



Recommended Daily Myristin® Softgel Regimen For Joint Health

Speak with your doctor before taking any new dietary supplement. Take Myristin® Softgels and Myrist-Aid with water, 30-45 minutes before meals.

		Basic Dosage Myristin® Softgels (780 mg of CMO/day)	Improved Absorption Dosage Myristin® Softgels (780 mg of CMO/day) + Myrist-Aid Capsules
		<p>How much should I order? Initial 68 day regimen requires: 4 Myristin® Softgel 51 count bottles OR 1 Myristin® Softgel 200 count bottle</p> 	<p>How much should I order? Initial 68 day regimen requires: 4 Myristin® Softgel 51 count bottles OR 1 Myristin® Softgel 200 count bottle and 4 Myrist-Aid Capsule 136 count bottles</p> 
First 68 Days	Breakfast	Take 1 Myristin® Softgel	Take 1 Myristin® Softgel and 2 Myrist-Aid Capsules
	Lunch	Take 1 Myristin® Softgel	Take 1 Myristin® Softgel and 3 Myrist-Aid Capsules
	Dinner	Take 1 Myristin® Softgel	Take 1 Myristin® Softgel and 3 Myrist-Aid Capsules
Maintenance Regimen	Breakfast	None *	Take 2 Myrist-Aid Capsules *
	Lunch	None *	Take 3 Myrist-Aid Capsules *
	Dinner	None *	Take 3 Myrist-Aid Capsules *

* After the initial 68-Day period, some choose to take one Myristin® softgel, daily or every other day, as a maintenance regimen.