

Syndion® Dosing Schedules

Q: What is the suggested dose per day of Syndion?

A: Please consult your physician or health care professional for specific dosage recommendations. The following Suggested Daily Dosage chart is to assist health care professionals with meeting specific needs.

Body Weight (in pounds) [†]	Total dose per day (in ml)
26 - 35	7.5
36 - 45	10
46 - 55	12.5
56 - 65	15
66 - 75	17.5
76 - 85	20
86 - 95	22.5
> 95	25

[†]For children under 26 pounds, consult a physician or health care professional for dosage.

5 ml = 1 teaspoon; 15 ml = 1 tablespoon

Q: Why can't I just start with the target daily dose? Why are there 2 starting schedules?

A: Some people may be able to start with the target daily dose, especially adults. Children tend to be more sensitive to supplements so we suggest a gradual introduction. There are two schedules – schedule B is for more sensitive individuals who may have experienced difficulties with other products.

Q: What is Starting Dose Schedule A?

A: The suggested starting dose is 1/3 the target daily dose for 1 week; increase to 2/3 the target dose for the second week; working up to the full target dose at 3 weeks. Take with meals. Dosage may be divided over 2 or 3 meals or taken in one dose. If you experience any discomfort or side effects, consult your physician. Individual sensitivities may vary. Some individuals may need to revert to a lower dose and increase the dosage more gradually. If you experience sleep problems, complete the entire daily dosage by noon, and/or use the Suggested Starting Dose Schedule B.

Q: What is Starting Dose Schedule B - For more sensitive individuals?

A: The suggested starting dose is 1/6 the target daily dose; increasing by an additional 1/6 of the target daily dose every four (4) days, until the full target dose is reached. Take with meals. Dosage may be divided over 2 or 3 meals or taken in one dose. If you experience any discomfort or side effects, consult your physician. Individual sensitivities may vary. Some individuals may need to revert to a lower dose and increase the dosage more gradually. If you experience any sleep problems, complete the entire daily dosage by noon.

Note: 5ml = 1 teaspoon, 15ml = 1 tablespoon

The starting dose schedule may require a graduated dropper or pediatric dose system for young children.

Q: How much Syndion do I give at each meal using Starting Dose Schedule A for the 1st week?

Body Weight (in pounds)	Total Daily Target Dose (ml)	1/3 target dose for 1st week (ml)	Amount per meal (if given at 3 meals) (ml)
26 - 35	7.5	2.5	0.8
36 - 45	10	3.3	1.1
46 - 55	12.5	4.2	1.4
56 - 65	15	5.0	1.7
66 - 75	17.5	5.8	1.9
76 - 85	20	6.7	2.2
86 - 95	22.5	7.5	2.5
> 95	25	8.3	2.8

Q: How much Syndion do I give at each meal using Starting Dose Schedule A for the 2nd week?

Body Weight (in pounds)	Total Daily Target Dose (ml)	2/3 target dose for 2nd week (ml)	Amount per meal (ml) (if given at 3 meals)
26 - 35	7.5	5	1.6
36 - 45	10	6.6	2.2
46 - 55	12.5	8.4	2.8
56 - 65	15	10	3.4
66 - 75	17.5	11.6	3.8
76 - 85	20	13.4	4.4
86 - 95	22.5	15	5
> 95	25	16.6	5.6

Q: How much Syndion do I give at each meal using Starting Dose Schedule A for the 3rd week?

Body Weight (in pounds)	Total Daily Target Dose (ml)	Amount per meal (ml) (if given at 3 meals)
26 - 35	7.5	2.5
36 - 45	10	3.3
46 - 55	12.5	4.2
56 - 65	15	5.0
66 - 75	17.5	5.8
76 - 85	20	6.7
86 - 95	22.5	7.5
> 95	25	8.3

Example: Target daily dose for a 30 pound child is 7.5 ml.

7.5 ml (target daily dose) divided by 1/3 (if given at 3 meals) = 2.5 ml per meal

Q: How much Syndion do I give at each meal using Starting Dose Schedule B for days 1 through 4?

Body Weight (in pounds)	Total Daily Target Dose (ml)	1/6 of target dose for days 1-4 (ml)	Amount per meal if given at 3 meals (ml)
26 - 35	7.5	1.3	0.4
36 - 45	10	1.7	0.5
46 - 55	12.5	2.1	0.7
56 - 65	15	2.5	0.8
66 - 75	17.5	2.9	1.0
76 - 85	20	3.3	1.1
86 - 95	22.5	3.8	1.2
> 95	25	4.2	1.4

Q: How much Syndion do I give at each meal using Starting Dose Schedule B for days 5 through 8?

Body Weight (in pounds)	Total Daily Target Dose (ml)	2/6 (1/3) of target dose for days 5-8 (ml)	Amount per meal if given at 3 meals (ml)
26 - 35	7.5	2.6	0.8
36 - 45	10	3.4	1
46 - 55	12.5	4.2	1.4
56 - 65	15	5	1.6
66 - 75	17.5	5.8	2
76 - 85	20	6.6	2.2
86 - 95	22.5	7.6	2.4
> 95	25	8.4	2.8

Q: How much Syndion do I give at each meal using Starting Dose Schedule B for days 9 through 12?

Body Weight (in pounds)	Total Daily Target Dose (ml)	3/6 (1/2) of target dose for days 9-12 (ml)	Amount per meal if given at 3 meals (ml)
26 - 35	7.5	3.9	1.2
36 - 45	10	5.1	1.5
46 - 55	12.5	6.3	2.1
56 - 65	15	7.5	2.4
66 - 75	17.5	8.7	3
76 - 85	20	9.9	3.3
86 - 95	22.5	11.4	3.6
> 95	25	12.6	4.2

Q: How much Syndion do I give at each meal using Starting Dose Schedule B for days 13 through 16?

Body Weight (in pounds)	Total Daily Target Dose (ml)	4/6 (2/3) of target dose for days 13-16 (ml)	Amount per meal if given at 3 meals (ml)
26 - 35	7.5	5.2	1.6
36 - 45	10	6.8	2
46 - 55	12.5	8.4	2.8
56 - 65	15	10	3.2
66 - 75	17.5	11.6	4
76 - 85	20	13.2	4.4
86 - 95	22.5	15.2	4.8
> 95	25	16.8	5.6

Q: How much Syndion do I give at each meal using Starting Dose Schedule B for days 17 through 20?

Body Weight (in pounds)	Total Daily Target Dose (ml)	5/6 of target dose for days 17- 20 (ml)	Amount per meal if given at 3 meals (ml)
26 - 35	7.5	6.5	2
36 - 45	10	8.5	2.5
46 - 55	12.5	10.5	3.5
56 - 65	15	12.5	4
66 - 75	17.5	14.5	5
76 - 85	20	16.5	5.5
86 - 95	22.5	19	6
> 95	25	21	7

Q: How much Syndion do I give at each meal using Starting Dose Schedule B after day 20?

Body Weight (in pounds)	Total Daily Target Dose (ml)	Amount per meal if given at 3 meals (ml)
26 - 35	7.5	2.5
36 - 45	10	3.3
46 - 55	12.5	4.2
56 - 65	15	5.0
66 - 75	17.5	5.8
76 - 85	20	6.7
86 - 95	22.5	7.5
> 95	25	8.3