

SES Products Dosage Information

For E-1, E-2 and E-4, the recommended dosage is 10 drops twice a day in 4-8 ounces of purified, distilled, or clustered water. We do not recommend taking the drops without water because they are shockingly salty. The drops can be added to any beverage, tea, or put on food, however, water is probably the most efficient delivery mode. Practical application of these formulas favors E-1 first thing after rising, and E-2 later in the day. Because E-2 is stimulating, it is not recommended for bedtime. E-4, because it is a foundational formula, acts as an amplifier to both E-1 and E-2, and so is recommended in combination with both. It is recommended to not exceed 15 drops (1/2 dropper) per dose, as frequency is more important than amount.

Dr. Jeff Marrongelle: As far as dosage goes, I felt early on that the dosage recommendations were accurate for healthy people at **10 drops twice a day** in four to six ounces of pure water. For that application, I prefer distilled water or reverse osmosis water rather than spring water or tap water. That's a good recommendation for people who are not having any health challenges. What I found with my clinical patients was that the more severe their condition, the lower the dose I began them with. I would start them with 2-5 drops twice a day, and I would ramp up gradually each week by adding two or three drops a day until we got up to standard dosages.



I have just not seen a down side with the formulas. As we talked about with people that are really ill, who have some serious health challenges, the formulas tend to re-regulate the system a little too rapidly; so I err on the side of being conservative, and start with very low dosages and work my way up with people that are in that category because it can cause too strong of a normalization response, and that can appear outwardly to be adverse, but it really is a sign of the body having a normal excretion response or starting to function normally--the first thing it wants to do is clean itself out. I would say the rule of thumb would be: the greater the health challenge a person has, the lower the dosage should be on the onset. And then they can always build up to it as the weeks go on.

We may have them take the E-1 in the morning because it helps them face the day, and helps with the nervous response to the day. And the E-2 they might want to take in the afternoon or early evening before supper because that's when we're going to do more absorbing and metabolizing; and then later on in the evening as we go to rest, is when we rejuvenate and replenish ourselves, so E-1 at bedtime. We want to work with the body's biorhythms.

E-3 Cream

With the cream, I've actually been using that for a couple of years, and now it's in enhanced form. I treat all the soccer kids and the football team from my boy's high school on a pro bono basis, so we have injured athletes coming through our house and our clinic weekly with bruises, even fractures. The application of the topical is at least twice a day with something that's a little more chronic; but in an acute situation, I'll have them use it three, four, five times a day in small applications to the injured area until they note persistent relief, and then we'll go down to maybe twice a day. After the pain is gone or the inflammation is gone, I have them maintain the use for at least another week, twice a day, morning and evening, which promotes the healing of the soft tissues and the connective tissues.

[The above is the express experience and opinion of these practitioners. Consult your health care practitioner for treatment of specific conditions].

ORDER: pureenergyrx.com | Phone: 620-399-7462 | Mobile: 971-269-7050