

McBB-1.

## How to Take Antimicrobial Tinctures

Start with 1 drop twice a day

Take in a small amount of water on an empty stomach (at least 20min before food). Before breakfast and dinner works well.

Increase the dose by 1 drop every 4 days

Example:

Days 1,2,3 and 4 take one drop in the morning and one drop in the evening.

On days 5, 6, 7 & 8 take two drops in the morning & 2 drops in the evening

Continue to increase.

If at any point while you are increasing your dose, you think you are having a *herx* reaction (your symptoms are worsening), decrease your dose by 2 drops and stay there until you feel like your symptoms are back to baseline.

Then, continue to increase your dose by one drop every 6 days, instead of every 4 days

If you *herx* again, follow the above directions, but increase the interval to every 8 days.

If you get to a point that no matter what the interval between dosage increases, you always *herx* at the same dose, that is your "ceiling". Drop down to 2 drops below this level and continue taking the drops at this dose indefinitely.

If you do not reach a "ceiling", then hold your dose at 25 drops twice a day. You will most likely be at this dose for a minimum of several months. Most people stay on these tinctures for more than a year.

Do not ever stop these drops without consulting your health care provider