



intraMIN[®] Protocols

Applies to all protocols: Follow dosage with plenty of non-chlorinated or filtered spring water. For best results, do not take within 2 hours of pharmaceuticals, over-the-counter drugs, or other dietary supplements.

Maintenance Protocol:

Take 1 fl oz per day, six days per week on an empty stomach.

Performance Protocol:

Take 1 fl oz of intraMAX[®] in the morning on an empty stomach and 1 fl oz of intraMIN[®] in the afternoon at least 30 minutes before or after food.

Chemically-sensitive Patient Protocol (*intraMIN[®] Unflavored recommended*):

Take 1 teaspoon three times per day, six days per week. Best if taken 30 minutes before or after food.

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