

How Do I Take Laminine?

Suggested Adult Use:

When you first begin taking Laminine it is suggested to saturate the body with the product. This essentially "jump-starts" the rejuvenation process.

Saturation dosage:

First 14 days: Take 2 capsules before breakfast and 2 capsules in the evening before bed.

Second 14 days (days 15-28): Take 1 capsule before breakfast and 1 capsule before bed.

****VERY IMPORTANT, Note:** If you experience afternoon energy slumps or sleep challenges when taking the second dose at night, adjust the second dose to the **afternoon** (around 3-4PM) **INSTEAD of evening**. Also, if you are experiencing extreme health challenges, extra capsules (3 at a time, or 2 at a time 3 times a day) may be warranted.

Standard dosage:

Take one per day (or more) according to your personal preference. Some people feel better when taking 2 capsules per day as standard dosage. Also, some people temporarily increase the dosage during stressful times or during disruptions in normal routine (such as traveling, jet lag).

IMPORTANT:

Laminine is best experienced away from food, including tea and coffee, medication and/or any other supplements you might be taking. Take it **30 minutes before** a meal/medication/supplements/tea/coffee or **2 hours after** a meal/medication/supplements/tea/coffee. Also, it is suggested that you take it with a full glass of water and drink plenty of water throughout the day (1/2 ounce water per pound of body weight).

Laminine has excellent overall tolerability, as there were no reports of any side effects in the studies of dietary supplementation. Some people have experienced mild stomach upset or headaches during the saturation dosage or on initial use. In this case, simply reduce the dosage for a few days then try increasing the dosage again; adjust as needed for your personal comfort.

As Laminine is communicating with the brain, in the beginning you may experience some high energy surges and possibly some days of feeling tired and/or mild flu-like symptoms. Since the FGF (fibroblast growth factors) in Laminine are replacing old tissues and helping the body detox through the die-off of these tissues, extra rest may be required to facilitate the healing. In addition, the balancing of the body's pH may result in deep sleep for many hours. Honor what your body needs and give it the rest it requires for the healing process. You will also be cleaning out the residue of heavy protein diets, so you might consider eating lighter foods during this time.

Suggested for Children:

Recommended dosage for children is half the amount suggested above and if there are any concerns for the product be sure to consult your health care professional. If the child cannot swallow capsules, open the capsule and mix with water (not juice or other liquids).

Great for Pets:

Laminine is also suggested for pets. Just open the capsule and let them lick it from their bowl (without food) or put it in the palm of your hand and they will lick it from there, they love it!

Disclaimer: This information is provided for educational purposes only and IS NOT intended as a substitute for professional medical advice, diagnosis or treatment. Always seek professional medical advice from your physician or other qualified healthcare provider with any questions you may have regarding a medical condition.