



DOSAGE GUIDE

AGE BRACKET	SPECIFIC CONDITION	NUMBER OF LIFE OIL CAPSULES TO BE TAKEN	SPECIFIC TIME AND DURATION OF LIFE OIL INTAKE	NOTES
AS SUPPLEMENT				
KIDS	Although Life Oil would be very beneficial to the growing stages of children, unsupervised intake is not recommended as it may cause choking.	1 capsule	Everyday	If supervised, it can be taken once a day for kids' mental and physical development.
12-20	Can be taken to reduce acne.	1-2 capsules; 6 capsules max	Everyday	Taking more than 2 capsules gives a boost in Vitamin A.
21-40		1-2 capsules; 6 capsules max	Everyday	Taking more than 2 capsules gives a boost in Vitamin A.
41- yo and up		1-2 capsules; 6 capsules max	Everyday	Taking more than 2 capsules gives a boost in Vitamin A.
FOR SPECIFIC CASES				
For people who want to gain weight			Every after meal	3 capsules
For people who want to maintain their normal weight		3 capsules	An hour before every meal	
12-15yo	Dengue	1 capsule	Every three hours	
16-18 yo	Dengue	2 capsules	Every four hours	
20-34	Diabetes	3 capsules	After every meal	
35 yo and up	Diabetes	4 capsules	Take 2 capsules in the morning; 2 capsules in the evening. Must be taken before	meals.
For all ages	Common colds	2 capsules	Everyday	
	Cough	2 capsules	Everyday	
	Constipation	2 capsules	Everyday	Must be taken along with a diet that is high in fiber (oats, vegetables, wheat, etc.)

Notes:

- There are no hard or fast rules regarding the intake per disease condition. Life Oil is pure malunggay extract that is considered as a nutrient-dense food and there is no threat of overdosing.
- Significant effects on the body may vary as per individual's age, weight and general health condition.

- Life Oil does not claim healing effects. That's the function of immune system. What Life Oil does is to supply the necessary cellular nutrition, which supports and strengthens the immune system so it can adequately do its job of combating illnesses. Hence, it is a common place to hear people directly attributing their healing to Life Oil. If symptoms persist, consult your doctor.

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For adults	Eye problems, sore eyes, eyes with cataracts and other eye infections	2 capsules	Everyday	However, dissolving cataracts will depend on severity of the eye condition.
	Hyperacidity	3 capsules	Everyday	Patient must observe proper eating habits (no over-eating, no skipping meals, eating on time, eating small portions on regular intervals)
	Pregnant women and lactating mothers	1-2 capsules	Everyday	Since Life Oil is oil extract of malunggay it is still considered as food. However, no extensive research has been conducted on reactions with other drugs.
	Fever	2 capsules	Everyday or until fever lasts	Must be taken with a 500 mg paracetamol.
	High Blood Pressure	2 capsules	Everyday	
	Breast Cancer	6 capsules	Everyday	
	Hemmorhoids	2 capsules	Everyday	Oil from one capsule must be extracted and applied directly to affected part
	Common ulcers	2 capsules	Everyday	It is best to bite capsule so that oil can cover the lining of the gut.
	Kidney problems (except for those with kidney stones as this might be aggravated by high ascorbic acid)	content. 1 capsule	Everyday	
	Gall stones	1 capsule	Everyday	Patients with gall stones or had their gall stones removed are highly discouraged to take any substance in oil form. Can Life Oil be exemption? The "oil" in life oil is extracted from pure malunggay leaves and seeds and is not similar to the cholesterol.