

# **Poly-MVA Titrating and Evaluation for Maximum Support**

- *Take orally and/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 taste sensitivities start with  $\frac{1}{4}$  tsp and  $\frac{1}{4}$  tsp increment increases.*

## **Schedule for the First 14 days**

***\*Ideally take each Dose 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 day = 4 tsp a day = 2 tsp twice a day
- 5th day = 6 tsp a day = 3 tsp twice a day
- **6th Thru 14<sup>th</sup> day** = 8 teaspoons a day = 4 tsp twice a day

## **After 14<sup>th</sup> day, reduce amount**

- 15<sup>th</sup> day = 6 teaspoons a day = 3 tsp twice a day
- 16<sup>th</sup>-30<sup>th</sup> day = 4 teaspoons a day = 2 tsp twice a day

*To complete the month at 4 tsp 159 total teaspoons: = 3.5 8oz bottles*

This schedule allows each person to **evaluate** which daily amount provides desired support.

Users generally stay on 4-8 teaspoons for the initial duration.

When completed follow maintenance schedule of 1-2 teaspoons increasing as needed for metabolic and cellular support/protection.

**“Optimal initial duration is 60-180 days “**