

STEP ONE RAMP UP INSTRUCTIONS:

Ramping Up, it is under a one week process.

It is a simple process too. The following is some background that will help you appreciate the need to follow the procedure. The key element of the Protocol is na R Alpha Lipoic Acid at 1200 mg per day . **The process we call Ramp Up involves only the na R ALA.** na R ALA is nearly 10 times more powerful than ALA. This is the reason for Ramp Up when you are going to ingest therapeutic amounts of na R ALA. if one were to begin to swallow 1200 mg of na RALA daily without acclimating to it first, the body's digestive system reaction to this powerful antioxidant may be a sour stomach or nausea. This is where Ramping Up comes in, 100 mg every few hours gets you used to taking 1200mg daily (1200 mg daily is research verified and additional information and details on the different kinds of ALA can be found in a group search when you enter the words "is all ala the same"). Another fact about na RALA is that it functions even more efficiently when it is combined with Acetyl L-Carnitine which acts like a supercharger. All ALA consumes sizable amounts of Biotin from the body. Absorbing Biotin is one reason we supplement therapeutic amounts of Biotin in the midday product which is separated at least 2 hours from the morning and evening servings of the Protocol's 600 mg of na R ALA AM/PM. Many new users of the Protocol tell us "why do I have to Ramp Up, I already take 600 mg of ALA per daily and have for years" and the reason was just explained, all ala is not the same. There are two primary videos that were produced in 2018 that you can group search for in the support group, they are listed as Ramping Up or Ramp Up Video produced by the Protocol developer and group founder Bob Diamond. Ramp Up requires one bottle of 100 mg na R ALA which comes with Ramp Up Plus.

The following are the basic Ramp Up instructions, you may adapt them slightly if it makes you feel more comfortable to do so. Here's how you do it. On day one you take one 100 mg capsule of na R ALA in the Ramp Up bottle every two to three waking hours. On day two if your stomach handled the number of capsules that you took the day before comfortably then add a second capsule, now you will be taking two 100 mg capsules every 2 to 3 hours. Remember to drink plenty of water. Plenty of water is defined as 80 to 100 oz of water daily. Water is what we mean when we say water. We don't mean a diet soda and we don't mean sweet tea we mean H2O. if during this process you sense any heartburn eat a couple of bites of a banana when you consume the na R ALA. This is what is referred to as a "fatty meal" and in this case we suggest a banana, it's light and offsets the acidity being introduced into the stomach. If you are awake for 12 hours a day or longer, you should be able to consume 400 mg of na R ALA 100mg capsules in one day. If on day one you have no stomach distress add another capsule and you will be at 800 by the end of day two, 1200 by day 3. If you did have some distress on day one, then on day two repeat what you did on day one, stick with the 400 mg again, a capsule every few hours over the 12 hours. remember the banana. Following these instructions by day three or 4 you should be comfortably consuming 1200 mg in a day during the Ramp Up process. **Take no other elements of the Protocol during Ramp Up.** Once 1200 mg is achieved in a single day, Discard the 100mg Ramp Up bottle and begin using the Protocol bottles, each having instructions directing you to how many capsules and how often. Responsibly Ramping Up insures a comfortable acclimation to 1200 mg of na R ALA daily. We never say good luck, we say Best Of Outcomes because **#theprotocolworks**



INSTRUCTIONS - After Ramp Up is Complete

The Basics after Ramp Up:

Having some food in your stomach and properly hydrating using 80 to 100 oz of water daily when supplementing allows the digestive process to metabolize the vitamin and mineral supplements and provides the natural process of elimination for any excess unneeded nutrients through the kidneys.

Do not drink adult beverages as they impede the healing process by dehydrating your body's cells.

The vitamins and minerals contained within this Protocol are consumed at therapeutic levels in accordance with years of peer-reviewed research supporting the processes for remodeling the peripheral nervous system. This set of nutrients fortifies and accelerates the body's own natural ability to heal emphasizing on the peripheral nerves. The side effects have been proven to be better health.

Each of the 4 Protocol bottles have simple instructions on their label's face.

1 capsule AM, 1 capsule PM on 2 of the bottles. 2 capsules Midday + 2 capsules AM and 2 Capsules PM

DAILY CONSUMPTION IS 10 CAPSULES

na R ALA 1200 mg
Chelated Magnesium 400 mg
Thiamine 50 mg
Riboflavin 50 mg
Niacin 20 mg
Biotin 20000 mcg
Organic Flaxseed Oil 2000
Methylfolate 400 mcg
Methylcobalamin B12 4000 mcg
Acetal L Carnitine 500 mg

Use the website contact form or email inquiries@theprotocol525.com to ask Bob Diamond or the Protocol team your questions.