

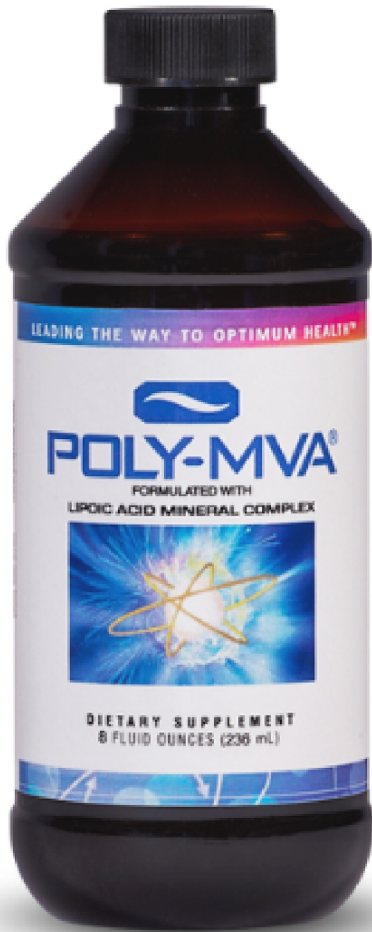
POLY-MVA



POLY-MVA

GUIDELINES

A JOURNEY OF A THOUSAND MILES BEGINS WITH A SINGLE STEP.



WHAT IS POLY MVA?

Poly MVA is a Mineral, Vitamin and Amino Acid Complex. It provides essential support that your body needs to perform it's best.

What's so special about Poly MVA?

Poly MVA is a uniquely-formulated dietary supplement containing a proprietary blend of Lipoic Acid Mineral Complex, sometimes referred to as LAMC, and there's so much good stuff packed into it. It's the bonding of alpha-lipoic acid to the mineral palladium co-factored with specific V-itamins: B1, B2 and B12, M-inerals molybdenum and ruthenium and A-mino Acid formyl-methionine. There are no animal products, no dairy, no gluten, no soy, no preservatives, and no artificial colors, flavors, or sweeteners.

Poly MVA is great for anyone who wants to do better for their body on a daily basis. It provides support for:

- Energy
- Oxygenation
- Nervous System
- Mitochondria
- Muscles
- Heart
- Immunity
- Brain
- Focus

WHEN SHOULD I TAKE POLY MVA?

Start your day out strong by taking Poly MVA first thing in the morning. But keep in mind that it's best to keep your body quenched with Poly MVA around the clock. Many people take Poly MVA every 6 hours or so, and we say just get it on board.

HOW SHOULD I TAKE POLY?

You can take Poly straight down the hatch. No mixing. No muss. No fuss. If you don't care for the taste of Poly MVA you can mix it with your favorite beverage, or even water, as long as that beverage is drinking temperature.

HOW MUCH DO I TAKE?

POLY-MVA

The guidelines below are general suggestions because every body is different. Recommended usage may not only vary in people due to body mass size but also due to other factors, such as the individual's ability to absorb or utilize the product.



1 8oz. bottle (236ml) = 48 teaspoons.

1 4oz. bottle (118ml) = 24 teaspoons.

1 Teaspoon = 5 cc/ ml.

" CONSISTENCY IS THE KEY "
FOR OPTIMAL SUPPORT USE FOR 90-180 DAYS

Please contact us with any questions or comments as we are happy to provide you with information on our unique products. Our regular business hours are Monday through Friday, 8:30 am to 4:30 pm PST.



Email

info@polymva.store

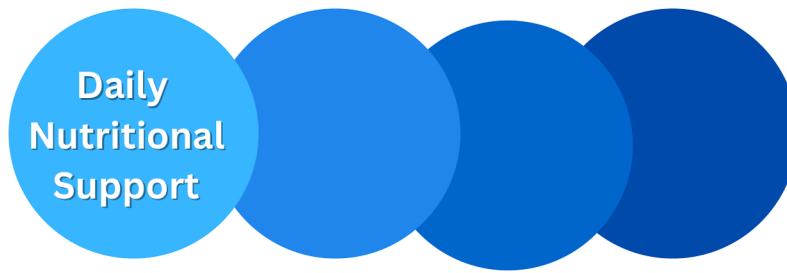


Phone

619-401-0715

DAILY NUTRITIONAL SUPPORT

POLY-MVA



- Amounts and timelines are a beginning framework as an example of how to gradually increase amounts. Adjust as necessary or follow practitioner recommendations and schedule.
- Users (with sensitivity concerns) start with $\frac{1}{4}$ teaspoon per day and increase slowly.
- Take orally and/or may mix with favorite beverage of choice. Food is not required for absorption of Poly-MVA.

SUGGESTED USE:

$\frac{1}{4}$ to 2 tsp per day depending on body weight.

FOR CHILDREN:

Always check with your practitioner when using anything for children. 1-2 tsp. per 40 pounds of body weight per day.

FOR ANIMALS:

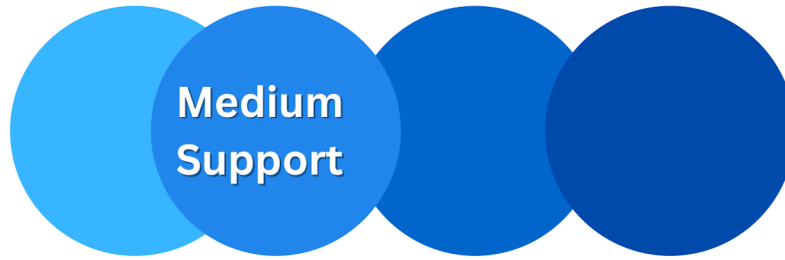
Used by breeders, trainers and of course our Pet Parents and their animals of all ages can be mixed in with their food or water.

Our suggested amount : $\frac{1}{8}$ - $\frac{1}{2}$ teaspoon depending on body weight (5lb to 150lb).

For maximum amount: 1ml per 5 pounds of body weight, twice daily.

$\frac{1}{2}$ teaspoon = 2.5ml of fluid.

Example: 12.5 pound animal would be 5.0 ml or 1 teaspoon per day. You can break that up and give $\frac{1}{2}$ teaspoon 1 time per day.



- Amounts and timelines are a beginning framework as an example of how to gradually increase amounts. Adjust as necessary or follow practitioner recommendations and schedule.
- Users (with sensitivity concerns) start with $\frac{1}{4}$ teaspoon per day and increase slowly.
- Take orally and/or may mix with favorite beverage of choice. Food is not required for absorption of Poly-MVA.

Example of Medium Support

- Ideally take each amount 30 Minutes before meals.
 - 1st day = 1 tsp a day = $\frac{1}{2}$ tsp twice a day.
 - 2nd day = 2 tsp a day = 1 tsp twice a day.
 - 3rd day = 3 tsp a day = 1.5 tsp twice a day.
 - 4th - ongoing = 4 tsp a day = 2 tsp twice a day.

Option: After 21st day, gradually reduce amount.

- 22nd - 24th day = 3 tsp a day = 1.5 tsp twice a day.
- 25th - 27th day = 2 tsp a day = 1 tsp twice a day.
- 28th - 31st day = 1 tsp a day = $\frac{1}{2}$ tsp twice a day.

To finish the month at 1 tsp = 96 total tsp's: will translate into 2 8oz bottles.

To finish the month at 4 tsp = 114 total tsp's: will translate into 2.5 8oz bottles.

This schedule allows each person to evaluate which amount feels best. Clients generally average 4 teaspoons and then move to a maintenance of 1 - 2 teaspoons depending on their desire to protect & support.



- Amounts and timelines are a beginning framework as an example of how to gradually increase amounts. Adjust as necessary or follow practitioner recommendations and schedule.
- For users with taste sensitivities start with $\frac{1}{4}$ tsp and $\frac{1}{4}$ tsp increment increases.
- Take orally and/or may mix with favorite beverage of choice. Food is not required for absorption of Poly-MVA.

Example of Maximum Support

- Ideally take each amount 30 Minutes before meals.
 - 1st day = 1 tsp a day = $\frac{1}{2}$ tsp twice a day.
 - 2nd day = 2 tsp a day = 1 tsp twice a day.
 - 3rd day = 3 tsp a day = 1.5 tsp twice a day.
 - 4th day = 4 tsp a day = 2 tsp twice a day.
 - 5th day = 6 tsp a day = 3 tsp twice a day.
 - 6th day ongoing = 8 teaspoons a day = 4 tsp twice a day.

Option: After 14th day, reduce amount.

- 15th day = 6 teaspoons a day = 3 tsp twice a day.
- 16th - 30th day = 4 teaspoons a day = 2 tsp twice a day.

4 teaspoons per day will translate into 3.5 8oz bottles per month.

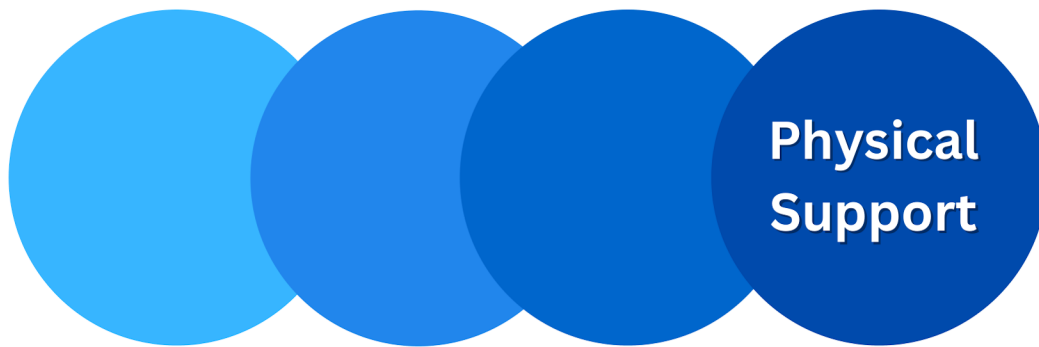
8 teaspoons per day will translate into 5 8oz bottles per month.

This schedule allows each person to evaluate which daily amount provides desired support.

Users generally stay on 4 - 8 teaspoons for the initial duration.

When completed, follow maintenance schedule of 1-2 teaspoons increasing as needed for metabolic and cellular support/protection.

“Optimal initial duration is 90-180 days“



Example of Physical Support

- Ideally take each amount 30 Minutes before meals.
 - 1st day = 1 tsp a day = 1/2 tsp twice a day.
 - 2nd day = 2 tsp a day = 1 tsp twice a day.
 - 3rd - 4th day = 4 tsp a day = 2 tsp twice a day.
 - 5th - 90th day = 8 - 12 tsp a day = 2 - 3 tsp 4 times a day.
 - 91st day on = reduce to 4 tsp. daily, (2 tsp., twice daily).

For the maintenance and continued support, take 1-4 tsp daily.

4 teaspoons per day will translate into 2.5 8oz bottles per month.

2 teaspoons per day will translate into 1.25 8oz bottles per month.