

## **LAURICIDIN® Recommended Use**

**Do not chew, swallow with hot liquids, or mix/dissolve in liquid. Simply place contents of the scoop in mouth and wash down with cool water or juice with meals.**

Lauricidin® is a concentrated mini-pellet (~30-40 mg per pellet) of sn1 (3)-monolaurin. The size and shape of the mini pellets can vary.

Lauricidin® is scaled to the individual, the exact amount that you need for optimal health\* depends on your diet, genetics, and your healthcare provider's recommendations. Lauricidin® is nontoxic and safe for children. It is advisable to check with your healthcare provider for children under the age of 12.

**Lauricidin is not harmful if chewed, but has a natural bitter and soapy taste.**

### **DO:**

-Take Lauricidin® in small amounts until you reach your recommended intake level. This could mean starting as low as to 1 individual pellet 3 times daily to 1/4th scoop 3 times daily before working up to the adult intake of 1 scoop 3 times daily. Take daily much like a multi-vitamin.

-Follow the directions of your healthcare provider if they differ from the general intake instructions below.

**ADULTS (12+ years old)** ----- The recommended initial intake of Lauricidin® is ~750mg (1/4 scoop) or less 3 times daily for a week before increasing the amount.

The level can be then increased to 1500mg (1/2 scoop) 3 times daily for a week before increasing the amount to our maintenance level.

A maintenance level can be 3000mg (1 scoop) 3 times daily as necessary for optimum health effects\*.

In "stubborn" cases, this level may be increased up to 6000-12000mg (2-4 scoops) 3 times daily as necessary. The length of time for taking the supplement is based on individual response.

**CHILDREN (3-11 years old)** ----- If there is difficulty swallowing, try placing the pellets (whole or powdered) into applesauce, pudding, peanut butter, etc. It is best to start with 1-3 pellets, 3 times per day for several days before gradually increasing the intake level.

- Children 3-5** may safely take up to 750 mg (1/4 scoop) , 3 times daily
- Children 6-8** may safely take up to 1500 mg (1/2 scoop), 3 times daily
- Children 9-11** may safely take up to 2250 mg (3/4 scoop), 3 times daily

**Disclaimer** - Information provided by Med-Chem Labs, Inc. about Lauricidin® or its use is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. Any information given is only intended as a sharing of knowledge and information from the research and experience of Dr. Jon J. Kabara, PhD and the scientific world literature. You are encouraged to make your own healthcare decisions in partnership with a qualified healthcare professional.

**\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.**