

David J. Getoff Naturopath

Board Certified Clinical Nutritionist

Products and Services for a Healthy Family and a Healthy Home

Professional Member

International and American Associations of Clinical Nutritionists • American Association for Health Freedom

American Holistic Medical Association • International College of Integrative Medicine

American Naturopath Medical Association • New York Academy of Sciences

Vice President- Price Pottenger Nutrition Foundation • Fellow of - American Association of Integrative Medicine

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New York State Licensed Nutritionist #3785 ♦ Licensed Naturopath - N. Carolina #101-016942, Dist of Columbia #2688

Apo Hepat (liver support) and Renelix (Kidney Support)

Keep both bottles in your bathroom

When putting the caps back on **DO Not Over tighten**

Keep a small glass in the bathroom -

All doses should be taken 15 minutes (or more) away from food (both before and after the dose)

Take your doses 1st thing every morning and then again every night before bed

For each dose - Do the following:

Put a small amount of water in the glass ($\frac{1}{2}$ - 1 ounce)

Add in approximately 5 drops each of **BOTH** the **Apo Hepat** and the **Renelix** products.

gently swirl the glass to mix the liquids with the water

put the entire contents into your mouth, hold it there for about 30 seconds and then swallow it.

continue to do this , two times a day-- for the first week

For the second and third – week raise the dose to 10 drops of each product for both morning and evening doses.

From the fourth week on, and until I have you discontinue these products, do the exact same thing twice a day as before, but now use 15 drops of each at both times of day.

Since this will be supporting your kidneys and your liver, these organs will be slowly releasing some of their built up toxins into your urine and your stool for elimination. For those individuals whose bodies are very toxic, you may possibly notice, as you slowly increase the dose, that you feel either a bit of fatigue, a headache, loose stool, nausea, dizziness, or a skin rash. This indicates that you need to go more slowly, SO— reduce the dose back down to the number of drops which **DID NOT** cause any reaction and remain at this lower dose for a couple more weeks before increasing back up. There is no rush as we are proceeding in the right direction and this is not a race. If even 5 drops causes reactions, drop it to 2 drops. If 2 drops still cause a reaction, then put 1 drop in a two ounce glass of water, stir, and take $\frac{1}{2}$ of this or 1 once which is therefore $\frac{1}{2}$ of a drop