

CANTRON DOSAGE INSTRUCTIONS

PLEASE READ THESE DIRECTIONS CAREFULLY BEFORE TAKING
CANTRON!

TAKE CANTRON EVERY 4 OR 6 HOURS:

Consume 1/4 teaspoon (1.25 cc) of Cantron every 4 hours round the clock if a serious health condition exists or every 6 hours to maintain good health.

If you have a serious illness and cannot wake up in the middle of the night to take a dose- take the normal dose 5 times per day and prior to bedtime consume 1/2 teaspoon (2.5 cc). Try not go more than 6 hours without a dose. If you sleep more than 6 hours- wake up to take your morning dose- then go back to sleep.

It is imperative to keep Cantron in the system - frequency is more important than quantity - but if you forget to take a dose, don't panic. Take your next dose as soon as possible and get back on the regular schedule.

For optimal absorption- consume Cantron on an empty stomach thirty to sixty minutes before meals or two hours after meals.

Measure your doses by using a medicine dropper or medicine spoon. We provide a small measuring implement with your order.

Add each dose of Cantron to a small amount of liquid such as distilled water- unsweetened iced tea or juice (such as grape- cranberry- cranberry-grape- apple or pineapple. If mixed in juice- consume the mixture right away.

If mixed in distilled water it is not necessary to consume immediately. You can make up a 24 hour supply and sip it frequently throughout the day (but never exceed 6 hours in between doses.

SUBLINGUAL DOSING:

For superior absorption- place the diluted dosage of Cantron under the tongue. Hold for as long as possible - for a maximum of 20 minutes- then swallow! The advantage of this method is that the formula enters the bloodstream more rapidly.

Note: To prevent discoloration of porous teeth, brush them with a paste made of baking soda and 3 % hydrogen peroxide. Then, rinse your mouth with a saturated salt solution.

Drink with at least 8 ounces of water - preferably distilled water concomitantly with the liquid dose. If you have purchased Dr. Willard's Catalyst Altered Water- drink it frequently at other times throughout the day.

SHAKE WELL BEFORE USING!

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