

# Poly-MVA Titrating and Dose Evaluation

## for Maximum Support

- *If a person is sensitive then start at 1/4 tsp and double by 1/4 tsp amounts.*

### **1st week loading work up to 8 teaspoons a week for Poly-MVA**

- 1st day = 1 teaspoon a day = 1/2 tsp. twice a day  
(1/2 tsp. before breakfast & 1/2 tsp. before dinner)
- 2nd day = 2 teaspoons a day (1 teaspoon before breakfast & 1 teaspoon before dinner).
- 3rd day = 3 teaspoon a day (1 1/2 teaspoons before breakfast & 1 1/2 before dinner).
- 4th day = 4 teaspoons a day (2 teaspoons before breakfast & 2 teaspoons before dinner)
- 5th day = 6 teaspoons a day (3 teaspoons before breakfast & 3 teaspoons before dinner)
- 6th Thru 14thday = 8 teaspoons a day  
(4 teaspoons before breakfast & 4 teaspoons before dinner)

### **After 2<sup>nd</sup> week on the loading dose come down to**

- 15<sup>th</sup> day = 6 teaspoons a day (3 teaspoons before breakfast & 3 teaspoons before dinner)
- 16th day = 4 teaspoons a day (2 teaspoons before breakfast & 2 teaspoons before dinner)
- 17th day = 3 teaspoon a day (1 1/2 teaspoons before breakfast & 1 1/2 before dinner).
- 16th day = 2 teaspoons a day (1 teaspoon before breakfast & 1 teaspoon before dinner).

*To finish off the month at 2 tsps. is 131 total tsps: = 2.72 8oz bottle or 3 bottles*

*To finish off the month at 4 tsps 159 tsps: = 3.5 8oz bottles*

Evaluate and see what feels best for them – 2- 4 or 8 teaspoons, 1-2 tsps. in divided doses/day. Finding out what works best for them in their situation and with their metabolism. The higher the dose the better protection and support.

**The key is consistency for 60-180 days depending on the person.**