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## Anti Diabetes - Dosage and Directions For Use

### For type 1 diabetes (insulin-dependent diabetes)

**Do not go off medication or insulin!**

#### If blood sugar level is between 7 and 16;

**Adults:** start by taking 5 drops 3 times daily before meals. Best taken with 10 ml of warm tea, warm water or under the tongue. After 3 days increase the dosage to 8 or 10 drops 3 times daily. Monitor blood sugar levels regularly, preferably more than once daily and adjust insulin intake when readings subside and allow. The maximum dosage per day is 15 drops taken 3 times daily.

#### If blood sugar level is above 16;

**Adults:** start by taking 5 drops 3 times daily before meals. Best taken with 10 ml of warm tea, warm water or under the tongue. Within 3 days increase the dosage to 10 or 15 drops 3 times daily. Monitor blood sugar levels regularly, preferably more than once daily and adjust insulin intake when readings subside and allow. The maximum dosage per day is 15 drops taken 3 times daily.

**Children 6-12:** start by taking 2 to 3 drops 3 times daily before meals. Best taken with 10 ml of warm tea, warm water or under the tongue. After 7 days increase the dosage to 5 drops 3 times daily. Monitor blood sugar levels regularly, preferably more than once daily and adjust insulin intake when readings subside and allow.

### For type 2 diabetes (non-insulin-dependent diabetes)

**Do not go off medication!**

#### If blood sugar level is above 7;

**Adults:** start by taking 5 drops 3 times daily before meals. Best taken with 10 ml of warm tea, warm water or under the tongue. After 3 days increase the dosage to 8 drops 3 times daily. Monitor blood sugar levels regularly, preferably more than once daily and slowly adjust the intake of drugs when readings subside and allow. The maximum dosage per day is 12 drops taken 3 times daily.

**Children 6-12:** start by taking 2 to 3 drops 3 times daily before meals. Best taken with 10 ml of warm tea, warm water or under the tongue. After 7 days increase the dosage to 5 drops 3 times daily. Monitor blood sugar levels regularly, preferably more than once daily and slowly adjust the intake of drugs when readings subside and allow.

**Warning:** Blood sugar levels can drop rapidly when **Anti-Diabetes** is taken in conjunction with pharmaceutical drugs. It is therefore important that checks be taken at least once daily.

If the desired blood sugar level is achieved, take only 5 drops of **Anti-Diabetes** per day for a month in order to help the liver and pancreas functions. During this period, continue taking regular checks. Eat and exercise correctly to keep diabetes in check. Stop **Anti-Diabetes** immediately if blood sugar level drops below 5.