

How To Take PXP

FOR BEST RESULTS DO NOT TAKE PXP with FOOD

Most people take their first scoop of PXP one hour before breakfast and then more PXP one hour before lunch or dinner. If you can, always wait an hour after taking PXP, before consuming anything else. Or some take PXP 2 hours after breakfast or any other meal. (Also great before or during a “mid-afternoon slump”).

Mix the PXP with 4-8 ounces of warm or regular temperature water to increase the surface area of the PXP. **How much should I take? That’s your call, of course. That depends on your goals and your state of health.**

Regular Maintenance Amount– 1-2 scoops per day 1 HOUR before breakfast or lunch or before bedtime (or two hours after a meal).

Therapeutic Amount – Up to three (3) scoops of PXP per day. **Start with one scoop for week one, two scoops for week two, then, if you want, move to three scoops per day during week three.** Always increase WATER to assist the body in any possible detox process. Most people have no detox responses with PXP but if you are one of the few who do, keep in mind that the more you can open up the elimination channels, the less detox you experience, simply because the toxins are moving more rapidly through these channels and out of the body.

When will I notice it? Keep in mind, it’s a totally individual thing:

People with chronic conditions—They usually take up to three (3) scoops a day and often have faster, noticeable results—during the first 14-28 days.

Sensitive, or severely depleted, low energy people—Often notice changes and/or energy increases in the first 7-21 days.

Healthy, high-energy people—These people often take longer to notice specific results (two to six weeks), but be assured it’s working from day one.