

Colostrum & Olive Leaf Extract Capsule Intake Instructions

Colostrum and Olive Leaf Extract are not vitamins and should not be taken on a daily basis (unlike the label's recommendation).

Adults & Children six and up:

Should take it when most people around you are sick so you can get a boost in your immune system to either not get sick or if you do, your body can fight it off faster.

Dosage: 1 capsule per day, preferably in the morning for 5-7 days.

If you are already fighting the 'germ',

Dosage: 1 capsule, 2-3 times per day for 8-10 days, none for 5 days, followed by 4 days of 1 capsule per day.

You should not take Colostrum or Olive Leaf Extract more than 4 times a day. I recommend Oil of Oregano as an addition to Colostrum and Olive Leaf Extract to fight off the 'germs' faster as the combination will be much stronger.

IMPORTANT:

Please remember the instructions given are MY personal modification of the dosage and method of intake. It is not my intent to discourage you from following your family physician or your pediatrician's advice.

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