

MSM/TMG PROTOCOL

What you will need for this protocol:

MSM/TMG

2 tablets of Vitamin C (take 3 times a day)

2 tablets of Rutin (take 3 times a day)

2 capsules of Magnesium/Potassium (take 3 times a day)

Directions:

Mix 16 grams (16 capsules) MSM/TMG into 1/2 gallon of distilled water and drink all between breakfast and dinner for 8 days (until finished).

On days 9 and 10, take an additional 15 capsules with more water, if you can.

Expect tired, fatigue and a headache for 1-3 days when you begin this protocol. It is a sign that your body is detoxifying. If you do not feel the signs of detox, then please contact our office, as you need to increase your dosage of MSM.

Also, please be aware of any lower back/kidney pain. It is a sign that your kidneys are trying to keep up with detox. You need to stop taking MSM for a day until the pain subsides. We also recommend taking our Care for Kidneys in these instances.

For maintenance, take 4-8 capsules per day depending on body weight and other nutritional needs.