



Recommended for ages 4 to 12

## intraKID<sup>®</sup> 2.0 Protocols

For best results, take on an empty stomach, or just after food for those with sensitive GI tracts. Do not take within 1 hour of pharmaceuticals, over-the-counter drugs, or other dietary supplements.\* Follow dosage with plenty of non-chlorinated, filtered water or as directed by your Health Care Practitioner.

### Maintenance Protocol:

Take 1 fl oz per day, six days per week.

### Performance Protocol:

For maximum bio-availability, absorption, and cellular utilization, take 1 fl oz of intraKID 2.0 in the morning on an empty stomach or just after food for those with sensitive GI tracts, and also take 1 fl oz of intraMIN following dosage of intraKID 2.0.

### Enhanced Daily Rotational Detox & Strengthening Protocol:

Following this protocol, the body will not acclimate to a single standard dose, thus allowing for maximum overall response, absorption, bioavailability, and utilization.

Mondays & Thursdays:	1/2 oz two times a day
Tuesdays & Fridays:	3/4 oz two times a day
Wednesdays & Saturdays:	1 oz two times a day
Sundays:	Take off

\* If health challenge exists, start with a smaller dose **after food** and build up slowly to full dosage, or as directed by your Health Care Practitioner.

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