

Protocol Dosing Guide

Time of Day	Morning	Afternoon	Evening	During the Day
Products	Liposomal Glutathione, AAKG+ Core Powder, AAKG, DPS-AM Blend	AAKG+ Core Powder, AAKG	AAKG+ Core Powder, AAKG, DPS-PM Blend, 5-HTP	AKG
Dose	1 tsp, 1 Scoop, As directed below, 1 Scoop OR 2 ounce bottle	1 Scoop, As directed below	1 Scoop, As directed below, 1 Scoop OR 2 ounce bottle, 1 Capsule	1 Dropper OR 1 Capsule
Mix With	Take on an empty stomach, Combine these three with four to eight ounces of any liquid	Combine these two with four to eight ounces of any liquid	Combine these three with four to eight ounces of any liquid, Take with desired liquid	Take with desired liquid
Frequency	Daily	Daily	Daily	One dose every waking hour between Morning, Afternoon Evening doses as shown

AAKG Note: The dosage of AKG/AAKG is determined by the amount needed to suppress muscle symptoms [fasciculations, twitching, tremors, and cramps]. AAKG+ Core Powder provides 9 grams of AAKG per day. The amount of AAKG should be increased to a recommended maximum of 18 grams per day by adding AAKG Powder to each serving of AAKG+ Core Powder. Begin protocol with AAKG+ Core Powder and no additional AAKG Powder supplementation, then increase AAKG approximately 2 grams per day every three days using AAKG Powder to reach the maximum 18 grams of AAKG daily per the table below. Reduce maximum level of AAKG as necessary if feelings of jitteriness are present. If you need to further increase the dose of AKG to decrease muscle symptoms, use AKG not AAKG.

AAKG Supplementation Guide

Total Daily Dosage of AAKG (grams)	AAKG from AAKG+ Core Powder (grams)	Daily AAKG Powder Supplementation		Daily AAKG Powder Supplementation		
		(grams)	(scoops)	Morning (scoops)	Afternoon (scoops)	Evening (scoops)
9	9	0	0	0	0	0
12	9	3	1.5	0.5	0.5	0.5
14	9	5	2.5	1	1	0.5
16	9	7	3.5	1.5	1	1
18	9	9	4.5	1.5	1.5	1.5

For additional information or if you have any questions contact us at (888) 578-5528.



General Protocol

- The most important part of the protocol is to be consistent. Set a schedule that works for you. The protocol is primarily taken in three main dosages: Morning, Afternoon and Evening. Between these dosages are servings of AKG.
- Please purchase a bottle of extra virgin coconut oil from your local store and massage into your skin two times a week and let it sit for an hour.
- Exercise is encouraged. Light resistance and stretching exercises to help stimulate and maintain the muscles. It is NOT RECOMMENDED to work out to the point of exhaustion.
- Consult your physician before taking 5-HTP if you are currently taking any anti-depressant or anti-anxiety medications.

AKG/AAKG Tips

- Set the timer on your phone to go off after an hour to remind you to take AKG. Reset the timer after your dosage.
- Don't panic if you miss a dosage of AKG; just double up the next dosage, but try to be consistent.
- AKG is taken frequently throughout the day to complement the three main servings of AAKG, which helps support energy production.
- The Simplexa AKG Liquid is a 1.2 mL dosage, so please completely fill the AKG Liquid dropper.
- If you have a cardiac condition, please consult with your physician before taking AAKG as the Nitrous Oxide in Arginine increases stress on the heart.

Daily Tips

- The three main daily servings can be premixed each day and taken at the appropriate times. If premixing, refrigerate until use.
- You can take all the supplements before or after meals. However, it is suggested to take Liposomal Glutathione on an empty stomach.
- The Evening serving should be a few hours before bed time. AAKG is intended to provide energy and may interrupt sleep if taken too close to bed time.
- For those people taking the recommended maximum of 18 grams of AAKG daily, please budget for two bottles of AAKG Powder per month.