

Protocol Dosing Guide

Time of Day	Morning				Afternoon		Evening				During the Day
Products	AAKG+ Core Powder	AAKG Powder	Total Health AM Blend	Liposomal Glutathione	AAKG+ Core Powder	AAKG Powder	AAKG+ Core Powder	AAKG Powder	Total Health PM Blend	5-HTP Capsules	AKG (Liquid Or Capsules)
Dose	1 Scoop	As directed on back page, start on day 3	1 Scoop	1 Tsp	1 Scoop	As directed on back page, start on day 3	1 Scoop	As directed on back page, start on day 3	1 Scoop	1 Capsule	1 Dropper OR 1 Capsule
Mix With	Combine these three with four to eight ounces of any liquid			Take on an empty stomach	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

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 those are doses of AKG that can be taken up until bedtime
- 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 simulate 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.

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 reach 18 grams of AAKG and muscle symptoms have not decreased, take extra servings of AKG per hour. Do not increase AAKG beyond 18 grams per day. 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.

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



"complex nutrition made simple"

AKG 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 Simplesea AKG Liquid is a 1.2 mL dosage, so please completely fill the AKG Liquid dropper.

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.

AAKG SUPPLEMENTATION GUIDE

AAKG Powder



1 Scoop = 2g

AAKG+ Core Powder



1 Scoop = 3 grams of AAKG (plus 1 gram of combined Ubiquinol, GABA, and Niacin)

Each scoop of AAKG+ Core Powder provides 3 grams of AAKG, thus providing 9 grams of AAKG per day when taking three servings per day. Each scoop of AAKG Powder provides 2 grams of AAKG and is used to increase the daily intake of AAKG. The following illustration shows how to use the two powders together to increase the AAKG dosage from 9 grams up to 18 grams per day by combining the two powders, starting on day 3-5.

Days 1-2

AAKG+ Core Powder



3 Scoops=9g

Morning

Afternoon

Evening

9 Grams

Days 3-5

AAKG Powder



Add 1.5 Scoops



AAKG+ Core Powder



3 Scoops=9g

0.5 Scoop AAKG Powder

0.5 Scoop AAKG Powder

0.5 Scoop AAKG Powder

12 Grams

Days 6-9

AAKG Powder



Add 2.5 Scoops



AAKG+ Core Powder



3 Scoops=9g

1 Scoop AAKG Powder

1 Scoop AAKG Powder

0.5 Scoop AAKG Powder

14 Grams

Days 10-12

AAKG Powder



Add 3.5 Scoops



AAKG+ Core Powder



3 Scoops=9g

1.5 Scoops AAKG Powder

1 Scoop AAKG Powder

1 Scoop AAKG Powder

16 Grams

Days 13+

AAKG Powder



Add 4.5 Scoops



AAKG+ Core Powder



3 Scoops=9g

1.5 Scoops AAKG Powder

1.5 Scoops AAKG Powder

1.5 Scoops AAKG Powder

18 Grams