



Poly-MVA Guidelines For Use

The **Poly-MVA** Guidelines for Use contained herein are not intended for use in treating, preventing or mitigating any disease. Before you start using **Poly-MVA**, you should consult a qualified health care practitioner familiar with **Poly-MVA** and its uses. If you are pregnant, nursing, or would like to give **Poly-MVA** to a small child, please first consult your health care practitioner.

The guidelines below are general suggestions for use because everyone's body is different. Recommended usage may not only vary in particular cases due to body mass, size and physical health, but also due to other factors, such as an individual's ability to absorb or utilize the product. For that reason, some people have achieved their desired results by remaining on the "maximum support" usage for longer periods of time than those suggested here.

SUGGESTED USAGE AND THE NUMBER OF BOTTLES NEEDED PER MONTH

Each 8 oz. bottle of Poly-MVA contains 48 teaspoons (236 cc) with each teaspoon being approximately 5 cc.

FOR DAILY NUTRITIONAL SUPPORT OR AS A LONGEVITY TONIC

Use 1/4 to 2 teaspoons (tsp.) per day depending on body weight. One 8oz. bottle has 24-192 servings per bottle.

ADULTS WITH EARLY STAGES OF PHYSICAL IMBALANCES

Initial amount:

Day 1:	1 teaspoon, (1 tsp.)
Day 2:	2 teaspoons,(1 tsp., 2 times a day)
Days 3-4:	4 teaspoons,(1 tsp., 4 times a day)
Days 5-30:	8 teaspoons, (2 tsp.,4 times a day)

Subsequent amount: Reduce to 4 tsp. daily, (2 tsp., 2 times a day), until desired results are achieved. For the maintenance of a newly balanced system and continued support, take 1-2 tsp. daily.

ADULT USAGE FOR MAXIMUM SUPPORT

Initial amount:

Day 1:	1 teaspoon, (1 tsp.)
Day 2:	2 teaspoons,(1 tsp., 2 times a day)
Days 3-4:	4 teaspoons,(1 tsp., 4 times a day)
Days 5-90:	8-12 teaspoons, (2 tsp.,4-6 times a day)

Subsequent amount: Continue at 8-12 tsp. daily (2 tsp., 4-6 times a day) for a minimum of 3 months. We then recommend consulting with your practitioner for further feedback in order that you may reduce the amount to a proper maintenance dose until the desired results are achieved. Five bottles per month are needed at 8 teaspoons per day.

Please note: If you are an adult in the process of overcoming a serious health challenge and you are just starting to use **Poly-MVA**, we recommend you follow the suggested usage for adults with earlier stages of physical imbalance, starting with 1 tsp. a day, then 2 tsp., then 4 tsp., then 8 tsp.

We strongly suggest that you do not start with a “Maintenance Amount.” Greater support is usually needed at such a time because many of the body systems have often been heavily compromised.

CHILDREN WITH EARLIER STAGES OF PHYSICAL IMBALANCES

Use 1 tsp. per 40 pounds of body weight, per day. We suggest that you start a child out with a small amount and increase to this amount slowly over three or four days. Continue until the desired results are achieved, then decrease the usage if desired.

CHILDREN WHO REQUIRE MAXIMUM SUPPORT

Use 1 tsp. per 20 pounds of body weight, per day. We suggest that you start a child out with a small amount and increase to this amount slowly over three or four days. Continue at this dosage for at least two months or longer until desired results are achieved, then decrease the usage if desired.

FOR MAXIMUM EFFECTIVENESS - HOW AND WHEN TO TAKE POLY-MVA

Research shows the benefit of using **Poly-MVA** and Co-Q10 at the same time. When doing so, we suggest taking both supplements together with food as food enhances the absorption of Co-Q10. The use of the antioxidant Co-enzyme Q-10 (Co-Q-10) has been shown in the laboratory to work synergistically with **Poly-MVA**. Therefore, the recommendation would be 400-600 mg daily of the standard form of CoQ10, or 120 mg daily of the “Q-Gel” form, or 30-45 drops of the LiQsorb, which has shown to be more absorbable than all other forms of CoQ10.

Whichever works into your schedule is fine, the product will be absorbed. If stomach discomfort is experienced, take with milk or food. To improve taste, **Poly-MVA** may be mixed with water, tea, coffee, or juice (such as cranberry, grape, prune or vegetable). Use plastic, glass, or ceramic measuring devices and spoons, not metal ones, as metal may affect the taste of **Poly-MVA**. Take the daily amount of **Poly-MVA** in divided doses if possible: for example, 2 teaspoons, 4 times daily; three times before meals and once before bed. If taking 1 tsp. daily or less, it's fine to take it all at once if circumstances prevent dividing the dose.

Taking Poly-MVA with Antioxidants, Chelators, Fiber, and Steroids

Anti-oxidants and detoxification products in their recommended daily dosages may be taken within 30 minutes after taking **Poly-MVA**. If you are taking high dose antioxidants, for example 1-5 grams of Vitamin C daily, we recommend waiting six hours before taking **Poly-MVA**. If you are taking mega-doses of Vitamin C, 5-150 grams per day, consult with your physician. Alpha lipoic acid by itself should also be minimized.

NOTE: Tobacco products, alcohol and excessive caffeine intake can also slow down the uptake of **Poly-MVA**. Graviola, hydrazine sulfate and Pau D'Arco may interfere with the absorption of **Poly-MVA**, so we recommend alternating these products on different days. Zeolites may chelate out the mineral palladium so it is not recommended when taking **Poly-MVA**.

If using intravenous chelation therapy or oral chelation supplements that are designed to remove heavy metals or arterial plaque from the body, we suggest leaving an interval of at least 24 hours between using them and **Poly-MVA**, as the chelators may minimize the effectiveness of **Poly-MVA**. Therefore, we recommend taking chelators and **Poly-MVA** on alternating days.

If using a fiber product such as psyllium seed husks, ground flax seeds, or bran, leave an interval of at least an hour between taking it and taking **Poly-MVA** or any other supplement or pharmaceutical agent, to ensure that your supplements and medicines can be properly absorbed. Fiber tends to absorb supplements, and can also move them through the digestive tract too quickly for maximum absorption to occur.

Moderate to heavy use of steroids may, in some cases, diminish the effectiveness of **Poly-MVA**. There is no way to definitively state what usage of any given steroid is too much because of the many variables. If you are taking steroids, you should be under the supervision of a physician.

Responses that May Occur in Rare Cases

- A cleansing reaction also referred to as a “HERXHEIMER RESPONSE” or “detoxification reaction” may be caused by the introduction of nutritional support aiding the body’s systems very quickly. We recommend reducing the dosage or usage amount until the situation remedies itself, usually within a few days. Conditions may include, but are not limited to: rash, headache, unusual or strong body odors, frequent bowel movements, slight fatigue or nausea. A cleansing reaction may indicate that the body is readily absorbing and responding to the vital nutrients.
- Poly-MVA at times may act as a paramagnetic contrast agent creating a halo effect in some MRI scans but only after large doses, typically over a minimum of 4 months. Poly-MVA is a complex that contains minerals, which may vibrate under certain circumstances when exposed to paramagnetic radiation. This is generally rare. For additional information, or to answer any questions, please consult with your physician.

Storage and Shelf Life

It is not necessary to refrigerate Poly-MVA, but you may if you wish. Do not expose it to direct sunlight because such exposure may affect the taste. Exposure to moderate heat is not a problem. Poly-MVA is best if used by the date on the bottle.