

A-FNG Challenge

Please use the guidelines listed below to slowly build up your dose of this supplement.

- Start by taking **1 drop once a day** of the herbal tincture in 1-2 oz of water with food. Swish in mouth for 30 seconds then swallow. Continue with **1 drop once a day for three days**.
 - You may take this without food if that is easier or more convenient for you. However, you may experience increased “die-off” since this can be more potent when taken without food. Die-off symptoms can include any of your usual symptoms, and/or digestive upset, skin rashes, fatigue, etc. If you experience any of these, reduce the dose as mentioned below and/or try taking this with food instead.
- If no adverse reaction, increase by **1 drop per day every three days** until you reach **5 drops per day**. Maintain the dose of **5 drops per day for five days**.
 - If you do experience noticeable worsening than decrease the dose to a tolerable amount (see below) or stop the supplement and contact our office to schedule an appointment.
- If no adverse reaction, increase by **1 drop per day every three days** until you reach **5 drops per day**. Maintain the dose of **5 drops per day for five days**.
 - If you do experience noticeable worsening then decrease the dose to a tolerable amount (see below) or stop the supplement and contact our office to schedule an appointment.
- If no adverse reaction, continue to increase by **1 drop per day every three days** until you reach **10 drops per day**. Maintain the dose of **10 drops per day** for the duration recommended by your clinician.
- If you are completing the antimicrobial protocol, take this and your protocol supplements for the recommended duration.
 - For example: If your clinician recommended 60 days on the protocol, start A-FNG once you reach the full dose of the protocol supplements and take all of these for the 60 days. This means you will likely not take the full dose of A-FNG for 60 days which is okay.

**If you notice an appreciable adverse reaction:
(i.e., feel much worse)**

Stop taking the supplement until your reaction subsides.

- Once the reaction has subsided; start the supplement again. If you reacted initially to 2 drops, begin again with **1 drop once a day**. Slowly increase every 3 days by 1 drop, until you react again.
- Stop the tincture until the reaction subsides and then restart it, at 1 drop LOWER than the one which caused the reaction.
 - For example, if you reacted to 4 drops, only use 3. Gradually over time increase the dose as tolerated. **Listen to your body.**

Please do not push up the dose prematurely. You will feel awful and it won't speed up your recovery. Just find the dose that your body will allow you to take comfortably.