

**TS-Calm Nutritional Solutions Dosage Chart**  
**(neurological/neuromuscular nutritional support)**

<b>Weight Pounds</b>	<b>TS-Calm Caps/Day Max</b>	<b>Fish Oil Gual &amp; Vitamin E**</b>	<b>Mag Taurate (fully reacted) Min/Max Above 8 years old</b>
<b>35-41</b>	<b>6</b>	<b>Refer to Chart</b>	<b>100mg to 300mg daily</b>
<b>42-48</b>	<b>6.5</b>	<b>on product website</b>	<b>100mg to 300mg daily</b>
<b>49-55</b>	<b>7</b>	<b>“ “</b>	<b>200mg to 300mg daily</b>
<b>56-62</b>	<b>7.5</b>	<b>“ “</b>	<b>200mg to 300mg daily</b>
<b>63-72</b>	<b>9</b>	<b>“ “</b>	<b>200mg to 300mg daily</b>
<b>73-76</b>	<b>9.5</b>	<b>“ “</b>	<b>200mg to 400mg daily</b>
<b>77-80</b>	<b>10</b>	<b>“ “</b>	<b>200mg to 400mg daily</b>
<b>81-84</b>	<b>10.5</b>	<b>“ “</b>	<b>200mg to 400mg daily</b>
<b>85-89</b>	<b>11</b>	<b>“ “</b>	<b>200mg to 500mg daily</b>
<b>90+</b>	<b>11.5</b>	<b>“ “</b>	<b>200mg to 500mg daily</b>

**Additionally, directions should be followed on the label of all products.**

**Additionally, in those 8 years and older, use this chart to determine suggested dosages for Mag Taurate. Remember to start with 1/4<sup>th</sup> the total suggested daily dose of TS-Calm and slowly increase this over a 2 week period until the total suggested daily dose of TS-Calm is reached. During increasing the dosage during the 2 week period, if you notice symptoms get worse, go back to previous dosage and monitor for 2 weeks at that level to see if optimum dosage has been reached. . Do not exceed the suggested total daily amount without a physician’s permission. Capsules can be opened and mixed with soft food or thick liquids, such as apple sauce, oatmeal, etc.**

**\*Remember that this support system is all about nutritional deficiencies and each individual situation differs slightly and reaching maximum benefit takes a little time and dosage increasing/decreasing to reach optimum performance. Be patient and monitor effectiveness at each dosage level.**

**\*\*High dosages of Fish Oil require that you also take Vitamin E in conjunction with the Fish Oil.**

**\*\*\*Children should not take more than 500mg of Mag Taurate daily.**

**\*\*\*Adults can add more Mag Taurate, but should not take more than 900mg of Mag Taurate daily.**