How do I take Laminine?

Laminine is a product that provides essential nutrition to the body in several dynamic ways.

It provides the body with 22 Amino Acids which allow the body to manufacture over 60,000 proteins. Also in Laminine are valuable Growth Factors… specifically Fibroblast Growth Factor which helps the brain carry out directives to the body to replenish and repair itself.

Since these vital nutrients are often compromised by the way we cook our food and the processed food we eat, it is more essential than ever to get these components into our body at a level that it requires to maintain health and generate healing.

Laminine is like an adaptogen - it strengthens weaknesses and fills in depletions in the body.

The following is a recommend protocol for your first 30 days and beyond.

**SUGGESTED ADULT USE:**

Note: Laminine needs to be taken on an EMPTY stomach so take it first thing in the morning, then wait half an hour minimum before you eat.

Afternoon dosage needs to be two hours after your meal if you have not been snacking. Same when you shift to bedtime dosage.

**Saturation Dosage** (recommended)

When you first begin taking Laminine it is suggested to saturate the body with this incredible formula to "jump-start" the rejuvenation process.

To begin, for two weeks, take 2 capsules before breakfast (at least half hour before you eat) and 2 capsules in the afternoon around 2-3pm. (Adjust the time so it is about 2 hours after you last ate.)

After the first week, the second dose of 2 capsules can be taken before bed instead of in the afternoon.

After 14 days, reduce to 1 capsule in the morning and one in the
afternoon or before bed. Most people begin to get a feel for how much their body needs and when to best take it. For stressful times, or for more senior users or chronic conditions, there is no problem with taking more capsules on a long-term basis. When in doubt, check with your health professional.

**SUGGESTED FOR CHILDREN:**
While Laminine is a food and is safe for people of all ages, we recommend half or less of the amount suggested above and, if there are any concerns about using the product, be sure to consult your health care professional. If a child does not swallow capsules, open the capsule and add the contents to yogurt if they won't drink it mixed in water.

**SUGGESTED FOR PETS:**
Laminine is also great for pets. Open a capsule, put the contents in their bowl or your hand. Allow them to lap it up freely. Most animals like egg protein and will like Laminine. If needed/you can add it to a small amount of another protein they will eat.

Laminine is tolerated well by most people and animals, as there were no reports of any side effects in the studies of dietary supplementation. If you have an egg allergy it is NOT recommended that you ingest Laminine.

**Serious Health Issues:** You may consider using more Laminine, as your body most likely is very depleted in these vital nutrients.

If you have a sensitive system: This protocol can be varied according to the level of your health. You may wish to start out for three days taking 1 in the morning and 1 in the mid to late afternoon. See how your body reacts and increase the dosage, as you are comfortable. Then follow the protocol. Or you can begin with the 2 and 2 for two weeks etc as mentioned above. Just listen to your body and know that you are filling it with a superior functional food.

**MOST IMPORTANTLY:** drink a lot of water to help the body with cleansing the blood and throwing off toxins. This is vital for health regardless of what program you are on. It is best to use filtered or spring water.
If you are not used to, or have health problems that have inhibited you drinking a lot of water please begin sipping water during the day. 8-10 x 8 ounce/250ml glasses of water is a good regular intake though some recommend drinking more, according to what you weigh and your health at the beginning of the program.

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.