herb powder)
Orchid substance	Tribulus terrestris (herb powder)
Boron	Sarsaparilla (herb powder)
Oat straw (herb powder)	Astragalus (herb powder)
Catawba (herb powder)	Pumpkin seed (herb powder)
Muir Puama (herb powder)	Licorice (herb powder)
Nettle (herb powder)	

Results may vary.

These statements have not been evaluated by the Food and Drug Administration. The products above are not intended to diagnose, treat, cure or prevent any disease.

Meta Labs

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