

INTRODUCING DR. GARNETT AND THE DEVELOPMENT OF POLY-MVA

Lipoic Acid Mineral Complexes and Poly-MVA were discovered and developed by Dr. Merrill Garnett, a researcher, biochemist and head of the Garnett McKeen Laboratory in Long Island, New York. Dr. Garnett's research lies in the emerging field of Electrogenetics, developing electro-active compounds that inhibit anaerobic cells without damaging healthy ones. Dr. Garnett has received multiple U.S. patents for Lipoic Acid Mineral Complexes.

For over forty years, Dr. Garnett has probed the secrets of molecular biology and the mysteries of cells. He realized that certain cellular dysfunctions were the failure of some cells to regenerate and replicate normally, instead cloning themselves in a deranged state over and over. He theorized that this failure of some cells to mature was a problem with the energetics (how energy is used) in the cells and part of the metabolic processes.

Dr. Garnett's research expands on the theory that all normally-developed cells contain a specific inward (or directed) energy flow to DNA/RNA/Mitochondria and the cells' energy cycle. He has looked for those pathways which alter electron or energy flow in the cell. Research shows that normal development requires a certain amount of energy. Through laboratory experiments, Dr. Garnett found that by introducing alternative energy pathways, dysfunctional cells were altered selectively and normal cells were supported and enhanced.

Dr. Garnett began a long and difficult search to find a natural molecular compound that would restore healthy pathways for growth and normal development. Within those cell pathways that were missing, or deficient in dysfunctional cells, his targeted cellular energy could be used to exploit the metabolic dysfunction. More specifically, he searched for a natural organic compound that would act as a metabolic shunt to restore the cells' healthy metabolism, or energy pathways.

After testing some 20,000 compounds, Dr. Garnett discovered that the mineral palladium, when combined with alpha lipoic acid and B-1(thiamine), created an extremely useful and safe cellular nutrient. Thus, in 1991, came about the biochemical formula known as Lipoic Acid Mineral Complexes, from which POLY-MVA was derived. Subsequent tests have shown Lipoic Acid Mineral Complexes to be safe and effective. His complete journey can be found in his book **First Pulse**.

Presently, Dr. Garnett is working in cooperation with other researchers to determine the effectiveness of the principal ingredients of Poly-MVA for other uses and developing other powerful compounds. For more information on Garnett-McKeen Labs visit www.garnettmckeen.net.

POLY-MVA

Poly-MVA is a uniquely-formulated dietary supplement containing a proprietary blend of the mineral palladium bonded to alpha-lipoic acid, Vitamins B1, B2 and B12, formyl-methionine, N-acetyl cysteine, plus trace amounts of molybdenum, rhodium, and ruthenium. This formulation is designed to provide energy for compromised body systems by changing the electrical potential of human cells and facilitating aerobic metabolism within the cell.*

A member of the Lipoic Acid Mineral Complexes (LAMC), Poly-MVA may assist in boosting immune response by replenishing key nutrients and supporting cellular metabolism. What makes Poly-MVA unique is the proprietary manufacturing process by which palladium is sequestered to lipoic acid. No other company produces a product similar to Poly-MVA because of the preparation and bonding process through which LAMC is manufactured. The proprietary formulation of LAMC with other vitamins, minerals, and amino acids provides considerable nutritional support, helping to enable optimum functioning of essential body systems.

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INGREDIENTS COMPRISING POLY-MVA

Alpha-Lipoic Acid (also known as “LA” or “thioctic acid”) in LAMC works to help the body to produce energy by recycling the free radicals rather than just quenching them. LA has also been shown to support the liver in removing harmful substances from the body. Studies indicate that LA assists in protecting cells and removing heavy metals from the bloodstream. Because of its strong detoxifying effects, LA has shown to influence the metabolism of sugar and may assist in the regulation of blood sugar, and has been used in many published studies.

As a powerful antioxidant, LA helps to neutralize the free radicals that influence the aging process and the breakdown of normal cellular processes. LA is both water and fat soluble, so it easily passes across the blood-brain barrier, and is functional in most parts of the body.

Vitamin B-1 (thiamin) is a coenzyme that, in combination with lipoic acid, is involved in the decarboxylation of pyruvate and the oxidation of alpha keto-glutamic acid. These functions are essential to energy production, metabolism of carbohydrates and neurotransmitter function. B-1 is water soluble and is not stored in any quantities in the body.

Research in animals indicates that B-1 activates membrane ion channels, possibly by phosphorylating them. The flow of electrolytes like sodium and chloride in or out of nerve and muscle cells through membrane ion channels plays a role in nerve impulse conduction and voluntary muscle action.

Vitamin B-2 (riboflavin) is vital to maintaining a proper metabolism, and also helps to shore up the immune system by reinforcing antibody reserves, the body's first line of defense. Along with iron, riboflavin is essential for producing the red blood cells that carry oxygen throughout the body. In addition, the body uses extra riboflavin to keep tissue in good repair. Along with such B vitamins as vitamin B6 and niacin (which riboflavin helps the body convert into active forms), riboflavin supports and protects the nervous system.

Vitamin B-12 (also known as cobalamin) is in its most common form cyanocobalamin, which is broken down to methylcobalamin by the body. It is generally found only in meat and dairy products. In combination with folic acid, B-12 is involved in DNA synthesis, production of the myelin sheath that protects nerves and red blood cell production. As a methyl donor involved in homocysteine metabolism, B-12 also plays an important role in immune and nerve function.

Molybdenum is an essential trace mineral. It is crucial in regulating pH balance in the body, which in turn directly affects oxygenation of cells and tissues and influences the metabolic rate of the body.

N-Acetyl Cysteine (NAC) is an amino acid naturally occurring in the body. It is a potent antioxidant that is involved in maintenance of cholesterol and lipoprotein levels. NAC functions in combination with natural interferon's in the body to enhance immune response.

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Methionine is an essential amino acid that contains sulfur, which is an important component of cartilage building blocks such as proteoglycans and glycosaminoglycans. Methionine is incorporated into tissue proteins and enzymes and is a component of active peptides, including methionine enkephalin and various endorphins. One of the main roles of methionine is as a methyl donor, contributing to numerous physiological pathways in the body, including formation of myelin components. In one such pathway, methionine converts to S-adenosylmethionine. In studies, L-methionine has demonstrated the ability to promote healthy cellular metabolism, enzyme activity and glutathione concentration. In the body, it converts to L-cysteine and therefore is potentially beneficial in liver detoxification and in neutralizing toxins.* It has been shown to support healthy copper and lead serum levels.* L-methionine is considered important for liver fat metabolism, healthy skin and nails and energy production. Methionine, like choline and betaine, is also a lipotropic compound supporting lipid metabolism and enhancing healthy hepatic function. In combination with antioxidants, methionine may play a role in healthy pancreas function.

These ingredients in Poly-MVA may provide the following nutritional support to the body:

- **Assist the body in producing energy**
- **Reduce tissue and cellular damage due to radiation**
- **Assist in promoting healthy cell integrity**
- **Protect DNA from oxidative damage**
- **Act as a powerful antioxidant and detoxifier**
- **Support nerve and neurotransmitter function**
- **Enhance white blood cell function**
- **Support pH balance, helping to maintain oxygenation of cells and tissues**

POLY-MVA: A METALLO-VITAMIN

When lipoic acid, a powerful antioxidant with many biological functions, is connected to an electrically-charged mineral substrate, and associated with B vitamins, the resulting complex has enhanced solubility in both water and fat. It can easily and safely travel throughout the body, even crossing the blood-brain barrier. Its ability to cross the blood-brain barrier (impossible even for most drugs, let alone ordinary nutritional supplements) suggests that, as a nutritional supplement, Poly-MVA may hold great promise in cases where other means of supplementing cell nutrition are ineffective.

The Poly-MVA dietary supplement has a unique action because healthy cells have oxygen radical pathways. Normally, oxygen radicals are formed when fatty acids donate electrons to oxygen. These oxygen radicals have an unpaired electron charge and are unstable. Special proteins in the mitochondria convert the oxygen radicals into water and usable energy. Poly-MVA has shown to assist and facilitate this process.

Numerous articles, studies and in-depth information on Poly-MVA are available. Please contact AMARC Enterprises at 1-866-POLY-MVA (866-765-9682), search or visit our website at www.polymva.com.

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LIPOIC ACID MINERAL COMPLEXES

A BREAKTHROUGH IN NUTRITION AND OPTIMUM HEALTH

THE DESIGN OF LIPOIC ACID MINERAL COMPLEXES (LAMC) began with the concept of protecting and repairing the altered or damaged gene as an approach to proper cellular metabolism by using a synthetic ‘mimic’ of a pathway/cellular process that already exists in normal cells but is deficient in abnormal cells. This is a major departure from the current concept of simply “destroying” the abnormal cell, which typically also destroys normal healthy cells. The new research in molecular biology is focusing on altered or damaged genes. The continued findings by researchers and immunologists documenting the immune system and its responses to inflammation as an important factor in many diseases are additional proof that orthodox medical science should reconsider its conventional and often destructive treatments. The research indicates, and case studies validate, that the lack of nutrition and cellular support along with the increase in free radical damage and oxidative stress play a key role in proper cellular operation. Fortunately, the focus is changing to emphasize a nutritional approach, and a more natural, less invasive treatment in this direction is already underway.

In 1991, Dr. Merrill Garnett developed a Lipoic Acid Mineral Complex as a metallo-vitamin. Other complexes, such as Poly-MVA, were also developed by Dr. Garnett and formulated specifically for use as nutritional supplements. The complexes achieve their effectiveness through the specific changes they contribute in energy metabolism of both normal and abnormal cells. These complexes are continuously undergoing extensive research and other versions are being made available to the medical community.

LIPOIC ACID MINERAL COMPLEX FUNCTIONS

Lipoic Acid Mineral Complexes are a unique new class of polymer, or orthomolecular molecules, composed of vitamins, minerals and amino acids which have powerful properties. LAMC complexes are nucleotide reductases (enzymes that catalyze a chemical reduction protecting DNA, RNA). The lipoic acid molecules are irreversibly bound with the mineral palladium and vitamin B1 (thiamin) through an exclusive patented process that takes full advantage of their unique characteristics. The metabolic treatment of the damaged cell and the change in its metabolism are directly related to the health and function of our cells. LAMC complexes support and protect our cells (this has proven successful in widespread conditions) and are also effective as an aid in prevention. These complexes not only can assist in the correction of the underlying cause but are non-destructive to normal cells. Some of the powerful properties of Lipoic Acid Mineral Complexes are:

- **Acts as a nucleotide reductase**
- **Intracellular electron donor**
- **Used in place of alpha lipoic acid**
- **Synergistic with vitamins & minerals**
- **Protective against oxidative stress**
- **Generates ATP & water within the cell**

Lipoic Acid Mineral Complexes are extremely effective and powerful antioxidants that absorb free radicals at an impressive rate and in larger amounts than single compounds. On the ORAC scale they rated 5.65 trolox/gram, compared to alpha lipoic acid (1.4) and other well-known antioxidants (between 1.0 and 2.4). Pre-clinical, cardiac antioxidant studies demonstrated the need for 10x more lipoic acid to get the same effect as LAMC. Sensitive voltametric measurements indicate that LAMC complexes not only quench free radicals and protect DNA but can then transfer them to a usable energy source*; this is done via the electron transport chain at the mitochondria. LAMC complexes are such a powerful and unique class of antioxidants that they may also help delay cellular aging while providing protection from oxidative stress.* There are also indications that these complexes may aid in the repair of genetic injury.

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The LAMC complexes can shunt/deliver energy from themselves to DNA, reducing the charge to the DNA, thereby protecting it from things like oxidation, carcinogens and difficult therapies. Electrochemistry data demonstrates that LAMC complexes are potent redox polymers, and as such can both accept and donate energy (charge transfer). Since many chemotherapeutics and radio therapy require the presence of electrons, LAMC can be used as adjunctive support to potentiate other protocols and approaches. This lipoic acid polymer protects the cell and then donates that energy to the electron transport chain via complex 1 of the mitochondria, which in turn provides energy to the cell by supporting the Krebs Cycle. This can stabilize, support and regulate the metabolic needs of the cell.

Extensive human and animal use of Lipoic Acid Mineral Complexes, for over 20 years across the world, indicates that we have only scratched the surface in determining how many health situations in which Lipoic Acid Mineral Complexes may be beneficial. They have been shown to be very effective in quenching free radicals, providing protection from oxidative stress, working at the cellular level via the electron transport chain, supporting the mitochondria and protecting DNA. Case studies have shown that things like discomfort were often reduced within three days to 2 weeks of use. Reports of better well-being, more energy, increased quality of life and more have been reported by patients, doctors and in studies.

Benefits of Lipoic Acid Mineral Complexes include:

- **Discourages abnormal cell growth**
- **Improves metabolic function**
- **Slows the aging process from cellular breakdown**
- **Supports cellular function and raises energy levels**
- **Supports appetite**
- **Protects cellular DNA**
- **Converts free radicals into an energy source**
- **Has many mineral, vitamin, and antioxidant functions**

Metabolic Modulation and Targeted Support

Cellular hypoxia, which varies in different types of cells, triggers a series of physiologic adaptations to an environment dominated by anaerobic metabolism. In contrast, in acute ischemic conditions such adaptations have not occurred, resulting in a different metabolic environment. These differences render the aerobic cell susceptible to metabolic manipulation, while a normal or ischemic cell can benefit from the same support.

Poly-MVA exists as a nutritional supplement that is unique to free radical biology, since palladium is a transition mineral that can catalyze aerobic respiration, thus mimicking our cells electron transport chain. This enhanced ability to both accept and donate charge has significant physiological implication. By utilizing this novel redox molecule we have demonstrated in our studies the ability to take advantage of the metabolic dysfunction and help support proper cellular function. In contrast, the supplemental energy provides a boost to other cells. Furthermore, since this LAMC formulation is a potent free radical scavenger, it attenuates reperfusion-induced cell damage.

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POLY-MVA FREQUENTLY ASKED QUESTIONS

1. What is Poly-MVA?

Poly-MVA is a powerful, patented dietary supplement that is the first in a remarkable new category of supplements known as Lipoic Acid Mineral Complexes. Poly-MVA is a unique, patented proprietary blend of palladium, alpha-lipoic acid, vitamins B1, B2 and B12, the amino acids formyl-methionine and acetyl cysteine, and trace amounts of molybdenum, rhodium, and ruthenium.

2. What makes Poly-MVA special?

Poly-MVA is an extraordinary compound that chemically bonds palladium (a trace mineral) to alpha lipoic acid (a powerful antioxidant) and B-1. The technique of bonding these two materials together is so unique that the U.S. government has issued a patent on the process. The binding of palladium with alpha lipoic acid dramatically increases nutrient absorption at the cellular level and throughout the body. This is an exclusive breakthrough that distinguishes Poly-MVA from any other supplement in the world.

3. How does the mineral palladium work within the body?

Within Poly-MVA, the proprietary lipoic acid mineral complex acts in a similar way to the cobalt found in Vitamin B-12 (cyanocobalamin). The palladium is sequestered or bonded in the lipoic acid mineral complex found in Poly-MVA. Palladium serves primarily as a transport/storage mechanism to dramatically enhance the uptake of lipoic acid, while also having been shown to have an effect on the electrical potential of the cell. While the lipoic acid mineral complex contained in Poly-MVA provides a significant portion of the unique action of the supplement, other important vitamins, minerals and amino acids enhance the function of the lipoic acid mineral complex, while also contributing to the support of the body's natural processes.

4. Why do people take Poly-MVA?

People take Poly-MVA for optimum health and maximum nutritional support. It is designed to increase energy, reduce fatigue, help to enhance overall health and well-being, and provide nutritional support for those who may have nutrients depleted during chemotherapy or radiation treatments.* Many people have found Poly-MVA to be a tonic and helpful in improving quality of life for those undergoing a difficult treatment regimen.*

- **Provides superior antioxidant and free radical protection***
- **Offers fast acting, immediate absorption for quick results**
- **Supports energy production at the cellular level***
- **Enhances and supports quality of life**
- **Promotes overall health and may replenish nutrients that may be depleted during chemotherapy and radiation***

The late oncologist, Rudy Falk, MD, said, "Poly-MVA has properties that make it beneficial in supporting and optimizing cellular functions and protecting DNA, and it shows promise in helping to re-energize cells by the transfer of energy, especially those under stress."*

Certified Board Oncologist, James Forsythe, MD, HMD, states, "After using Poly-MVA in an outcome based study of 500+ of my patients, the remarkable turn around and support it gave them was amazing!"*

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5. I've heard of people who have used Poly-MVA while they are undergoing chemotherapy and radiation treatments.

According to FDA regulations, supplements cannot be sold or intended for use in the treatment of any disease. Poly-MVA is a nutritional supplement designed to support essential body functions and many doctors recommend the use of Poly-MVA based on their own experience and results. Poly-MVA is not intended to diagnose, treat, cure or prevent any disease. Many people may take Poly-MVA as a nutritional supplement while undergoing medical treatments such as chemotherapy or radiation because it helps to support and strengthen normal cellular function. Since chemotherapy and radiation treatments often place the body under stress and have unpleasant side effects, nutritional supplements such as Poly-MVA may help to replenish nutrients that may be depleted, and restore energy and function to all cells and tissues.* Many who are not experiencing a significant health challenge take it because of the basic nutritional support it provides as part of their regular daily supplementation.*

6. What dosage of Poly-MVA do I need to take, or is it doctor recommended?

There are some physicians who have developed an integrated regimen that includes Poly-MVA, along with other nutritional supplements and dietary changes, but those are protocols developed by individual physicians. If you're interested in integrated nutritional or holistic regimens, or if you're seeking treatment for an illness, you should seek out the advice of a physician familiar with those treatment protocols. We cannot recommend any particular practitioner, but you can view a list of physicians and practitioners that use and recommend our products at www.polymva.com. Poly-MVA is a dietary supplement that can be taken with or without doctor supervision. However, supplementation is not intended to replace regular practitioner care. If you are facing a specific health challenge or disease, we recommend that seek you out the care of a practitioner and inform them of any medications and supplements you may be taking.

7. Can people take Poly-MVA for daily support or any other reasons?

Yes. Poly-MVA is an ideal and superior oral antioxidant. It was intended to help support many of the body's systems, strengthen immune response, enhance energy production, and improve quality of life by providing high-quality essential nutrients in a unique form that can be easily assimilated by the body.* Additional research to further demonstrate and validate benefits that this powerful supplement may achieve are ongoing.

8. How long does a bottle last? How much do people normally take?

How long a bottle lasts depends on how much you take and bottle size. Depending on individual use, a large bottle of Poly-MVA could last as much as 192 days (over six months). If you are using Poly-MVA to help maintain optimum health and function, a large bottle can last a few months or more.* For those who are using energy or for nutritional support during chemotherapy and radiation therapies, a large bottle may last 6 days.*

AS A DAILY SUPPORT TO MAINTAIN OPTIMUM HEALTH:

The recommended use for those seeking to maintain optimum health is 1/4 to 2 teaspoon per day, depending on body weight and desired results.*

FOR MAXIMUM SUPPORT:

For those seeking enhanced energy production and nutritional support during certain therapies and states of compromised body systems, the recommended use is 2 teaspoons 4-6 times per day (8-12 teaspoons total, incrementally increasing dosage over time) for the first 12 to 16 weeks, or until they get the desired effects they are seeking.* Some individuals that feel depleted may choose to stay on the higher amounts for longer periods of time and that is fine if they choose to do so. Each individual responds differently and therefore may find that the optimum benefit is maintained at the higher recommended use level for some time. Others may reduce to the lower recommended use after 8 weeks and then again to the maintenance use after 12-16 weeks. Speak with your doctor or our consultants about what might be best for you.

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9. How long does it take to get results?

Dr. Merrill Garnett, whose research led to the discovery of Poly-MVA, believes that most individuals will notice a difference in how they feel within the first 8-12 weeks. In some cases, we have seen dramatic results (energy improvement, increased appetite, etc.) in just a matter of days, depending upon use.

10. Is Poly-MVA safe?

The ingredients are safe and effective. Poly-MVA is assimilated in the body as a food. During the initial development of Lipoic Acid Mineral Complexes, high acute doses were given to animals in an attempt to determine if there would be any adverse events; even at the highest administered dose (fifty times higher than the maximum recommended dose), no negative effects were observed in any of the test animals. Based on this data, the natural ingredients in the product, and the safe use in humans and animals for over 20 years, Poly-MVA appears to be extraordinarily safe. Additionally, to our knowledge, Poly-MVA does not appear to interfere with the actions or effects of most medications or treatments. It should still be noted that all of us are different and a few may react differently. If this is the case, please discontinue use and contact your practitioner.

11. Are there any other effects?

Poly-MVA does not have any known side effects. However, as is the case with any dietary supplement, we recommend that if you have any medical condition that you are under the advice and care of a physician. Certain medical conditions may be susceptible to a rapid change in symptoms when using some classes of dietary supplements, including Lipoic Acid Mineral Complexes. Being monitored by a physician is always advisable to ensure optimum health and well-being.

12. Is there anything that may be inhibited or minimized in effectiveness while on Poly-MVA?

Chelating agents, mitochondrial inhibitors and certain antioxidants at high levels well above their recommended daily allowance should be minimized if possible (we recommend waiting at least 4-6 hours before taking Poly-MVA). Poly-MVA not only quenches the free radicals but utilizes them in the cells' energy cycle.* Free alpha lipoic acid should be minimized because it may compete with the lipoic acid complex in the Poly-MVA and is not necessary while using Poly-MVA. Tobacco products, alcohol and excessive caffeine intake can also slow down the uptake of Poly-MVA, in addition to working against the goal of optimum health. Graviola, Zeolites, hydrazine sulfate and Pau D'Arco may interfere with the absorption of Poly-MVA, so we recommend alternating these products while using Poly-MVA. If including these in a regiment is important or specifically beneficial, please call our consultants at 866-765-9682 to discuss a dosage schedule that will work best.

13. Why does it seem that this product is more costly compared to other supplements?

It is competitive with other dietary supplements in size and benefit. Its unique ingredients are a combination of palladium and other precious minerals, which are some of the most expensive metals in the world (palladium is typically more expensive than platinum). Therefore, the raw materials cost is much higher than a typical supplement. In terms of the cost of the raw materials and manufacturing process vs. the selling price, Poly-MVA is similar in manufacturing margin to many other nutritional supplements.

14. How long has Poly-MVA been in use?

Poly-MVA has been available in the U.S. since 1992. The first several years were spent trying to present the scientific data to physicians. There are many physicians around the world recommending and using Poly-MVA in their practices as part of an overall treatment program for general health and well-being.*

15. Are there any physicians using Poly-MVA?

Yes, and in various ways seeing exciting patient success and outcomes. Visit www.polymva.com to view a list of physicians recommending and using Poly-MVA. This unique supplement, with the intricate and specific action of Lipoic Acid Mineral Complexes, continues to gain acceptance among the medical profession. Every year an increasing number of physicians are reporting positive results using Poly-MVA in a variety of circumstances and protocols.

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GUIDELINES FOR THE USE OF POLY-MVA

The suggestions for use contained herein are not offered or intended for use in treating, preventing or mitigating any disease. Please consult a qualified health care practitioner, preferably but not necessarily one familiar with Poly-MVA, if you have any specific health concerns.

We suggest that before you start using Poly-MVA you confer with a Poly-MVA consultant at AMARC Enterprises at 1-866-POLY-MVA (866-765-9682) for further clarification of these guidelines and potential updates to them. If you are pregnant, nursing, or would like to give Poly-MVA to a small child, please consult your healthcare provider.

Suggested Usages and the Number of Bottles Needed per Month:

Each 8 oz. bottle of Poly-MVA contains 48 teaspoons (236 cc). Each teaspoon is approximately 5 cc.

The guidelines below are general suggestions, because everyone's body is different. Recommended usage may not only vary in particular cases due to body mass, size and physical health, but also due to other factors, such as the individual's ability to absorb or utilize the product. For that reason, we have found that some people have achieved their desired results by remaining on the "maximum support" usage for longer periods of time than those suggested here.

Please feel free to contact a Poly-MVA consultant at 1-866-POLY-MVA (765-9682) with any questions or concerns you may have.

If you are a practitioner using Poly-MVA in your practice or with your clients and you require further assistance, please contact the Office of Practitioner Services at 1-866-362-7476.

FOR DAILY NUTRITIONAL SUPPORT OR AS A LONGEVITY TONIC:

Suggested use is 1/4 to 2 tsp. per day depending on body weight.

ADULTS WITH EARLY STAGES OF PHYSICAL IMBALANCES:

Initial amount:	Day 1: 1 teaspoon	(1 tsp)
	Day 2: 2 teaspoons	(1 tsp., 2 times)
	Days 3-4: 4 teaspoons	(1 tsp., 4 times)
	Days 5-30: 8 teaspoons	(2 tsp., 4 times)

Then reduce to 4 tsp. daily, (2 tsp., twice daily), until desired results are achieved.

For the maintenance of a newly balanced system and continued support, take 1-2 tsp. daily.

ADULT USAGE FOR MAXIMUM SUPPORT:

Initial amount:	Day 1: 1 teaspoon	(1 tsp)
	Day 2: 2 teaspoons	(1 tsp., 2 times)
	Days 3-4: 4 teaspoons	(1 tsp., 4 times)
	Days 5-90: 8-12 teaspoons	(2 tsp., 4-6 times)

Continue at 8-12 tsp. per day for a minimum of 3 months. We then recommend speaking with a practitioner, and/or a consultant at AMARC, for further feedback so the amount may be reduced to a proper maintenance dose until the desired results are achieved. Five bottles per month are needed at 8 teaspoons per day.

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Please note: If you are an adult in the process of overcoming a serious health challenge and you are just starting to use Poly-MVA, we recommend you follow the suggested usages for adults with earlier stages of physical imbalance. We suggest that you **NOT start with a “Maintenance Amount.”** Greater support is usually needed at such a time because many of the body systems have often been heavily compromised.

For any questions please contact a consultant at AMARC Enterprises at 1-866-765-9682.

Children with earlier stages of physical imbalances:

1 tsp. per 40 pounds of body weight per day. We suggest that you start the child out with a small amount and increase to this amount slowly over three to seven days. Continue until the desired results are achieved, then decrease the usage if desired.

Children who require maximum support:

1 tsp. per 20 pounds of body weight per day. We suggest that you start the child out with a small amount and increase to this amount slowly over three to seven days. Continue at this dosage for at least three months or longer until desired results are achieved, then decrease the usage if desired.

FOR MAXIMUM EFFECTIVENESS: HOW AND WHEN TO TAKE POLY-MVA

The benefits of using Co-enzyme Q-10 (Co-Q-10) have been shown in the laboratory to work synergistically with Poly-MVA. The recommendation would be 400-600 mg daily of the standard form of CoQ10, or 120 mg daily of the “Q-Gel” form, or 30-45 drops of the LiQsorb which has shown to be more absorbable than all other forms of CoQ10 (LiQsorb is available through AMARC Enterprises). We suggest taking them with food as food enhances the absorption of Co-Q10. If stomach discomfort is experienced, take with food or milk. To improve taste, Poly-MVA may be mixed with water, tea, coffee, or juice (such as cranberry, grape, prune or vegetable). Use plastic, glass, or ceramic measuring devices and spoons, as metal may affect the taste of Poly-MVA.

Take the daily amount of Poly-MVA in divided doses if possible: for example, 2 teaspoons, 4 times daily – three times before meals and once before bed. If taking 1 tsp. daily or less, it’s fine to take it all at once if circumstances prevent dividing the dose. If taking CoQ10 we recommend taking them together.

Taking Poly-MVA with Antioxidants, Chelators, Fiber, and Steroids:

Antioxidants and detoxification products in their recommended daily dosages may be taken within 30 minutes after taking Poly-MVA. If high-dose antioxidants are being taken, for example 5-10 grams of Vitamin C daily, we recommend separating them by 4-6 hours from your dose of Poly-MVA. If mega-doses of Vitamin C are being taken (10-150 grams per day), consult with your physician.

If using intravenous chelation therapy or oral chelation supplements that are designed to remove heavy metals or arterial plaque from the body, we suggest leaving an interval of at least 24 hours between using them and Poly-MVA, as the chelators may minimize the effectiveness of Poly-MVA. Therefore, we recommend taking chelators and Poly-MVA on alternating days.

If using a fiber product such as psyllium seed husks, ground flax seeds, or bran, leave an interval of at least an hour between taking it and taking Poly-MVA or any other supplement or pharmaceutical agent, to ensure that your supplements and medicines can be properly absorbed. Fiber at high doses absorbs many things, and can also move them through the digestive tract too quickly for maximum absorption to occur.

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Moderate to heavy use of steroids may, in some cases, diminish the effectiveness of Poly-MVA. There is no way to definitively state what usage of any given steroid is too much, because of the many variables. If you are taking steroids, you should be under the supervision of a physician.

Please Note: Tobacco products, alcohol and excessive caffeine intake can also slow down the uptake of Poly-MVA. Alpha lipoic acid, graviola, Zeolites, hydrazine sulfate and Pau D'Arco may interfere with the absorption of Poly-MVA. If including these in a regiment it is important and beneficial to you, call our consultants at 866-765-9682 to discuss a dosage schedule that will work best.

Responses that May Occur in Rare Cases:

1. A cleansing reaction also referred to as a "Herxheimer Response" ("detoxification reaction") may be caused by the introduction of nutritional support aiding the body's systems very quickly. We recommend reducing the dosage or usage amount until the situation remedies itself, usually within a few days. Conditions may include but are not limited to: rash, headache, unusual or strong body odors, frequent bowel movements, slight fatigue or nausea. A cleansing reaction may indicate that the body is readily absorbing and responding to the vital nutrients.
2. Poly-MVA at times may act as a paramagnetic contrast agent creating a halo effect in some MRI scans but only after large doses, typically over a minimum of 4 months. Poly-MVA is a complex that contains minerals which may vibrate under certain circumstances when exposed to paramagnetic radiation. This is generally rare but for additional information, or to answer any questions, please call 1-866-POLY-MVA (866-765-9682) to speak with a consultant.

Storage and Shelf Life:

It is not necessary to refrigerate Poly-MVA, but you may if you wish. Do not expose Poly-MVA to direct sunlight since such exposure may affect the taste. Exposure to moderate heat is not a problem. Best if used by the date on the bottle.

POLY-MVA FOR PETS: This is ideal for animals, especially dogs and cats. It can be used for breeding and show animals as well as for family pets and older animals to provide protection and support for optimum health, energy and vitality. It is ideal for nutritional support to boost the immune system and provide energy and nutritional support lost during chemotherapy and radiation.*

Suggested dosage: 1/8 -1/2 teaspoon for daily support and protection.

For maximum support: 1ml per 5 pounds of body weight, twice daily. (1.25ml =1/4 teaspoon)

Example: 10lb animal would be 2.5cc or ½ teaspoon 2 times per day minimum.

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