



Nausea at the Start of Amino Acid Therapy

If you experience nausea upon starting amino acid therapy that gets worse each time you take the amino acids your neurotransmitter levels are most likely very low and we need to ease your body into amino acid therapy. The first thing to try is to take the amino acids with a little bit of food (crackers or applesauce work well for most people). If that does not help, do the following:

- 1) Discontinue taking the amino acids/NeuroReplete/D5 during the day.
- 2) Begin by taking 1 NeuroReplete/D5 at night just before going to sleep.
- 3) After 3-4 days of no nausea, increase to 2 NeuroReplete/D5 before going to sleep.
- 4) Repeat this process until you are taking 4 NeuroReplete/D5 before bed. Once you can do this with no nausea, begin taking 4 NeuroReplete/D5 in the morning and 1 NeuroReplete/D5 at night before bed.
- 5) Continue the same process of increasing your NeuroReplete/D5 dosage by 1 capsule every 3-4 days (without nausea) until you are taking 4 NeuroReplete/D5 in the morning and 4 NeuroReplete/D5 before bed.
- 6) Now you can begin taking the NeuroReplete/D5 as directed.

2940 Chapel Valley Road Madison, WI 53711
phone 608 274-7044 toll-free: 866-888-6721 fax: 608 274-6614

www.naturalpathhealthcenter.com