



PHI's Basic Dosage Guide

It's easier to take a few capsules multiple times a day than 1 huge handful, so when taking multiple capsules of one kind (such as 12 Arth Rite), consider taking a few of them, multiple times a day; 4 caps 3 times a day, or 3 caps 4 times a day...

Formulas	Mild	Moderate	Severe	Acute
Multi-Vitamin Pack	1	1	1	2
Arth Rite	1-2	2-4	6-9	9-12
B & C Complex	1	2	4	6
Bladney	1-2	2-4	6-9	4 every 2 hrs
Blood Wash	1	1-2	3	6
Col Cer	1	3	4	6
C Complex	2	4	6	9
Dong Quai	1	1	2	4
Extra-B-Gone	3	6	9	12
Fection	1	3	6	12
Flem Up	1	2	3	1 every 2 hrs up to 8
Happy O	1	4	6	9
Hay Asz	1	4	6	30
Hediondilla	1	2	3	6 (only for one week then 1 per week)
Her Mone	1	3	6	6
Hrt	1	2	3	4
Hy Sugar	3	6	9	12
I Brite	1	2	3	6
Klean Lax	1	2	3	whatever it takes up to 6 a day
Kolonic Kaps	4	6	8	12 (Take with lots of water, water, and more water)
Liv Clean	1	3	6	6
Low Sugar	3	6	9	12
Man Up	2	4	6	8
Monia	1	2	4	6
Nemia	1	3	6	12
Nerquilizer	3	6	9	12
Oh Cramp	1	2	4	6
PM Minerals	1	2	3	4
Potassium	1	1	2	3
Silica DE	1	3	6	30
Throb Eaz	2	6	12	60
Tissue Mend	2	4	6	12
Tonic F	2	6	6	9
Travl	1	2	3	4
Vari Cose	2	3	6	9
Zime	2	3	6	9

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