

<b>Recommended Dosing</b>	
<b>Test Dose: 3 days</b>	
<b>Teaspoons of Noni Juice</b>	
Adult (over 16 years)	
Before Breakfast	1
Before Dinner	1
Child (under 16)	
Before Breakfast	1
<b>Loading Dose: Month 1</b>	
<b>Ounces of Noni Juice</b>	
Adult (over 16 years)	
Before Breakfast	2
Before Dinner	2
Child (under 16)	
Before Breakfast	1
Before Dinner	1
<b>Therapeutic Dose: Month 2</b>	
<b>through Month 6</b>	
<b>Ounces of Noni Juice</b>	
Adult (over 16 years)	
Before Breakfast	2
Before Dinner	1
Child (under 16)	
Before Breakfast	1
Before Dinner	½
<b>Maintenance and Prevention:</b>	
<b>Month 7 and After</b>	
<b>Ounces of Noni Juice</b>	
Adult (over 16 years)	
Before Breakfast	1
Before Dinner	1
Child (under 16)	
Before Breakfast	1
Before Dinner	

**Table 4. Breakdown of ounces of Noni consumed Per Day by condition**

**Group 1: Min. ¼ oz/day**  
**Average Consumption 2 oz/day**  
**Max. 21oz/day**

Energy, increased  
Mental Acuity, increased alertness  
Muscle, increased body building  
Sexual Enhancement  
Stress, coped better  
Well-being, felt better

**Group 2: Min. ¼ oz/day**  
**Average Consumption 2½ oz/day**  
**Max. 24 oz/day**

Allergy, lessened symptoms  
Asthma, improved  
Digestion, improved  
Kidney Health, improved  
Menstruation, lessened symptoms  
Obesity, lost some excess weight  
Sleep, improved

**Group 3: Min. ½ oz/day**  
**Average Consumption 3 oz/day**  
**Max. 28oz/day**

Arthritis, lessened symptoms  
Depression, lessened symptoms  
Diabetes, Types 1&2, improved  
High Blood Pressure, decreased  
Pain, including headaches, decreased  
Smoking, stopped

**Group 4: Min. 1/2 oz/day**  
**Average Consumption 3½ oz/day**  
**Max. 30 oz/day**

Cancer, lessened symptoms  
CEFIDS, Fibromyalgia, lessened symptoms  
Heart Disease, decreased symptoms  
HIV, lessened symptoms  
Multiple Sclerosis, lessened symptoms  
Stroke, decreased symptoms

This "custom" usage chart may be helpful to those who are looking for a more precise amount of NONI Juice to drink according to the condition that they wish to improve. Please remember that in some rare cases allergic symptoms to noni may occur. If persistent diarrhea or any major allergic symptoms appear, such as hives, swelling, or difficulty in swallowing, stop drinking noni for three days, then start drinking it again at half the amount. If possible, slowly build back up to the more helpful amount. If these symptoms reappear, stop drinking noni juice. If minor hypersensitivity side effects appear, such as belching, mild transient diarrhea or a slight rash or itching, then reduce the amount of noni you drink until the undesired symptoms disappear. If these symptoms persist, stop drinking noni juice. In both cases, notify your health professional and follow his or her advice."

Source: Solomon, Neil, MD, PhD, 2000. *Tahitian Noni Juice – How Much, How Often for What*. Direct Source Publishing, Utah USA.