

## AvinoCort

### Dosing Recommendations – Please Review and Consult Your Health Care Practitioner

We recommend that you start by taking

1<sup>st</sup> Day -- 1 Capsule the first day on an empty stomach in the early morning before 9:00 A.M.

2<sup>nd</sup> Day – 1 Capsule in the A.M. and then 1 Capsule in the afternoon between 2-4 P.M.

3<sup>rd</sup> Day – Same as Day 2

Some people do well at this dosage. If you feel great you may want to stay here or go on to experimenting with 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> day – 2 Capsules in the A.M. and 1 Capsule in the afternoon or 1 three times a day.

Children under 100 lbs. can do ½ this dosage.

Many people do well here and there are no real clinical benefits to taking more than 3 per day.

Rarely, some people detoxify or have retracing symptoms that are uncomfortable or rarely more severe. These issues are from heavy metal detoxification or unresolved health issues that the body is now rapidly trying to repair. We suggest you just slow this process down by taking one capsule a day or a half capsule per day until you can increase the dose.

Approximately 50% of people do best on 1 or capsules in the morning and 1 in the afternoon. Some do better with 2 in the morning and 1 in the afternoon.

Most people can expect to experience more energy, stamina, mental clarity and focus, a more positive attitude and sense of well-being.

Sugar balance, better adrenal function and repair, improved libido and many more benefits have been reported by **AvinoCort** users.

**Note:** **AvinoCort** has been proven to improve blood lipid levels and ratios and other health issues with long term use.