

# Poly-MVA Titrating and Dose Evaluation

## Medium Support

- *If a person is sensitive then start at 1/8 tsp and increase by 1/8 tsp amounts.*

### **1st week loading work up to 4 teaspoons a week for Poly-MVA**

- 1st day = 1 tsp/day (1/2 tsp. 2 times/day before meals with beverage or sublingual)
- 2nd day = 2 tsp (1 tsp. 2 times/day before meals with beverage or sublingual)
- 3rd day = 3 tsp a day (1.5 tsp. 2 times/day before meals with beverage or sublingual)
- 4<sup>th</sup>- 21th day = 4 tsp a day (1 tsp. 4 times/day before meals with beverage or sublingual)

### **After 3<sup>nd</sup> week on the loading dose come down to**

- 22<sup>th</sup> day = 3 tsp a day (1.5 tsp. 2 times/day before meals with beverage or sublingual)
- 23th day = 3 tsp a day (1.5 tsp. 2 times/day before meals with beverage or sublingual)
- 24th day = 2 tsp a day (1 tsp. 2 times/day before meals with beverage or sublingual)
- 25th day = 2 tsp a day (1 tsp. 2 times/day before meals with beverage or sublingual)
- 26th day = 1 tsp a day (1/2 tsp. 2 times/day before meals with beverage or sublingual)
- 27th day = 1 tsp a day (1/2 tsp. 2 times/day before meals with beverage or sublingual)

*To finish off the month at 1 tps. 93 teaspoons: = 2 - 8oz bottles*

*To stay at 4tsp thru the end of the month 114 total teaspoons: = 2.5 8oz bottles*

**Use 1-4 tps. in 2-4 divided doses/daily. Evaluate and see what feels and works best in the circumstance/ situation and with one's metabolism.**

**The higher the dose, the increase for protection and support.**

**The key is consistency for 60-90 days depending on the person.**