**Dosage suggestions**

Page 1 is for you as a therapist and page 2 you print to your client if you recommend Livlig and Laddad. It is important that they know how to take the supplements to get the best effect.

**Delete the dosing suggestions on page 2 that the client should not have.**

**Keep only the dosage the client should use.**

**Then print page 2.**

|  |  |  |
| --- | --- | --- |
| **Max=75-100 kg** | **Mid=50-75 kg** | **Mini=up to 50 kg** |
| **1** capsule Laddad  **2** measures Livlig  **1** teaspoon Möllers tran  **6-8** dl water, vegetable or fruit juice  (Livlig contains 50 measures, ie it **lasts about 25 days** at this dose.) | **1** capsule Laddad  **1,5** measures Livlig  **1** teaspoon Möllers tran  **6-8** dl water, vegetable or fruit juice  (Livlig contains 50 measures, ie it **lasts about 33 days** at this dose.) | **½** capsule Laddad  **1** measures Livlig  **1** teaspoon Möllers tran  **3-5** dl water, vegetable or fruit juice  (Livlig contains 50 measures, ie it **lasts 50 days** at this dose.) |

**Instruction**

**Drink half in the morning and half in the afternoon**. Some mix everything at once and drink half of the shaker in the morning, set it in the fridge and drink the rest in the afternoon.

**Important information**

* **People with sensitive stomach or intestines** can advantageously start at the lowest dose even if they weigh more than 50 kg.
* **People with major deficiencies** can advantageously take a larger dose than the weight category in which they fit, provided that the person does not have a sensitive stomach or intestine.

**NOTE! Livlig contains 50 measures.**

If you recommend 2 measures per day, a can of Livlig lasts for 25 days.   
It is good if the client knows about it.

**Date**

November 21, 2019

**Name of client**

First Name Surname

**Instruction**

Mix as below. The easiest way is to mix in a shaker (not metal). Drink half of the shaker in the morning, set it in the fridge and drink the rest in the afternoon.

* 1 capsule Laddad
* **2** measures Livlig
* 1 teaspoon Möllers tran
* 6-8 dl water, vegetable or fruit juice  
  (Livlig contains 50 measures and lasts for about 25 days)

[DELETE THIS TEXT AND DOSAGE OPTIONS NOT TO BE USED]

* 1 capsule Laddad
* **1,5** measure Livlig
* 1 teaspoon Möllers tran
* 6-8 dl water, vegetable or fruit juice  
  (Livlig contains 50 measures and lasts for about 33 days)

[DELETE THIS TEXT AND DOSAGE OPTIONS NOT TO BE USED]

* 0,5 capsule Laddad
* **1** measure Livlig
* 1 teaspoon Möllers tran
* 3-5 dl water, vegetable or fruit juice  
  (Livlig contains 50 measures and lasts for 50 days)

**More information**

**What to do if my stomach becomes very active?**

* Spread the intake more throughout the day. Morning, morning, afternoon, evening.
* Start by halving the amount of Livlig and step up gradually as your  
  stomach accepts more.
* Contact me if you still have questions.