

**VITALZYM soft Gels** (Standard procedure and variations) Listen to MP3 for more information

This product will not do its job unless it is taken on empty stomach!!

This generally means that you need to wait 2 ½ hours or more after you eat any food, before taking these capsules.

Start with **one capsule** first thing in the morning **and then** take one more capsule (your second dose of the day) 2 ½ hours after **either** lunch OR dinner.

**If you continually forget to take this second dose, purchase a roast timer (regular kitchen timers only go up to 60 minutes and cannot time 2 ½ hours)**

**Set it for 2 ½ hours (150 minutes) and start it as you finish your meal. It will remind you to take your dose at the correct time.**

Wait AT LEAST 30 minutes (45 is even better) after taking these capsules before you consume anything other than water.

**After 3 weeks, if you are not experiencing any reactions, raise the two daily doses to two (2) soft gels for each dose.**

The number of 360 capsule bottles which will be required in order to undue what we are trying to reverse in your body will depend on your age and the many other factors and variables that we have or will discuss. My standard recommendations, from many years of using this product with many hundreds of patients, is as follows.

For each decade of life over 20yrs of age, you should use vitalzym (at 2 twice a day) for **at least** one bottle. So for a 50 year old person (3 decades of life more than 20) I would recommend 3 of the 360 capsule bottles. This is only for anti-aging benefits and DOES NOT include specific health conditions for which I often use much higher doses for longer periods of time.

As just one example, for those with any form of diagnosed athero or arteriosclerosis or other cardiovascular disease, regardless of their age, they should use the product for **at least** 12 months and must be taking Cod Liver oil and Unique E daily (and most likely, liver and kidney support.)

**If you take this product too quickly or raise it too fast for your body, you may experience:** Fatigue, loose stool, headaches, or skin rashes. These are symptoms of too rapid a detoxification as the Vitalzym breaks down old or scarred tissue or clears out deposits in your circulatory system. Simply reduce the dose and stay at the **non-symptomatic dose** for another week or two or three before again raising to the next level.

I utilize VERY different doses for specific conditions with my patients, I use as few as 2 or 3 per day total, and as high as high as 10 capsules twice a day for over a year. I have many patients work up to 3 to 5 twice a day and then stay at this dose for anywhere from 6 to 8 months or more for many conditions to achieve faster results.

This product CANNOT hurt you, but if you go too fast, you may have a detox reaction which is NOT GOOD as it indicates that you have overloaded your eliminatory pathways (Liver and Kidneys) so stop for a day and decrease (if this ever happens). As long as you DO NOT experience a detox symptom, you may raise to a higher dose than I have specified if you like the benefits you are experiencing and wish to try to work more quickly.