

Suggestions for taking PXP

For maximum absorption PXP is best to take on an empty stomach 1 hour before eating. Best to wait 45 minutes to 1 hour after taking PXP to eat food for maximum results.

Try to use non chlorinated/non-fluoridated water. Use warm or hot water and fill your cup to one fourth to one half full and slowly pour in the PXP powder while stirring. Some people use cold tap water but it works best if you use warm-hot water for mixing. You can use more water if you wish. You can also choose to add it in unsweetened Apple Sauce if you can't stomach the texture. Some people add PXP to their coffee (NO milk, creamers or sugars or sweeteners). PXP is pre digested so it doesn't matter if it does mix, just get it in you.

CAUTION: For best results and maximum absorption do not take it with milk or sugars. Sugars and milk or milk products tend to block some of the absorption of PXP. If you are taking medication this product may multiply the effect of the medicine which you are taking. If you have any concerns, please consult your physician before taking.

For chronically ill people or people with serious problems:

We suggest you start with 1 scoop 3 times per day. Morning, noon and at night. (see Detox) Some very chronically ill people take up to 6 scoops per day depending on their illness.

For maintenance or generally healthy people: We suggest scoop per day one hour before a meal in warm-hot water. There are no known interactions with PXP as this is a rice based whole food product. Best mixed in warmer water, however some like to take a ½ scoop at a time and put it under the tongue and let it slowly dissolve. You may also sprinkle it in unsweetened apple sauce. A battery/electric operated stirring device may also be used for best results.

DETOX

People that have not gone through a detox program will most likely detox with PXP. Your symptoms may get worse before they get better because your cells are dumping toxins. Begin slowly with PXP, begin with a ½ scoop in the morning, if you get a headache or feel queasy back it off to ¼ scoop. Work up to 3 scoops a day if you have a chronic health issue. Listen to your body. *Drink a lot of water with PXP.*

THIS IS NOT A DRUG

This supplement aids in helping the body do what it does best, heal itself. It is important to stay consistent in taking Alfa PXP Forte for best results. Results may vary due to different blood types, body alkalinity, eating habits and even environmental conditions. This is a whole food source and only aids in cellular nutrition so you must give it time to work. Alfa PXP contains no gluten. This is a not a drug and you may not see results immediately. Scientist tell us we that every 90-120 days millions of cells die and millions of new ones are born. This is called the Krebs Cycle and therefore healthy cells will beget healthy cells and sick cells will beget sick cells. PXP is a cellular food that requires patience and consistency in taking the product for it to work properly.