



Consumers with the following complaints please follow the following dosage guidelines:

Mild-Severe using Vitalzym

**Chronic fatigue and fibromyalgia:**

4-6 caps, 2x/day.

**Auto immune conditions:**

During periods of remission: 3 caps, 2x/day.

During periods of attack: 6 caps, 2x/day.

**Osteoarthritis:**

Severe: 6 caps, 2x/day

Moderate: 3 caps, 2x/day.

Mild: 2 caps, 2x/day.

**Poor blood circulation**

6 caps, 2x/day for 1-3 months. Then 3 caps, 2x/day thereafter.

**New sprains and strains:**

Severe to moderate: 6 caps, 2x/day for one week. Then 3 caps, 2x/day until healed.

**Chronic pain:**

Severe: 6 caps, 2x/day.

Moderate: 5 caps, 2x/day.

Mild: 1 cap, 2x/day.

**Edema:**

Severe: 6 caps, 2x/day.

Moderate: 3 caps, 2x/day.

Mild: 1-2 caps, 2x/day.

**Post-operative scar tissue, keloids, and fibrosis of organs:**

4 caps, 2 x/day for 2 months. Then 2 caps, 2x/day to prevent reoccurrence.

**Traumatic inflammation:**

Severe: 6 caps, 2x/day.

Moderate: 4 caps, 2x/day.

Mild: 2-3 caps, 2x/day.

**Post-surgical recovery:**

6 caps, 2x/day.

**To aid physical training:**

4 caps, 2x/day.