



Dosing Chart

for introducing enzymes slowly

Revised 1/24/11

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	1 with 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.
Peptizyde and AFP 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.
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.
HN-Zyme Prime, Zyme Prime, and ZyCarb Capsules	1 capsule with dinner	1 capsule with breakfast and dinner	Maintain	1 capsule with 3 meals	Adjust based on digestive changes. Increase if needed.	
Zyme Prime Chewable Tablets	2 capsules with dinner	2 with breakfast and dinner	Maintain	3 tablets with 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 3 tablets - 2 or 3 times daily , if necessary.	