

Poly-MVA Titrating and Evaluation for Medium Support

- *Take either sublingually or may mix with favorite beverage of choice. Food is not required for absorption of Poly-MVA.*
- *Amounts and timelines are a beginning framework as an example of how to gradually increase amounts. Adjust as necessary or follow practitioner recommendations and schedule.*
- *For users (with sensitivity concerns) start with ¼ teaspoon per day*

Schedule for the First 14 days

** Ideally take each amount 30 Minutes before Meals.*

- 1st day = 1 tsp a day = 1/2 tsp twice a day
- 2nd day = 2 tsp a day = 1 tsp twice a day
- 3rd day = 3 tsp a day = 1.5 tsp twice a day
- **4th-21st or 30th** day = 4 tsp a day = 2 tsp twice a day

Option, after 21st day, gradually reduce amount.

- 22nd-24th day = 3 teaspoons a day = 1.5 tsp twice a day
- 25th-27th day = 2 teaspoons a day = 1 tsp twice a day
- 28th-31st day = 1 teaspoons a day = ½ tsp twice a day

To finish the month at the 1 tsp is 96 total tsp's : = 2 8oz

To finish the month at 4 tsp 114 total tsp's : = 2.5 8oz bottles

This schedule allows each person to evaluate which amount feels best. Clients generally average 4 teaspoons and then move to a maintenance of 1-2 teaspoons depending on their desires to protect & support.

“The key is consistency for optimal support use for 60-180 days “