

Equilibrant (Chinese Herb)

Start with $\frac{1}{4}$ tablet once a day with food and a full glass of water for 10-14 days

Then increase to $\frac{1}{2}$ tablet once a day with food and a full glass of water for 10-14 days

Then increase to 1 whole tablet once a day with food and a full glass of water.

Max dose : 1 tablet 2 x daily or 2 tabs 2x daily if can tolerate.