



Recommended for ages 4 and over

intraMIN® Protocols

For best results, take on an empty stomach and do not take within 2 hours of pharmaceuticals, over-the-counter drugs, or other dietary supplements. Follow dosage with plenty of non-chlorinated, filtered water or as directed by your Health Care Practitioner.

Maintenance Protocol:

Take 1 fl oz per day, six days per week.

Performance Protocol:

Take 1 fl oz of intraMAX 2.0 in the morning and 1 fl oz of intraMIN approximately 6-8 hours later.

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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