

## **Sunny C 1000 Dosage Instructions**

**Don't suppress your immune system with ordinary Vitamin C,  
build it with Sunny C 1000.**

### **Therapeutic Dosage:**

To reach your optimal therapeutic dosage of **Sunny C**, take 1000 mg (1 tablet) every hour to permeate your body with Vitamin C.

When you experience low level symptoms (i.e. unsettled stomach), you've reached bowel tolerance.

Decrease dosage by 1000 mg (1 tablet) daily for a week beyond symptoms.

*For example: 6 tablets bowel tolerance minus 1 = 5 **Sunny C 1000** per day*

*Stay on this therapeutic dosage for 1 week beyond symptoms.*

### **Maintenance Dosage:**

Divide the initial bowel tolerance dosage by 3

*For example: 6 tablets bowel tolerance divided by 3 =*

*2 tablets - **Sunny C 1000** (2000 mg) per day*