

Sago C

Since the ability of your body to utilize Vitamin C is directly related to its quality and its potency, Sago C is specifically designed to give you the greatest impact to your health.

Adult Dosage

Wellness	0- ¼ tsp	1x/day
Run Down	½ tsp	1x/day
“I’m Sick”	½ tsp	2x/day
“Call the Coroner”	½ tsp	3x/day



Children’s Dosage

Under 40 lbs	1/8 tsp	1x/day
40-80 lbs	¼ tsp	1x/day

Take the recommended dosage until symptoms subside. Then take ½ that dosage for 2 more weeks before returning to the wellness dose.

Mix Sago C powder with water or fruit juice i.e. orange juice

Do not mix with carbonated beverages

May accelerate bowel movements

Store your Sago C in the fridge to help maintain its potency

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