



Recommendations for Adults (ca. 70 kg)

Product	Prevention	Therapy	Time of day	Comments
Amino Vida/Eight	5-10 tablets when needed	2-3 x daily 10 tablets	take 30 minutes before physical activity or with meals	
Arginin Vida	3 capsules daily	6 capsules daily	eat with the meal	
Aronia Vida	2 capsules daily	3-4 capsules daily	eat with the meal	very effective in acute pollen allergy
Aronia Shot	1 shot daily	2 shots daily	does not matter	add to a drink
Artemisia Vida/Shot	-	4 x 2 capsules or 4 x 1 stick daily (1st & 2nd day also higher dosage possible)	take 1 h before meals & again before bedtime	must not be taken together with iron
Artemisia Gel	-	apply 2-3 x daily or as needed to the affected area and let absorb	upon need	
Artemisia Tea	-	4 x daily: infuse 1 tsp tea for 15 minutes and then drink immediately	take on an empty stomach	must not be taken together with iron
Boswellia Vida	1 capsule daily	4 capsules daily	eat with the meal	not more then 12 capsules a day
Calcium Shot	Before and during menopause or in case of calcium deficiency, 1-2 sticks daily.	2 sticks daily	take on stick in the morning and one stick in the evening with/after meals	Consistent supply for a better uptake.
Canna Vida	-	6 - 12 drops per intake (The effect is very individual; adjust dose up / down!)	upon need	can also be taken with water, juice or food; CBD content: 1 drop = 1,3 mg Do <b>not</b> take during pregnancy!
Caye Vida	1-2 capsules daily	2-3 capsules daily	take before meals	take first few days in the middle of a meal, take after habituation before eating
Clear Skin Gel	-	apply at least twice a day and massage in thoroughly (important!)	use at least in the morning & before bedtime	first clean th skin with suitable, mild soap; during the day this can be left out
Coffea Vida	2 capsules daily	2 capsules daily	take 30-60 min before lunch and supper 1 capsule each time	cure lasts at least 4 - 6 months / Do <b>not</b> take during pregnancy!
Eisen Vida	1 capsule daily	2 capsules daily	take before meals, preferably in the morning and at noon	at least 2h distance from Kurkuma Vida (Turmeric) , Magnesium Vida & Calcium Shot
Emu Oil	-	apply 2-3 x daily or as needed to the affected area and let absorb	upon need	
EM Multi ferment	take 1 x 20 ml or 2 x 10 ml each day undiluted and move before swallowing briefly in the mouth.		take in the morning, on an empty stomach, right after getting up; at least 15 (better 30) min before breakfast	for a milder taste sensation, diluate EM Multi ferment in half a glass of water; intake together with Immuno = ok!
Fleximove	-	apply 2-3 x daily or as needed to the affected area and let absorb	upon need	Do <b>not</b> apply during pregnancy!
Fuss Schutzcream	-	apply 2-3 x daily or as needed to the affected area and let absorb	upon need	for nail fungus: apply behind the nail to the skin and have 6-9 months of patience
Hot-Shot Sport Gel	-	apply 2-3 x daily or as needed to the affected area and let absorb	upon need	do not apply to mucous membranes and eyes
Immuno Daily	1x a year for 3 months: 1 caps every other day	for a detailed dosage: vitalstoffmedizin.ch > Nutrients > Immune System	take right after getting up; on an empty stomach; with a glass of water; 20 min before breakfast	in addition take 60'000 units of vitamin D <b>weekly</b> with your meals Do <b>not</b> take during pregnancy!
Immuno Vida	1x a year for 3 months: 1 capsule per week	for a detailed dosage: vitalstoffmedizin.ch > Nutrients > Immune System	take right after getting up; on an empty stomach; with a glass of water; 20 min before breakfast	in addition take 60'000 units of vitamin D <b>weekly</b> with your meals Do <b>not</b> take during pregnancy!
Krill Vida	8 capsules daily	at least 8 capsules daily	take with a high fat main meal (better absorption)	contains protein from crustaceans (crustaceans); in case of blood coagulation disorders: intake in consultation with a doctor
Kurkuma Vida	2 capsules daily	3-4 capsules daily	eat with the meal	in case of iron deficiency: time interval to iron supplementation (2h at least)
Magnesium Vida	2 capsules daily	2-4 capsules daily	eat with the meal	
Moringa Vida	2 capsules daily	3 x 1 capsule daily	eat with the meal	
Morus Vida	2 capsules daily	2-4 capsules daily	take 30 - 60 minutes before eating	Do <b>not</b> take during pregnancy!
MSM Vida	1 capsule daily	3 capsules daily	eat with the meal	treatment takes 1-2 years, first improvements after a few months Do <b>not</b> take during pregnancy!
Mysterio Vida	-	3 capsules daily	take with the meal	CBD content: 1 capsule = 10 mg (corresponds to 7-8 drops of Canna Vida) Do <b>not</b> take during pregnancy!
NADH Vida	2 x 10 mg daily	2 x 20 - 2 x 40 mg daily	take 1/2 of the dose 20 minutes before breakfast and the rest 2 hours after lunch / put under tongue, let melt	do not take in the evening (can disturb sleep)
Neovital	5 ml daily	2 x 5 ml daily	take apart from meals during the day with 2 dl of water	always with at least 1 h distance to Toxaprevent
Omega-3 Vegan	5 ml daily	10 ml daily	take with a high fat main meal (better absorption)	
Omega-3 Vida	5 - 10 ml	10-20 ml daily	take with a high fat main meal (better absorption)	in case of blood coagulation disorders: intake in consultation with a doctor
Oregano Vida	1 capsule daily	4 x 2 capsule daily	with meals & again at bedtime	Do <b>not</b> take during pregnancy!
Pollen Shot	1 Stick daily	2-3 sticks daily	upon need	mix with water, juice or food; regarding sleep: see Pollen Vida
Pollen Vida	1-2 capsules daily	3-8 capsules daily	take throughout the day and immediately before meals	in case of sleeping disorders not to take in the evenings
Probiotic Vida	3 g daily	stirr 3 g (= 1 measuring spoon) into 200 ml lukewarm water, allow the husk shells to swell for a few minutes before drinking	take in the morning, on an empty stomach, right after getting up; at least 15 (better 30) min before breakfast	treatment lasts at least 1 - 3 months; intake together with Immuno = ok!
Q10 Strong	1 capsule daily	1-2 capsules daily	eat with the meal	
Q10 Vida	2-3 capsules daily	2-6 capsules daily	eat with the meal	
RECOVERY BOX				
Turmeric Turbo	-	2 capsules daily	Take one capsule in the morning and one in the evening with meals.	

<b>Herbal Hero</b>	-	2 capsules daily	Take one capsule in the morning and one in the evening with meals.	not on an empty stomach
<b>Vitality Shot</b>	-	1 stick daily	eat with the meal or dissolve in water/sports drink	not on an empty stomach
<b>Reishi Vida</b>	1 capsule daily	1-2 capsules daily		Start with 1 capsule. Do <b>not</b> take during pregnancy!
<b>Relax Vida</b>	-	1-2 capsules daily	take at dinner. Start with 1 capsule	Do <b>not</b> take during pregnancy.
<b>Salvestrol 350</b>	1 capsule daily	unsuitable for acute treatment	eat with the meal	
<b>Salvestrol 2000</b>	-	treatment belongs in the professional practice (5 capsules per day at least)	eat with the meal	Take the whole dose at once, do not spread it over the day (higher effect).
<b>Toxaprevent</b>	3 x 1 capsule daily up to 1 Stick	3 x 2 capsules daily up to 1-2 Sticks; Toxaprevent Plus split on 3 intakes	take 20 minutes before meals (but at least 15 minutes after EM Multi ferment/Probiotic & Immuno) with a glass of water	Gradually introduce the product with initially 2 capsules per day; with good tolerance run up to 3 x 2 capsules or 1-2 sticks. Do <b>not</b> take during pregnancy!
<b>Vino Vida</b>	2 capsules daily	3 x 1 capsules daily	eat with the meal	
<b>Vitality Shot</b>	1 stick daily	2 sticks daily	eat with the meal or dissolve in water/sports drink	not on an empty stomach; start with 1 stick a few days; suitable for direct intake
<b>Vitamin D3 Vida</b>	40-70 IU per kg body weight (summer/winter) daily OR according to the doctor's recommendation		take with a main meal (better absorption)	Blood level must be controlled by (physician) => target value 75 - 220 nmol/l. Combine with vitamin K2 if the need for vitamin D3 is high (from 4000 IU/day).
<b>Vitamin K2 Vida</b>	1 capsule daily	1 capsule daily	eat with the meal	Recommended from 4000 IU Vitamin D3 a day
<b>Voluntastrols</b>	-	2-4 capsules daily	take before breakfast	Depression: see vitalstoffmedizin.ch > Nutrients > Voluntastrols



Recommendations for Children (ca. 35 kg)

Product	Prevention	Therapy	Time of day	Comments
Amino Vida/Eight	-	daily 6-10 tablets	30 minutes before physical activity or with meals	
Arginin Vida	1 capsule daily	2-3 capsules daily	eat with the meal	
Aronia Vida	1 capsule daily	2-3 capsules daily	eat with the meal	very effective in acute pollen allergy
Aronia Shot	1 shot daily	1-5 years: 1/2 shot / 5-10 years: 1 shot / > 10 years: 1-2 shots	does not matter	add to a beverage / bottle
Artemisia Vida/Shot	-	70 mg/kg body weight/day > 1 cps = 600, 1cps Mini = 300, Shot = 1200 mg Recommendation A. Mini: 10-20 kg = 2-5 cps; 30-40 kg = 7-10 cps Recommendation A. Shot: 10-20 kg = 0.5-1.5 Sticks; 30-40 kg = 2-2.5 Sticks	take 1 h before meals & again before bedtime	must not be taken together with iron
Artemisia Gel	-	apply 2-3 x daily or as needed to the affected area and let absorb	upon need	do not apply to mucous membranes
Boswellia Vida	-	1 - 2 capsules a day	eat with the meal	not more then 6 capsules a day
Calcium Shot	-	1 stick daily	eat with/after meal	consistent supply for a better uptake.
Canna Vida	-	6 drops per intake (The effect is very individual; adjust dose up/down!)	upon need	can also be taken with water, juice or food; CBD content: 1 drop = 1,3 mg
Clear Skin Gel	-	apply at least twice a day and massage in thoroughly (important!)	use at least in the morning & before bedtime	first clean th skin with suitable, mild soap; during the day this can be left out
Caye Vida	not suitable	not suitable for children		
Coffea Vida	not needed	1 capsule daily (only in extreme obesity)	take one capsule 30-60 min before lunch and dinner	cure lasts at least 4 - 6 months
Eisen Vida	1 capsule daily	2 capsules daily	take before meals, preferably in the morning and at noon	at least 2h distance from Kurkuma Vida (Turmeric) , Magnesium Vida & Calcium Shot
EM Multi ferment	take 1 x 20 ml or 2 x 10 ml each day undiluted and move before swallowing briefly in the mouth		take in the morning, on an empty stomach, right after getting up; at least 15 (better 30) min before breakfast	for a milder taste sensation, diluate EM Multi ferment in half a glass of water; intake together with Immuno = ok!
Emu Oil	-	apply 2-3 x daily or as needed to the affected area and let absorb	upon need	
Fleximove	-	apply 2-3 x daily or as needed to the affected area and let absorb	upon need	
Fuss Schutzcream	-	apply 2-3 x daily or as needed to the affected area and let absorb	upon need	for nail fungus: apply behind the nail to the skin and have 6-9 months of patience
Hot-Shot Sport Gel	not suitable	children > 10: apply 1-2 x daily or as needed to the affected area; let absorb	upon need	do not apply to mucous membranes and eyes
Immuno Daily	1x a year for 3 months: 1 caps every other day	for a detailed dosage: vitalstoffmedizin.ch > Nutrients > Immune System	take right after getting up; on an empty stomach; with a glass of water; 20 min before breakfast	small capsules - ideal for children; in addition take approx. 30'000 IU of vitamin D weekly with your meals (consider the weight and age of the child)
Immuno Vida	1x a year for 3 months: 1 capsule per week	for a detailed dosage: vitalstoffmedizin.ch > Nutrients > Immune System	take right after getting up; on an empty stomach; with a glass of water; 20 min before breakfast	in addition take approx. 30'000 units of vitamin D weekly with your meals (consider the weight and age of the child)
Krill Vida	4 capsules daily	At least 4 capsules daily	take with a high-fat main meal (better absorption)	contains protein from crustaceans (crustaceans); in case of blood coagulation disorders: intake in consultation with a doctor
Kurkuma Vida	1 capsule daily	1-2 capsules daily	eat with the meal	in case of iron deficiency: time interval to iron supplementation (2h at least)
Magnesium Vida	1 capsule daily	2 capsules daily	eat with the meal	
Moringa Vida	1 capsule daily	1-2 capsules daily	eat with the meal	
Morus Vida	-	2 capsules daily	take 30 - 60 minutes before eating	
MSM Vida	-	not suitable for children		
Mysterio Vida	-	1-3 capsules; can also be opened and added to food	eat with the meal	CBD content: 1 capsule = 10 mg (corresponds to 7-8 drops of Canna Vida)
NADH Vida	10 mg daily	2 x 10 - 2 x 20 mg daily	take 1/2 of the dose 20 minutes before breakfast and the rest 2 hours after lunch / put under tongue, let melt	do not take in the evening (can disturb sleep)
Neovital	5 ml daily	2 x 5 ml daily	take apart from meals during the day with 2 dl of water	always with at least 1 h distance to Toxaprevent
Omega-3 Vegan	5 ml daily	5 - 10 ml daily	take with a high fat main meal (better absorption)	
Omega-3 Vida	5 ml daily	10-20 ml daily	take with a high-fat main meal (better absorption)	in case of blood coagulation disorders: intake in consultation with a doctor
Oregano Vida	1 capsule daily	4 x 1 capsule daily	with meals & again at bedtime	
Pollen Shot	1 Stick daily	2 sticks daily	upon need	mix with water, juice or food; regarding sleep: see Pollen Vida
Pollen Vida	1 capsule daily	2-4 capsules daily	take throughout the day and immediately before meals	in case of sleeping disorders not to take in the evenings
Probiotic Vida	1.5 g daily	stirr 1.5 g (= 1/2 measuring spoon) into 100 ml lukewarm water, allow the husk shells to swell for a few minutes before drinking	take in the morning, on an empty stomach, right after getting up; at least 15 (better 30) min before breakfast	treatment lasts at least 1 - 3 months; intake together with Immuno = ok!
Q10 Strong	not needed	treatment belongs in the professional practice	eat with the meal	
Q10 Vida	not needed	treatment belongs in the professional practice	eat with the meal	
RECOVERY BOX KIDS				
Turmeric Turbo	-	2 capsules daily	Take one capsule in the morning and one in the evening with meals.	
Herbal Hero	-	2 capsules daily	Take one capsule in the morning and one in the evening with meals.	not on an empty stomach
Vitality Shot	-	A stick every second day (or 1/2 stick every day)	eat with the meal or dissolve in water/sports drink	not on an empty stomach
Relax Vida		1 capsule	take at dinner	

<b>Salvestrol 350</b>	not needed	unsuitable for acute treatment		
<b>Salvestrol 2000</b>	-	treatment belongs in the professional practice	eat with the meal	
<b>Toxaprevent</b>	3 x 1 capsule daily up to 1 Stick	3 x 1 capsules daily up to 1 stick; Toxaprevent Plus split on 3 intakes	take 20 minutes before meals (but at least 15 minutes after EM Multi ferment/Probiotic & Immuno) with a glass of water	gradually introduce the product with initially 1 capsule per day
<b>Vino Vida</b>	1 capsule daily	1-2 capsules daily	eat with the meal	
<b>Vitality Shot</b>	1/2 stickt daily	1 stick daily	eat with the meal or dissolve in water/sports drink	not on an empty stomach; start with 1/2 stick a few days; suitable for direct intake
<b>Vitamin D3 Baby</b>	1st year of age: 400 IU / 2nd - 4th leeward year: 500 IU / 5 to 10 years: 1200 IU / after 10: 1600 IU		directly into the mouth / on a soother or with a spoon; can also be added to the food (make sure that food is completely eaten!)	1 drop of vitamin D3 Baby contains 400 IU vitamin D3 (adapted dosage for babies and toddlers). Recommended for infants <b>from 3 months</b> .
<b>Vitamin D3 Vida</b>	40-70 IU per kg body weight (summer/winter) daily OR according to the doctor's recommendation		take with a main meal (better absorption)	Blood level must be controlled by (physician) => target value 75 - 220 nmol/l
<b>Vitamin K2 Vida</b>	1 capsule daily	1 capsule daily	eat with the meal	
<b>Voluntastrols</b>	-	1 capsule daily	take before breakfast	Depression: see vitalstoffmedizin.ch > Nutrients > Voluntastrols