

**BEFORE USE, please read this advice.**

Dose children age 3-6: Give one capsule per day. Higher dosing should not be necessary in very young children.

Dose children age 7-12: For the first two weeks give 1 capsule per day. If symptoms improve maintain this dose. If no improvements are noticed in the first two weeks increase dose to 2 capsules per day.

Dose children age 13 and older: For the first week give 1 capsule per day. If symptoms improve maintain this dose. If no improvements are noticed in the first week increase the dose to 2 capsules per day. If symptoms improve on 2 caps per day maintain this dose, otherwise from the third week increase dose to 4 caps per day.

Dose adults: For the first two weeks take 2 caps per day. If symptoms improve maintain this dose. If no improvements are noticed increase the dose to 4 caps per day. In cases of severe chronic inflammatory or neurological conditions the dose may need to be increased to 6 caps/day.

How to take Enzo Professional: Preferably, capsules should be swallowed whole since the powder tastes very astringent (like very strong tea). Preferably, take in the morning 30-60 min before food with a large glass of water or juice (but can also be taken with food). For maximum effect take all capsules together at one time. However, doses can be split into two or more over the day. Dosing in the evening should be avoided if sleeping problems occur (see below).

If a child does not swallow capsules you can pull the capsule apart and mix the powder into mashed banana or other fruit. Sweetness masks the astringent taste best. Avoid milk products within 1 hr of taking the capsules since milk proteins may inactivate the product.

Safety: Children as young as 2 years of age have taken Enzo Professional, and children under 10 years of age have taken up to 6 capsules per day without any problems. The compounds in the Enzogenol pine bark extract are naturally part of our diet from fruits, vegetables, tea, cocoa, and other plant foods. Toxicology and clinical studies have demonstrated an excellent safety profile of Enzogenol. If you notice any adverse reactions to Enzogenol 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 a stomach upset, or a gut issue in form of constipation or diarrhea has occurred. These reactions disappeared very soon after stopping the capsules, and often do not reoccur when the product was started again at a lower dose. In rare cases, individuals taking high doses (i.e. 4+ caps) straight away, without dosing up more slowly, have reported a headache. Reducing the dose usually remedies this. Some people experience sleeplessness if taking the product in the late afternoon or evening. This is due to the effect of increasing levels of alertness, and can be avoided by taking the capsules before 2 pm.