



Dosing Chart

for introducing enzymes slowly

Revised 10/11/11

***Remember - dosing should be based on the size of the meal. Small meals may require less. Large meals may require more.**

	Day 1 - 2	Day 3 - 5	Day 6 - 8	Day 9 - 11	Day 12 - 14	Day 15 - on
TriEnza Capsules	1 capsule with dinner .	1 cap with breakfast and dinner.	1with breakfast, lunch, and dinner.	1 with breakfast and lunch, 2 with dinner .	2 with breakfast , 1 with lunch, 2 with dinner.	2 with all 3 meals. Adjust future dosing based on results. Increase if needed.*
TriEnza Chewable Tablets	2 tablets with dinner .	2 tablets with breakfast and dinner.	2 tablets with breakfast, lunch, and dinner.	2 with breakfast and lunch, 4 with dinner .	4 with breakfast , 2 with lunch, 4 with dinner.	4 with all 3 meals. Adjust future dosing based on results. Increase if needed.*
TriEnza Powder	Half scoop (1/8 teaspoon) with dinner .	Half scoop with breakfast and dinner.	Half scoop with breakfast, lunch and dinner.	Half scoop with breakfast and lunch, 1 full (level) scoop with dinner .	1 scoop with breakfast , 1/2 scoop with lunch, 1 scoop with dinner.	1 scoop with all 3 meals. Adjust future dosing based on results. Increase if needed.*
Grazers (all day eaters)	Above dosing once daily.	Above dosing twice daily.	Above dosing 3 times daily.	Lowest dose twice in morning, twice in afternoon.	Lowest dose twice in morning, twice in afternoon.	Above dosing every 3 - 5 hours; adjust as needed.*
AFP-Peptizyde Capsules	1/2 capsule with dinner .	1/2 capsule with breakfast and dinner.	1/2 with breakfast, lunch, and dinner.	1/2 with breakfast and lunch, 1 with dinner .	1 with breakfast , 1/2 with lunch, 1 with dinner.	1 with all 3 meals. Adjust future dosing based on results. Increase if needed.
AFP Chewable Tablets	2 tablets with dinner .	2 with breakfast and dinner.	2 with breakfast, lunch, and dinner.	2 with breakfast and lunch; 3 with dinner .	3 with breakfast , 2 with lunch, 3 with dinner.	3 tablets with all 3 meals. Increase if needed.*
HN-Zyme Prime, Zyme Prime, and ZyCarb Capsules	1 capsule with dinner .	1 capsule with breakfast and dinner.	Maintain.	1 capsule with each of the 3 meals.	Adjust based on digestive changes. Increase if needed.*	
Zyme Prime Chewable Tablets	1 or 2 tablets with dinner .	1 or 2 tablets with breakfast and dinner.	Maintain.	2 tablets with each of the 3 meals.	Adjust based on digestive changes. Increase if needed.*	
No-Fenol Capsules	1/2 capsule, once daily.	Maintain.	1/2 cap twice daily.	Maintain.	Evaluate, increase to 1 cap - 2 or 3 times daily , if necessary.	
No-Fenol Chewable Tablets	1 or 2 tablets once daily.	Maintain.	1 or 2 tablets twice daily	Maintain	Evaluate, increase to 1 to 2 tablets – 2 or 3 times daily , if necessary.*	