| PRODUCT | NO. | SUGGESTED USE* |
|---|---|---|
| RibosCardio™ | RN126 | RibosCardio™ may be taken with other foods approved for your diet. Add 1 level scoop (2½ slightly rounded teaspoonfuls) to 4-8 ounces of water or juice, stir briskly and drink. As an alternative, sprinkle on cereal, fruit or applesauce. Normal dosage is twice daily. Up to 4 doses per day may be taken as needed. If moderate to severe symptoms are present, it is recommended that at least 3 doses per day be taken for the first two weeks before reducing dosage to twice per day. For best results, all doses should be taken no later than 3:00PM. |
| Soothe & Relaxx™ | RN107 | Take 3 capsules twice daily with or without food. |
| TocoPure D&G™ | RN140 | Take 1 to 2 softgels daily with a meal (preferably dinner). Higher doses of 2 or 3 softgels may be taken in divided doses. |
| Transfer Factor Enviro™ | RN151 | Take on an empty stomach, (two hours after eating or one hour before eating), take 1 gelcap per day for the first week, and 2 gel caps per day for weeks two and beyond. |
| Transfer Factor L-Plus™ | RN114 | Take on an empty stomach, (two hours after eating or one hour before eating), take 1 gelcap per day for the first week, and 2 gel caps per day for weeks two and beyond. |
| Transfer Factor Multi-Immune™<br>Transfer Factor Multi-Immune™ (Mushroom-free) | RN103<br>RN111 | Take 3 capsules away from meals (one hour before eating or two hours after eating). Many doctors choose to increase dose to 6 or 8 capsules per day in acute situations). |
| Transfer Factor PlasMyc™ | RN116 | Take on an empty stomach, (two hours after eating or one hour before eating), take 1 gelcap per day for the first week, and 2 gel caps per day for weeks two and beyond. |
| Transfer Factor Sensitive™ | RN123 | Take 2 capsules away from meals (one hour before eating or two hours after eating). |

*Health care professional should modify dose if patient's needs dictate.

| PRODUCT | NO. | SUGGESTED USE* |
|---|---|---|
| Tri-Fortify® Orange<br>Tri-Fortify® Watermelon | RN136<br>RN 138<br>RN 152<br>RN154 | Gently squeeze the tube to fill 1 teaspoon (5 mL) or open single serving packet, hold under tongue for 30-60 seconds, and then swallow. Additional doses may be taken. |
| Ubiquinol Super 200™ | RN156 | Take 1 to 2 softgels daily, preferably with a meal. |

Researched Nutritionals®
solutions for life




# Physician's Guide
*for product dosing*

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| PRODUCT | NO. | SUGGESTED USE* |
|---|---|---|
| Artemisinin SOD™ | RN135 | Adults take 1 or 2 capsules one or two times daily, away from food and iron. |
| Artemisinin SOLO™ | RN139 | Adults take 1 or 2 capsules one or two times daily, away from food and iron. |
| ATP 360® | RN159 | Take 3 capsules once daily with or without food. |
| ATP Fuel® | RN130 | Take 5 capsules 30 minutes before breakfast and 5 capsules 30 minutes before lunch or dinner (ten capsules per day) for the first two months, and 5 capsules before breakfast in month three and beyond. It is important to keep with the protocol for the first two months so that enough cell membranes are repaired, which will allow the patient to feel the difference. This equates to 2 bottles per month for each of the first two months, and 1 bottle per month thereafter. |
| BDNF Essentials® | RN162 | Take 2 capsules twice daily with or without food. |
| BioDisrupt® | RN161 | As a dietary supplement, take 2 capsules twice per day between meals, at least two hours after eating or one hour before eating. |
| BLt™ Microbial Balancer #1<br><br>Crypto-Plus™ Microbial Balancer #2<br><br>Myc-P Microbial Balancer #3 | RN142<br><br>RN143<br><br>RN160 | As with any new nutritional supplement, patients should start slowly. For best results, take away from meals and add to 1-3 ounces of water. If patient experiences nausea, have the patient dose the product 15-30 minutes after a light carbohydrate snack.<br><br>**STARTING DOSE FOR ADULTS**<br>Days 1-3: 3-5 drops in 1-3 ounces of water in the morning and again in the evening.<br><br>Days 4 & beyond: Increase 3-5 drops every other day taken both morning and evening. This should take 10-14 days until full dose of 40 drops in each morning and evening is reached.<br><br>**FULL DOSE FOR ADULTS**<br>40 drops twice per day. Another dosing strategy used by many doctors is to have patients work up to a double dose (80 - 90 drops twice per day).<br><br>* For more dosing information, as well as dosing for sensitive patients, please refer to our Microbial Balancer brochure. |

*Health care professional should modify dose if patient's needs dictate.

| PRODUCT | NO. | SUGGESTED USE* |
|---|---|---|
| Boluoke® | BD202 and BD260 | If Boluoke® is to be taken for chronic conditions take 1 capsule one to three times daily 30 minutes before eating. However, the practitioner may recommend 2 capsules three times daily for three to six weeks in conditions with severe hypoperfusion. The therapeutic dose for children (according to the manufacturer) is 1 capsule per 8Kg (about 17 pounds) per day. If the lumbrokinase is emptied out from the capsule, still try to take the powder on an empty stomach. |
| C-RLA™<br><br>C-RLA™ Vanilla Caramel | RN141<br><br>RN164 | Mix 2 teaspoons in water and take away from food. |
| CoQ10 Power™ 400mg | RN144 | Take 1 to 3 softgels per day with food. |
| CogniCare® | RN128 | Take 2 capsules twice daily with food. |
| CoreBiotic®<br><br>CoreBiotic® Sensitive | RN158<br><br>RN163 | Take 2 capsules once daily at least 30 minutes before eating. |
| Core Minerals™ | RN147 | Take 4 capsules daily with food, divided by AM and PM. |
| Curcumin Pure™ | RN155 | Take 1-2 capsules once daily with or without food. |
| CytoQuel® | RN145 | Take 3 capsules once per day with a meal. Sensitive patients may start with 1 capsule per day with a meal for the first week, and then move up to 3 capsules per day in week two and beyond. For best results take away from Vitamin E (tocopherol). |
| Energy Multi-Plex™ | RN105 | Take 3 capsules per day (at one time or throughout the day) with or without food. |
| GSH Original™ | RN129 | Take 1 teaspoon daily in water or juice before breakfast. Additional doses may be taken before other meals as well. |

*Health care professional should modify dose if patient's needs dictate.

| PRODUCT | NO. | SUGGESTED USE* |
|---|---|---|
| $H_2$ Absorb™ | RN149 | As a dietary supplement, place 1 tablet in approximately 8 oz of non-carbonated water, wait for tablet to dissolve and drink immediately. Repeat twice daily. Take with or without food. |
| HeliGuard™ | RN157 | Take 3 capsules once daily at least 30 minutes before eating. |
| HistaQuel® | RN167 | Take 2 capsules twice daily with or without food. |
| InflaQuell™ | RN115 | Take 3 capsules twice daily at least two hours after eating or one hour before eating. |
| ToxinPul™ | RN148 | Take 3 capsules once daily on an empty stomach (at least two hours after eating or one hour before eating) or as directed by your health care professional. It is recommended to take a multi-mineral such as Core Minerals™ at the opposite time of day while using ToxinPul™. |
| Microbinate® | RN146 | Take 1 capsule twice per day for the first week, and 2 capsules twice per day in weeks two and beyond. For optimal results, take away from meals. |
| NT Factor Energy™ | RN101 | Take 2 tablets with each meal (6 tablets per day) for the first two months, and 1 tablet with each meal in month three and beyond. For severe fatigue, increase to 3 tablets with each meal (9 tablets per day) for the first two months, and 1 tablet with each meal in month three and beyond. It is important to keep with the protocol for the first two months so that enough cell membranes are repaired, which will allow the patient to feel the difference. This equates to 2 bottles per month for each of the first two months, and 1 bottle per month thereafter. |
| Omega-3 Plus™ | RN134 | Take 2 softgels daily with food. |
| Physician's Daily™ | RN133 | Take 1 capsule daily with food. |

*Health care professional should modify dose if patient's needs dictate.