



PROTEKDO™
HELP YOUR BODY PROTECT ITSELF



Directions:

Recommended Dosage:

The amount of ProteKdo™ your body needs depends upon the season, your size and health. The ingredients help to feed your body on the cellular level.

Daily Protection- Once a Day:

To help your system protect itself every day:

Adults – One or two (1) capsules per day, children (over six) ½ tablet

Most people prefer taking vitamins and minerals with food or snack to help with absorption and prevent nausea.

Cold and Flu Season – Twice a Day

To help protect your system during the cold and flu season:

Adults – Two (2) capsules before, or with meals, once or twice a day.

Children (over six) – One (1) tablet before or with meals, once or twice a day.

Showing or feeling the symptoms of Flu – Three times a Day

Adults – Two (2) capsules before or with meals, three times a day until the symptoms lessen. *It is important to continue* taking at least 2 capsules once a day **a few days after you are feeling better** to help your body's recovery process.

Children (over six) – One (1) tablet before or with meals, three times a day.

Can't Swallow Pills?

Remember if you have a problem swallowing pills, then simply dissolve ProteKdo™ in a smoothie, hot cereal, soup, tea or beverage, . Heat will not affect the minerals and it has little taste. Be sure to stir as it will look like a dark powder or pepper.

If think that you have the flu, consult with your health care professional. ProteKdo™ is not a substitute for a trip to the Doctor or their advice. ProteKdo™ is non-toxic and can be taken with any prescription.

Warning: Use only as directed. Pregnant or lactating women should consult your physician before using. ProteKdo not appropriate for children under 6 years of age. If you feel unwell after taking ProteKdo™, discontinue use immediately.

