

COREPSYCH

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HOW TO USE QUALIA

Overview: At COREPSYCH we recommend this Qualia supplement for a variety of issues, most having to do with *compromised thinking and energy*, from serious traumatic brain injury to the cognitive challenges of simply aging. For *additional questions* we suggest that you follow either of the next links to Neurohacker, the FAQ Qualia specific page:

<http://neurohacker.com/qualia/ref/31/> | <http://corepsych.com/qualia>

Note: Qualia's effects are *dose-dependent*, varying with body weight, general sensitivity and your desired level of effect. The *standard end dose* for most people is **3 capsules of Step One** and **6 capsules of Step Two**. If you are sensitive to supplements, particularly stimulants, I recommend to always start with a small dose [1 & 2], and *slowly* work your way up to your desired level of effect over time. There is no rush on chronic conditions. Leave at least four days before each increase.

Dose: I recommend you use a ratio of 2 capsules of Step Two for each capsule of Step One: 1 capsule of Step one with 2 capsules of Step Two, or 2 capsules of Step One and 4 capsules of Step Two. Explore your dosage strategy to find what's right for you. Some people prefer a smaller dose of Step Two to manage possible agitation.

SPECIFIC DIRECTIONS FOR USE AND DOSAGE

1. Take the Step One dose on an empty stomach upon awakening. 2. Wait at least thirty minutes before eating. 3. Take the Step Two dose after a full meal - *either breakfast or lunch*, but best *not after supper*. Later on, for maintenance, a smaller dose may prove sufficient - for example: one Step One, and one/two Step Two. You will know.

Weekly Frequency: Qualia is designed for this schedule: five days on and two days off each week. This strategy maximizes the benefits while preventing desensitization. Note: It does not matter if the two "off-cycle" days are consecutive or apart during that week.

Best results: Good sleep is crucial for optimal cognitive function. Qualia is most effective in a well-rested brain and is *not intended to enhance function for sleep deficit*. Sleep cycles may go through an adjustment process the first few days on the product. This is normal. If sleep issues linger, take Qualia earlier in the day, lower the dosage, or discontinue use. Overstimulation is the most likely problem at outset.

Medical Disclaimer & Caution: This product contains ingredients that should not be taken by people on MAO inhibitors – and we don't write for MAO's at CorePsych. Use caution and keep us informed using SSRI's and other psychiatric medicines, side effects may occur. We watch carefully for the possibility of reactions with psychiatric medications, and recommend caution with high blood pressure – it's stimulating. Qualia is directly contraindicated for individuals with cancer, or people on immunosuppressive therapy. It should not be taken by pregnant or nursing mothers, or children under 18. It should not be taken within a 24 hour time period from alcohol or recreational drugs. If any undesired side effects are noticed, discontinue product immediately, and seek proper medical attention if needed.