

How to take Total Health?

Let's start by talking about how to take Total Health. You should take six capsules each and every day. For most men the best way to do that is to take all six capsules just before breakfast with a full glass of water. But you can experiment and see what suits you best, both for your convenience and also what makes you feel better. You can take two capsules of Total Health with each of your three meals. Or you can take them all with your evening meal.

If you have a particularly sensitive digestion, the shells of six capsules may give you some discomfort. The best way to combat that is to ensure that you take food after the capsules. If you still get some discomfort, the only other option is to break open the capsules and add the contents to your food.

It is very important for you to take "Total Health" as regularly as you can. Stopping them intermittently can reduce their effectiveness. Also, let me caution you that some men who have seen dramatic improvements in their prostate health have thought that they no longer need to take "Total Health". If you do that, you will probably return to your previous problems. And even if you restart taking "Total Health", I have discovered that it will never be quite as effective as if you had continued from the very first time. In my next video I talk about the unique ways in which we scientifically quality control "Total Health" and all my other supplements.