

How to Start Enzymes Slowly Dosing Chart*

*Dosing should be based on the size of the meal. Small meals may require less. Large meals may require more.
The information provided here is only a suggestion for when you prefer to introduce enzymes gradually.

	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 capsule 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.*
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 , ½ 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.
Zyme Prime or 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.*	
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.*	
Lypazyme Capsules	1 capsule with 1 meal.	1 capsule with fats. Increase to 2 or 3 capsules if needed.				© Houston Enzymes 2020