



*Recommended for ages 4 and over*

## intraMIN® Protocols

For best results, take on an empty stomach, or just after food for those with sensitive GI tracts (for those taking the Tropical Fruit Flavor only). 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 intraMIN 2.0 in the morning on an empty stomach or just after food for those with sensitive GI tracts (for those taking the Tropical Fruit Flavor only) or take following 1 fl oz dosage of intraMAX 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               |

### Children's Protocol (ages 4 to 12):

Take ½ fl oz per day, six days per week.

\* 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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[www.druckerlabs.com](http://www.druckerlabs.com) | 888.881.2344