





shake well

### Recommended Dosage for Biologo-Adrenal Lady

Take twice a day, between meals if possible, or as required in special situations.  
May be taken undiluted or in water.

Body weight	from 40 kg	from 60 kg	from 80 kg
Normal dosage	2x a day 25 drops	2x a day 40 drops (2x a day 2 pipettes)	2x a day 50 drops (2x a day 2 1/2 pipettes)
If required you may increase the dosage – step by step( in small steps) as tolerated			
Maximum dosage	2x a day 60 drops (2x a day 3 pipettes)	2x a day 80 drops (2x a day 4 pipettes)	2x a day 100 drops (2x a day 5 pipettes)
 	Girls can take Biologo Adrenal Lady only after completing puberty.		

# FAQ - frequently asked questions on intake and administration

## How should I take the drops?

The drops are most effective when you put them under your tongue and try to keep them in your mouth for 30 seconds before you swallow them. For hygienic reasons the pipette should neither touch your tongue nor your oral cavity. You can, however, also dilute the tinctures in still mineral water or juice and drink them.

## Why do I have to shake the bottle before usage?

When it comes to natural formulas the heavy ingredients sink to the ground. Therefore it is important to shake the upside-down bottle well in order to ensure that all ingredients are mixed and distributed properly.

## How many drops are there in one pipette?

Shake the bottle well, dip the empty pipette into the fluid and press the pipette filler once. The pipette should be two-thirds filled and contains an average of 20 to 24 drops. Our dosage guidelines are based on 20 drops per pipette. Therefore you ought to adhere to the amount of drops quoted if you are dealing with small dosages and also when it comes to dosages for children. For larger dosages you can refer to the amount of pipettes quoted as the body has no difficulty in tolerating some additional drops if you take larger quantities.

## Why is it so important to drink a sufficient amount of water?

Your body needs fluids in order to excrete the toxins as quickly as possible. Generally it is better to have many smaller glasses of water over the day in order to cover your daily consumption instead of having a great amount at a time as in this case the body also excretes valuable miner-

als. Headaches are a typical sign for not drinking enough water. Therefore if you consider reducing the recommended dosage of our draining products such as Biologo-Detox, Biologo-Detox-Forte, Biologo-Detox-Cream, Biologo-Parasite, Biologo-Candida or Biologo-Lyme please try having 1-2 glasses of water to see if this alleviates your headaches first.

## What does „if required you may increase the dosage – step by step and to your tolerance mean?

When it comes to our supporting products it means that you should increase the dosage every second day by a few drops if you do not feel better after taking the normal dosage for two weeks. You should continue with this procedure until you feel better or the maximum dosage is achieved. You should only exceed the maximum dosage if an alternative practitioner or physician has carried out individual tests suggesting such increase.

As far as detox and repair products are concerned it is important to find the ideal balance between efficient detox and well-being. Please bear in mind that your well-being comes first.

## What happens if I forgot to take the product once?

Continue as recommended. As far as Biologo-Candida, Biologo-Lyme and Biologo-Parasite are concerned repeatedly and for a longer period of time forgetting to take the product might influence the general outcome. Therefore discipline is most important when it comes to those three products.

## When should I stop taking the product?

After emptying a bottle please stop taking the product for 2-3 days. The short break ensures that the ingredients do not lose their effectiveness because the body is used to receiving them. If you share a bottle with others you ought to interrupt intake for a short time every 6 weeks

## How long can I use an opened bottle?

If the bottle is not exposed to sunlight and is kept in a cool place (not over 20° C) the formula can be used up to one year after opening due to the alcohol content. To ensure this, however, the pipette must not have touched the oral cavity.

## How should I store the products?

In a cool, dark place and out of the reach of children.