

Isotonix™ OPC-3/ORAC Anti-Oxidants

Suggested Dosage and Mixing Instructions

There are 2 caps on the bottle...the large WHITE CUP and the small white bottle cap...

- the White CUP is to be used as a measuring device for the WATER
- the WHITE cap is to be used to measure the crystalline powder in the bottle

There are those who've used the White CUP to measure the powder...and

REALLY FELT BETTER FAST!

**To avoid confusion...and a very fast response to OPC-3/ORAC...
please read and follow the instructions below.**

OPC-3/ORAC should be taken on an **empty stomach** (first thing in the morning) for best results, taken 10-15 minutes prior to eat or drink.

Loading Dose: For the first 7 - 10 days, take one white capful of Isotonic powder for every 75 pounds of body weight (see chart below).

OPC-3/ORAC are Non-Toxic anti-oxidants...you can increase dosage if necessary for quicker relief. As an example, for relief of Arthritis pain, take twice your recommended dosage.

For those with debilitating health challenges, maintain the loading dose for up to 30 days before shifting to a maintenance dose.

- For a single dose of OPC-3/ORAC Put one (1) white capful of powder into the White cup. add filtered water to the first line (2 oz.) stir and drink.
- When using more than one (1) dose...as in the " loading dose ", you'll want to use a glass...measure the water using the White CUP.

When you've completed the "loading dose cycle" ...7-10 days for most individuals, you can move into the "Maintenance" Dose for continued anti-oxidant protection.

When you've begun to feel better... depending on your weight and overall health ...and continuing each day thereafter, take your maintenance dose each day first thing in the morning.

One capful of OPC-3 contains 75mg. of active OPC's and 50mg of bioflavonoids which are additional sources of anti-oxidant support.

The "loading dose" of OPC-3/ORAC is the most critical component in achieving successful results with this highly effective NON-Toxic product. If you are not experiencing the desired results in the first week to ten days, you may need to extend the "loading dose" for up to three (3) months...depending on the severity of the condition you wish to address.

The chart below is used to determine your daily loading dose and maintenance dose and is used as a guideline only...our bodies tell us whether we need more or less depending on our health challenges and body weight.

Take CHARGE of your health...BEFORE it takes charge of YOU !

Weight	Loading Dose	Maintenance Dose
75-150 lbs.	2 capfuls of OPC-3	1 capful of OPC-3
151-225 lbs.	3 capfuls of OPC-3	1 capful of OPC-3
226-300 lbs.	4 capfuls of OPC-3	2 capfuls of OPC-3
301-375 lbs.	5 capfuls of OPC-3	2 capfuls of OPC-3
376-450 lbs.	6 capfuls of OPC-3	2 capfuls of OPC-3
451- above	7 capfuls of OPC-3	2 capfuls of OPC-3

Contact Info: