

METABOLICS DAILY ALLOWANCE GUIDELINES

All (except Vitamins A, D and Mineral Zinc) should be in water and before meals eg. 10 drops in water. Zinc should be taken after food.

Vitamin	Adult Amount	Adult Frequency	Child Amount	Child Frequency
Vitamin A oil	1-4 drops	1-2 per day	1 Drop	1 per day
Vitamin D oil	2-4 drops	1-2 per day	1 drop	1 per day
Vitamin D & K2				
Thiamine (B1)	10 drops	1-3 per day	5 drops	1 per day
Riboflavin (B2)	10 drops	1-3 per day	3 drop	1 per day
NADH (B3)	10 drops	1-2 per day	1 drop	1 per day
Pantothenic Acid (B5)	5 drops	1 per day	2 drops	1 per day
Pyridoxal (B6)	10 drops	1-3 per day	5 drops	1-2 per day
Folic Acid (B9)	10 drops	1-2 per day	5 drops	1-2 per day
MTHFR	6-8 drops	1 per day (pm)	2-4 drops	1 per day (pm)
B12 (Adenosyl)	10 drops	1 per day	5 drops	1 per day
B12 (Cyano)	10 drops	1-3 per day	5 drops	1-3 per day
B12 (Hydroxy)	10 drops	1-3 per day	5 drops	1-3 per day
B12 (Methyl)	10 drops	1-3 per day	5 drops	1-3 per day

Mineral	Adult Amount	Adult Frequency	Child Amount	Child Frequency
Boron	10 drops	2 per day	5 drops	1 per day
Calcium	10 drops	3 per day	5 drops	2 per day
Chromium	10 drops	2 per day	5 drops	1 per day
Iodine	5 - 6 drops	1 per day	1-2 drops	1 per day
Iron	5 -10 drops (M-F)	1 per day	8-10 drops	1 per day
Magnesium	10 drops	3 per day	5 drops	1 per day
Manganese	10 drops	1 per day	5 drops	1 per day
Molybdenum	10 drops	2 per day	5 drops	1 per day
Selenium	10 drops	1 per day	5 drops	1 per day
Silver	10 drops	2 per day	5 drops	2 per day
Ionic Zinc XS	10 drops	3 per day	5 drops	2 per day
Liquid Zinc	5 drops	2 per day	2 drops	1 per day
Super Zinc	10 drops	1 per day	5 drops	1 per day
NAC	½ Tsp	2 per day	¼ Tsp	1 per day
Mannose	¼ Tsp	For acute infection every hour until symptoms decrease.	1/8 Tsp (1/2 Adult Dose)	For acute infection every hour until symptoms decrease.
Potassium	10 drops	1 per day		
Gold	5ml	1 per day	2.5ml	1 per day
Platinum	5-10ml	1 per day	2.5-5ml	1 per day
Germanium	TBA	TBA		