

**Proper way to take your dose of intraMAX:** If possible, have the patient hold the product under his/her tongue for 60 seconds before swallowing. If the patient has sensitive teeth or gums, swallow immediately. After swallowing, sip 8 to 10 oz. of filtered, **non-chlorinated** or bottled spring water. Do not eat food 30-minutes before or after dosage. Do not take medications, caffeine, or other supplements until two hours have passed. For best results, use intraMAX for six days, take the seventh day off, and repeat. Do not take after 6 p.m. and always consult your Health-Care Professional before taking Drucker Labs' products.

### The Less is More Protocol

When a person complains of having numerous health issues and internal toxins, always start with one teaspoon first thing upon rising, before eating in the AM (ideally on an empty stomach), one teaspoon 30 minutes before or after lunch, and one teaspoon just before 6 PM. See how the patient responds after three days, and, if favorable, add an extra teaspoon to one of the three doses for three days. After reviewing the patient again in those three days, if the results were favorable, add another teaspoon to one of the other two dosages for three days. Recheck again in three days, if favorable, add another teaspoon to one of the remaining dosages for three days. What you want to slowly achieve is a deeper cellular detoxification. If done too quickly, simply increase water intake to help dilute and cut back a teaspoon or two for at least three days and then begin the addition process again. Try half teaspoon increments instead of the full teaspoon.

The primary goal is to build up to one tablespoon in the AM and one tablespoon in the PM. Once that goal has been successfully achieved, then The Detox Protocol should come into play (except in the case of pregnancy or nursing).

Use this Less is More Protocol if you have anyone with chemical sensitivities, high toxicity, depression, cancer, gastrointestinal disorders, Lyme disease, thyroid conditions, ADD/ADHD, heart conditions, bone disorders, heavy metal toxicity, allergies, neuromusculo disorders, skin disorders, trauma, alcoholism, pregnancy, and weight loss. After you start to realize positive results using this protocol, you will want to evolve into The Maintenance Protocol and eventually into The Detox Protocol and The Stress Protocol.

### The Maintenance Protocol

One half-ounce in the AM on an empty stomach and one half-ounce in the PM before 6 PM either 30 minutes before or after a meal. People who do not have any major health issues may be able to start at this level.

Day	Dose	Frequency
Monday	½ ounce	2 X per day
Tuesday	¾ ounce	2 X per day
Wednesday	½ ounce	<b>3</b> X per day
Thursday	½ ounce	2 X per day
Friday	¾ ounce	2 X per day
Saturday	½ ounce	<b>3</b> X per day
Sunday	None	rest

### The Athletic Protocol

One tablespoon before an event and one tablespoon after an event. It is not unusual for the dosage to be one ounce before the event and one ounce after an event. Adapt this protocol to the athlete's needs.

### The Stress Protocol

This is The Maintenance Protocol with an added ounce sometime from 2 to 6 PM. This extra dose is for those particular days that you anticipate or experience stressful situations and feel the need for extra supplementation. This protocol also may apply to menstruation days.

## The Detox Protocol

The Detox Protocol takes 30 days and requires 70+ ounces of intraMAX® (two 33 ounce bottles plus a third bottle to begin the Maintenance Protocol\*). For the alternate 45-day Detox Protocol, see the Daily Detox Calendar.

\*For General Maintenance Protocol, see reverse side

Day	Dose	Frequency
1-4	½ ounce	2 X per day
5-10	1 ounce	2 X per day
11-14	1 ounce	<b>3</b> X per day
15-18	1 ounce	<b>4</b> X per day
19-23	1 ounce	<b>3</b> X per day
24-27	1 ounce	2 X per day
28+	½ ounce	2 X per day

It is best not to start with this protocol, but rather evolve into it after having been on the Maintenance Protocol for a month or two. You may do this once a year as a basic detoxification or twice a year as a maintenance detoxification. You may detox three times per year if you have some health issues that you feel need to be addressed in this manner.

This protocol will pull toxins out of the body so you may experience numerous reactions, such as skin rashes, headaches, tiredness, constipation, diarrhea, joint pain and other reactions that may be out of the ordinary. All these reactions will pass.

### Measurement Reference Information:

- Two tablespoons = one ounce
- Three teaspoons = one tablespoon
  - Six teaspoons = one ounce
- One capful of intraMAX = one ounce

Disclaimer: this product is not intended to prevent or cure any diseases. The statements above have not been evaluated or approved by the US Food and Drug Administration. This information is neither intended to provide medical advice, nor to take the place of medical advice or treatment from a Health-Care Professional or Doctor. Readers are advised to consult with their own Health-Care Professional or Doctor regarding alternative treatment of their medical problems and/or the undertaking of any exercise and/or supplement and/or detoxification programs mentioned. Consult with a Health-Care Professional or Doctor if taking any prescription medications and do not discontinue any medications to start supplementation or any procedures outlined without the proper supervision of a Health-Care Professional or Doctor. If you are pregnant, nursing or using prescription drugs, consult your Health-Care Professional or Doctor before use. Always consult your Health-Care Professional or Doctor before taking any supplements.