

Finding your “Activation” dose.

When Vitalzym “kicks in” there will be no doubt in your mind that it is working! An activation dose is the amount of enzymes you need to begin to feel a benefit from the product. The recommended dosage given on the label is meant as a maintenance dose for those with out any complaints. Consumers with Fibromyalgia, Chronic Fatigue, Arthritis, Auto Immune Conditions, Fibrosis complaints and Inflammation symptoms need to find the dose at which they begin to feel better. They can then maintain that dose or after 3 months try to reduce the dose and see if the benefits are still felt.

Finding the right dose for you:

Start taking 3 capsules 3 times a day, in-between meals. If in 3 days no benefits are felt, increase the dose to 4 capsules 3 times a day, for 3 days. Continue increasing the number of tablets or capsules taken until a benefit is felt. Most will feel the Vitalzym kick in somewhere between 3 and 5, 3 times a day.

There is no toxicity from enzymes, (no LD-50). Some customers who have suffered accidents have been placed on 10 Vitalzym tablets 3 times a day by their doctors for a few weeks until the bulk of their inflammation and it resultant pain are gone. Then they are brought down to a much lower maintenance dose to prevent the formation of scar tissue.

Hemophiliacs and those on prescription blood thinners should not use this or any other systemic enzyme as the enzymes help the drugs to work better and may overly thin the blood.