

LUGOL'S PROTOCOLS

All dosing should be put into 2-4 oz. of a beverage (water will not hide the taste).

All patients should place a drop on the abdomen and rub it in to stain the skin. Watch the area for any swelling or itching over a few hours. If no reaction, it's okay to proceed. A DROPPERFUL IS ABOUT 15 DROPS.

Adults

If sick: take 2-3 dropperfuls a day. Spread out this dose. Reduce to half when 90% of symptoms are gone. Return to maintenance after all symptoms of sickness are gone 24 hours.

Maintenance: one dropperful on a weekend day.

Kids and Infants

Under one year old: If sick, 2-3 drops a day. Maintenance is 6 drops on a weekend day.

Over one year old: If sick, 1 dropperful a day. Maintenance is 6 drops on a weekend day.