

Healose™ General Protocol

The current protocol for Healose™ is to take 4 capsules, together with 3 Real Food™ Multi capsules, first thing in the morning, with a full glass of purified/bottled water (**water should not have any chlorine in it, as it will neutralize some of the components of Healose™**). If you currently use the Anabolic Wake up, you will just add the Healose™ and Real Food™ Multi capsules to your morning routine.

A person with "reasonable health" will take 4 Healose™ capsules per day; for moderate "health challenges" increase to 8 Healose™ capsules per day; and for severe "health challenges" a total of as many as 12 Healose™ capsules per day may be taken.

If you need to increase, take the additional Healose™ and Real Food™ Multi in-between Breakfast and Lunch - up to 4 Healose™ and 3 Real Food™ Multi. Then if you need more than 8 per day take the additional Healose™ and Real Food™ Multi in-between Lunch and Dinner (12 Healose™ total and 9 Real Food™ Multi total per day, in the ratio of 4 to 3 capsule combinations)."