

OLIVE LEAF EXTRACT DOSAGE CHART

Body & Condition Dose Relational

| All Viral Infections | 80-100 lbs | 100-150 lbs | 150-200 lbs | 200-250 lbs | 300+ lbs |
|---|---|--|--|--|---|
| Colds, Flu, Herpes, Epstein Barr, Fibromyalgia | 1 capsules every 4-5 hours | 1 capsule every 4-5 hours | 2 capsules every 4-5 hours | 2 capsules every 4-5 hours | 3 capsules every 4-5 hours |
| All Bacterial Infections | | | | | |
| Staph, Thrush, Bladder, etc. | 1 capsule 3 times a day, 30 min. before meals | 1-2 capsules 3 times a day, 30 min. before meals | 2-3 capsules 3 times a day, 30 min. before meals | 3-4 capsules 3 times a day, 30 min. before meals | 4+ capsules 3 times a day, 30 min. before meals |
| All Yeast & Fungal Infections | | | | | |
| Candida, Tinea, Athletes Foots, etc. | 1 capsule before meals & 1 capsule at bedtime | 2 capsules before meals & 1 capsule at bedtime | 2-3 capsules before meals & 1 capsule at bedtime | 3-4 capsules before meals & 1 capsule at bedtime | 4+ capsules before meals & 1 capsule at bedtime |
| Reduce Blood Pressure | 1 capsule 3 times a day, 30 min. before meals | 1-2 capsules 3 times a day, 30 min before meals | 2-3 capsules 3 times a day, 30 min. before meals | 3-4 capsules 3 times a day, 30 min. before meals | 4+ capsules 3 times a day, 30 min. before meals |
| Diabetes | 1capsule before meals & 1 capsule at bedtime | 2 capsules before meals & 1 capsule at bedtime | 2-3 capsules before meals & 1 capsule at bedtime | 3-4 capsules before meals & 1 capsule at bedtime | 4+ capsules before meals & 1 capsule at bedtime |
| Lower Cholesterol & Triglycerides | 2 capsules, morning & evening | 2-3 capsules, morning & evening | 3-4 capsules, morning & evening | 3-4 capsules, morning & evenings | 5 capsules, morning & evening |