



BEFORE USE, please read this advice.

Recovery Dosing

Children age 3-5: Give 1 capsule per day in the morning before food. Higher dosing should not be necessary in very young children.

Children age 6-8: For the first five days give 1 capsule per day. If symptoms improve maintain this dose. If no improvements are noticed increase dose to 2 capsules per day taken as one dose in the morning before food. Maintain this dose.

Children age 9-12: For the first five days give 1 capsule per day. If symptoms improve maintain this dose. If no improvements are noticed increase dose to 2 capsules per day taken as one dose in the morning before food. If no improvements are noticed increase dose to 3 capsules per day taken as one dose in the morning before food. Maintain this dose.

Teenagers and Adults: Take 4-5 capsules in the morning before breakfast.

General Health Maintenance Dosing

Children: Give 1 capsule per day in the morning before food.

Teenagers and Adults: Take 2-3 capsules in the morning before breakfast.

How to take Enzo Brain Recovery: Preferably, take in the morning before food with a large glass of water (but can also be taken with food). Take all capsules together as one dose. Avoid milk products within 1 hr of taking the capsules since milk proteins may reduce the efficacy of the product.

Safety: The active compounds in ENZO Brain Recovery are naturally part of our diet from fruits, vegetables and fish. If you notice any adverse reactions to ENZO Brain Recovery discontinue the capsules, seek the advice of your health practitioner, and please report the adverse event to ENZO Nutraceuticals Ltd.

Adverse reactions / Precautions: No serious adverse reactions have been reported for the product. Very occasionally an upset in digestion in form of constipation or diarrhea has occurred. This disappeared very soon after stopping the capsules, and often does not reoccur when the capsules were started again at a lower dose.