

## Dosing Suggestions



The enzyme dose is not based on your child's age or weight, it's based on the size of the meal or snack being consumed. If your 4-year old can pack away a plate of spaghetti the same size as your husband can, give a larger dose of enzymes with it.

It is not an exact science, but here are some general dosing suggestions:

Size of Meal	Capsules	Powder	Chewable
Snacks	1	1/8 teaspoon	1
Child-size meals	1	1/4 teaspoon	2
Pre-teen meals	2	Heaping 1/4 teaspoon	4
Adult-size meals	2	Heaping ¼ teaspoon	4
Huge meals or multiple plates of food at one sitting	3-4	Heaping ¼ teaspoon to ½ teaspoon	6-8



**Tip for Swallowing Capsules:** (Because they float, capsules are easier to swallow than pills or tablets!)

- Take a drink of liquid and hold it in the mouth
- Place one capsule in the mouth
- Look down at your feet (the capsule floats to top of throat)
- Swallow the drink

### Tips for using enzymes as a powder:

- Mix with a tart drink such as lemonade or Welch's grape juice to mask the taste. Click [here](#) for a lot more ideas on how to mix with food and drinks.
- Use a straw and the enzyme drink will avoid most of the taste buds
- Liquids activate the enzymes and therefore must be consumed rather quickly. Oily nut and seed butters, like peanut butter, don't activate the enzymes and can last 2 to 3 weeks. (Hint - great for getting them to school)

