



H2PRO™ Dosing Chart for Families and Children

H2PRO™ is Formulated for Everyone™ for everyday use according to the following dosage chart:

		Teaspoon dosages			
	Package dose for all H2PRO™ products	H2PRO™ Immune Health -Acai Berry	H2PRO™ Immune Health -Flavorless	H2PRO™ Bone & Joint Health - Lemonade	H2PRO™ Bone & Joint Health - Flavorless
Infants less than 1 year	1/8 package	1/8 tsp	1/8 tsp	1/8 tsp	1/8 tsp
Children 1-3 years	1/4-1/2 package	1/2 tsp	1/4 tsp	1/2 tsp	1/4 tsp
Children 3-12 years	3/4 package	3/4 tsp	1/2 tsp	3/4 tsp	1/2 tsp
Adults and Children 12+	1 package	1 package	1 package	1 package	1 package