

Recommended supplement dosage		
Iodine (1000 ml bottle)		Important
Addition Total:	49.47 ml	
Divide the addition into portions:	four times 12.37 ml *	
Iodine (alt. 100 ml bottle)		Important
Addition Total:	4.95 ml	
Divide the addition into portions:	four times 1.24 ml *	
Strontium (Sr)		Recommended
Addition Total:	143.4 ml	
Divide the addition into portions:	once 143.4 ml	
Vanadium (V)		Recommended
Addition Total:	5.71 ml	
Divide the addition into portions:	twice 2.85 ml *	
Zinc (Zn)		Recommended
Addition Total:	7.61 ml	
Divide the addition into portions:	once 7.61 ml	
Manganese (Mn)		Recommended
Addition Total:	3.81 ml	
Divide the addition into portions:	once 3.81 ml	
Iron (Fe)		Recommended
Addition Total:	1.90 ml	
Divide the addition into portions:	five times 0.38 ml *	
Barium (Ba)		Recommended
Addition Total:	61.75 ml	
Divide the addition into portions:	twice 30.88 ml *	
Fluorine (F)		Recommended
Addition Total:	276.3 ml	
Divide the addition into portions:	three times 92.11 ml *	