



DESCRIPTION INGREDIENTS DIRECTIONS

Serving Size: 2 Tablespoons (15g)
Servings Per Container: 25

Amount Per Serving:

- Calories 50
- Total Fat 0.5g
- Saturated Fat .2g
- Unsaturated Fat 0.3g
- Cholesterol 0g
- Total Carbohydrates 0g
- Dietary Fiber 4g
- Protein 0g

- Vitamin A 7,000 IU
- Vitamin C 65mg
- Vitamin E 3.19 IU
- Thiamin (Vitamin B1) 6mg
- Riboflavin (Vitamin B2) 7.2mg
- Niacin (Vitamin B3) 40mg
- Vitamin B6 6mg
- Folic Acid 268 mcg
- Vitamin B12 31.5 mcg
- Panthothenic Acid (Vitamin B5) 10mg
- Iron 2mg
- Iodine 28mcg
- Zinc 2mg
- Selenium 25mcg
- Sodium 50mg

HERBAL INGREDIENTS: Spirulina Algae, Blue-Green Algae, Chlorella Broken Cell Algae, Barley, Alfalfa & Wheat Grasses, Purple Dulse Seaweed, Sweet Root, Spinach Leaf, Acerola Cherry, Rose Hips, Orange & Lemon Peels & Pairs Fruit in a base of Dr. Schulze's Proprietary Non-Fermentable Saccharomyces Cerevisiae Yeast.

Common Dosage Questions & ANSWERS

1: How Much Is A Dropperful?

A dropperful is whatever comes up in the dropper when you squeeze it. Often, it only looks like about a half a dropperful, but whatever you get when you squeeze the dropper...that's a dropperful. If you counted it (which would be really boring), it would be about 35 drops. There are also about 35 dropperful in every 1-ounce bottle and about 70 dropperful in every 2-ounce bottle.

2: What Are The Standard Dosages For The Herbal Formulas?

The standard dosage is 2 dropperful, three times a day. Now, if you're having problems, you can certainly take 4 dropperful, three times a day, or 4 dropperful, five times a day. For immediate relief, you can even increase your dosage to 6 dropperful, 8 dropperful, 10 dropperful or more. Then, once you start getting results, go back to the standard dosage.

The bottom line, if you're not feeling well and your symptoms are persisting, take more herbs and take them more often. That's how you heal yourself and create powerful health.

3: What Are The Dosages For Children?

Children vary dramatically in size and shape. One 5-year-old can be very different from another. In his clinic, Dr. Schulze found the safest and most effective way to dose children was by weight. After all, we want to adjust their dosage by how much their metabolism can handle. The surest way to do so is by weight. Simply make a fraction and put the child's weight over 150 pounds. Just look at the following example:

A Child of:

$$\frac{30 \text{ pounds}}{150 \text{ pounds}} = \frac{1 \text{ of the}}{5} \text{ adult dose}$$

4: What Are The Specific Dosages For Dr. Schulze's Three Main Foundational Products?

SUPERFOOD PLUS

Dr. Schulze suggests 2 tablespoons of SuperFood Plus in a morning drink or 15 tablets in the morning. You can also take 5 tablets, three times a day. That's the daily dosage. Now, if you're anemic, if you have low energy or if you have an afternoon slump, then you'll want to get more nutrition in your body. In this case, Dr. Schulze suggests you take 2 tablespoons and make a SuperFood drink in the morning and AGAIN in the afternoon, or take more tablets.