



Therapeutic Dosing

VitalzymX is best taken between meals. The therapeutic doses listed below are generalizations of what has worked for most consumers taking VitalzymX with those conditions.

Activation dosages are highly recommended for one to three months in order to receive the maximum benefit from VitalzymX. Start by taking the recommended activation dosage shown below for your specific ailment. If in 3 days no benefits are noticeable, increase the dose by 1 capsule each time you take your VitalzymX. Repeat this process every three days until a benefit is felt. Once a benefit has been felt, you have found your true activation dosage. Continue with this dosage for 1-3 months unless stated otherwise below. Most will find their true activation dosage to be between 3 and 5 capsules, three times daily.

After one to three months of benefit, you may experiment with reducing dosages. Try backing down your dosage to determine if the same benefits are felt at the reduced dosage.

Your final activation dose may vary. Consult your health care practitioner for more dosage information.

Condition	Activation or During Periods of Pain	Maintenance
General Wellbeing	1-3 caps, 2-3 times daily	1-3 caps, 2-3 times daily
Chronic Fatigue	3 caps, 3 times daily	3 caps, 2-3 times daily
Chronic Pain	3 caps, 3 times daily	2 caps, 3 times daily
Fibromyalgia	3 caps, 3 times daily	3 caps, 3 times daily
Autoimmune Conditions	4 caps, 3 times daily	3 caps, 3 times daily
Osteoarthritis	3 caps, 3 times daily	3 caps, 2 times daily
Uterine Fibroids	3 caps, 3 times daily*	1-3 caps, 2-3 times daily
Endometriosis	3 caps, 3 times daily*	1-3 caps, 2-3 times daily
Opening Circulation	4 caps, 3 times daily	3 caps, 3 times daily
Traumatic Inflammation	4 caps, 3 times daily	1-3 caps, 2-3 times daily
New Strains & Sprains	4 caps, 3 times daily	1-3 caps, 2-3 times daily
Post Surgical Recovery	3 caps, 3 times daily	1-3 caps, 2-3 times daily
Edema	4 caps, 3 times daily	3 caps, 2 times daily
Post Operative Scar Tissue	4 caps, 2 times daily*	1-3 caps, 3 times daily
Keloids	4 caps, 2 times daily*	2 caps, 2 times daily
Fibrosis of the Organs	4 caps, 2 times daily	2 caps, 2 times daily
To Aid in Physical Training	2 caps, 2 times daily	1 caps, 2 times daily
Detoxification	2 caps, 3 times daily	1-3 caps, 3 times daily

*Activation dosages should be continued (or increased) until fibrin or scar tissue has been removed.

Some VitalzymX users will experience symptoms of detoxification. Systemic enzymes will help rid the liver and gastrointestinal tract of toxins. Symptoms can include short-term fatigue, nausea, headache, or brain fog. Increased water intake can assist in the process of toxin elimination or reducing enzyme dosage will slow the rate of detox.

The statements made herein have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent disease.