

CLASSIC			LOW and SLOW		SUPERDOSING		WELLNESS
Default dosing instructions			Chronic, sensitive clients. When in doubt, back down intake to as little as 1 pellet three times per day.		Acute, immediate support needs		Ongoing lifestyle support and maintenance
Month 1	Week 1	1/4th tspn, 3 times per day	Week 1	≤ 5 pellets, 3 times per day	Day 1	1 tspn, 3 times per day	1/2 tspn 2 times per day
	Week 2	1/2 Teaspoon, 3 times per day	Week 2	≤ 10 pellets, 3 times per day	Day 2	2 tspns, 3 times per day	
	Week 3	¾ Teaspoon, 3 times per day	Week 3	1/4th Teaspoon, 3 times per day	Day 3	3 tspns, 3 times per day	
	Week 4		Week 4	1/2 Teaspoon, 3 times per day	Day 4	4 tspns, 3 times per day	
Month 2		1 teaspoon, 3 times per day	Week 5	¾ Teaspoon, 3 times per day	Days 5-30	Continue until immediate support needs end or up to 30 days	
			Week 6+	1 teaspoon, 3 times per day		Alternative High-Dose Option: 1 teaspoon every 1-2 hours, up to 12 teaspoons per day for up to 30 days	
			Month 2+		Revert to Classic or Wellness protocol as needed		

**Important Notes:**

- 1.) Take Lauricidin three times per day for best results even if you are only taking as little as one monolaurin pellet at a time. Best taken with food.
- 2.) Always reduce intake and follow “Low and Slow” protocol to as low as 1 pellet as tolerated.
- 3.) Take for at least 3 months duration. 6+ months is recommended for some circumstances. Monolaurin is safe to take indefinitely for overall wellness