

Spirit Walk – Nicolle Zultowski

How to Take Herbal Capsules:

- 1) Follow dosage instructions i.e. 2p2xd means 2 pills 2 times a day; before/after/or with meals.
- 2) Follow Special Instructions if any.
- 3) If you have questions or concerns, or you have recently begun taking a new medication or something in your symptoms has drastically changed please call or email: spirit-lifewalk@hotmail.com cell: 832-419-8286
- 4) FIRST TIME TAKING HERBALS:
 - A) If you're end dosage is 3p2xd:
 - a) Day 1: take 1 pill 2x (total 2p)
 - b) Day 2: take 1 pill, and 2 pills (total 3p)
 - c) Day 3: take 2 pills, and 2pills (total 4p)
 - d) Day 4: take 2 pills, and 3pills (total 5p)
 - e) Day 5: take full dosage; 3 pills, and 3pills (total 6p)
 - f) Day 6 continue to take full dosage until capsules are gone or until practitioner specifies, if otherwise.
 - B) If you're end dosage is 4p2xd:
 - a) Day 1: take 1 pill 2x (total 2p)
 - b) Day 2: take 1 pill, and 2 pills (total 3p)
 - c) Day 3: take 2 pills, and 2pills (total 4p)
 - d) Day 4: take 2 pills, and 3pills (total 5p)
 - e) Day 5: take 3 pills, and 3pills (total 6p)
 - f) Day 6: take 3 pills, and 4pills (total 7p)
 - g) Day 7: take full dosage; 4pills, and 4pills (total 8p)
 - h) Day 8 continue to take full dosage until capsules are gone or until practitioner specifies, if otherwise.
- 5) Take Medicine with water, tea or juice – not coffee or soda