

Recommendations for Ultra Monolaurin - benefits and how to use it

DO NOT chew the pellets. **Do not** take with hot liquids. **DO** take at least the first few doses with meals.

DO NOT EXCEED RECOMMENDATIONS: 1 scoop 3 or 4 times per day. Ultra Monolaurin may cause a Herxheimer reaction. For this reason, patients with chronic conditions should consider starting with one scoop or less per day. Some begin with a pellet or two.

Adults:

One scoop (1/4 tsp) 3 or 4 times per day with water (or other cool liquid) until several days after symptoms are gone.

Ultra Monolaurin can be taken daily for chronic conditions. In this case take one scoop (1/4 tsp) per day for day one. If there are no adverse affects, take 2 scoops on day two, or else repeat one scoop. If two scoops cause no side effects use 3 scoops. Build to one scoop 4 times per day.

Children (3-10 year olds):

For very young children, place 1 to 3 easy to swallow pellets on the tongue and follow with water or juice. For older children use half the adult dose. If necessary, and if there are no adverse affects after a day, dosage may be increased to 1 scoop per day.

The pellets may be mixed in foods like honey, applesauce, pudding, and peanut butter.

Description of the Product: Each scoop (1/4 tsp) contains approximately 750 mg. 90% Monolaurin. Encapsulated products are usually 300 mg to 600 mg, and contain a lesser percentage of Monolaurin. The recommended doses should be followed unless directed by a qualified health care professional.

Benefit: Studies by Dr Kabara and others have shown that Monolaurin is effective against bacteria, viruses, protozoa, yeast and other fungi. They may be destroyed faster than the body can remove the toxic products, so it is very important to start with the suggested dose (or less), and build slowly beyond that if necessary.

Side Effects: Ultra Monolaurin can precipitate a Herxheimer – like reaction. This is caused by a rapid die off of pathogenic organisms. In this event, simply reduce the amount for a day or so and then start slowly to increase again.

Ultra Monolaurin

Studies have not been done for its use in pregnant or lactating women, therefore its use cannot be recommended. However, monolaurin is a normal component of human mothers' milk. Pregnant and lactating women have been using monolaurin for years with no reported side effects.

Optional uses:

For each scoop Ultra Monolaurin use 1 Ultra Elderberry for Influenza.

For each scoop Ultra Monolaurin use 1 BladrEase for Bladder problems

For each scoop Ultra Monolaurin use 1 PhytoBiotic for immune support, antimicrobial support and parasites.

Maintenance: 1 scoop per day.

Ultra Monolaurin will dissolve in warm oil for topical applications. Use caution if mixing with food or chewing as it is very bitter!

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Visit this website for information and references: <http://www.inspirednutrition.com/3/Monolaurin.html>

These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or mitigate any disease.



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