



## MSM/TMG Protocol

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### **What you will need to purchase from SGS for this protocol:**

- 1 bottle of MSM/TMG capsules (and 1 additional bottle for maintenance)  
(Our MSM/TMG Powder can be used instead if you don't feel like breaking apart many capsules)
- 1 bottle of Vitamin C tablets
- 1 bottle of Rutin Capsules
- 1 bottle of Magnesium/Potassium Capsules

### **Directions:**

Mix 16 grams (16 capsules or 4 teaspoons) of MSM/TMG into a ½ gallon of distilled water and drink it all between breakfast and dinner time. Do this for 8 days straight.

### **For the supplements for those 8 days:**

**Morning:** 2 tablets of Vitamin C, 2 capsules of Rutin, 2 capsules of Magnesium/Potassium

**Afternoon:** 2 tablets Vitamin C, 2 capsules of Magnesium/Potassium

**Evening:** 2 tablets of Vitamin C, 2 capsules of Rutin, and 2 capsules of Magnesium/Potassium

On Days 9 and 10, take an additional 15 capsules (Total of 31 Capsules or 7 ¾ teaspoons) in a ½ gallon or more of water and drink it all between breakfast and dinner, if you are able to. Continue with the supplements as you did with the first part of the protocol.

Expect to be tired, fatigued, and to have a headache for 1 to 3 days after you begin the protocol. This is a sign that your body is detoxifying. If you



do not feel the signs of detox, please contact our office as you will need to increase your dosage of MSM/TMG.

Also, please be aware of any lower back/kidney pain. The pain is a sign that your kidneys are trying to keep up with the detox. You should stop taking the MSM for a day if you start to feel pain; you can continue on once the pain subsides. We recommend that you take our Care for Kidneys if you experience any kidney pain during this protocol.

For maintenance after the protocol, take 4-8 capsules of MSM/TMG per day depending on your body weight and other nutritional needs.