

AvinoCort

Dosing Recommendations - Please Consult Your Health Care Practitioner

We recommend that you start by taking

1st Day -- 1 Capsule the first day on an empty stomach in the early morning before 9:00 A.M.

2nd Day – 1 Capsule in the A.M. and then 1 Capsule in the afternoon between 2-4 P.M.

3rd Day – Same as Day 2

Some people do well at this dosage. If you feel great you may want to stay here or go on to experimenting with

4th, 5th and 6th day – 2 Capsules in the A.M. and 1 Capsule in the afternoon or 1 three times a day.

Many people do well here and you can stop here or you can increase if you are not noticing anything.

7th day ONLY IF NEEDED – 2 capsules in the A.M. and 2 Capsules in the P.M.

Some people detoxify or have retracing symptoms that are uncomfortable or rarely more severe. These issues are from unresolved health issues that the body is now rapidly trying to repair.

Approximately 50% of people do best on 1 or 2 capsules in the morning and 1 in the afternoon with minor healing reactions.

Most people can expect to experience more energy, stamina, mental clarity and focus, a more positive attitude and sense of well-being.

Sugar balance, better adrenal function and repair, improved libido and many more benefits have been reported by **AvinoCort** users.

Note: **AvinoCort** has been proven to improve me blood lipid levels and ratios and other health issues with long term use.