

Collagen Ultimate +

Age	Daily Dose Recommendation	
	Maintenance	Treatment
	<i>*Based on rounded metric teaspoons (5g)</i>	
20 – 25 years	1 tsp.	2 tsp.
26 – 30 years	1 tsp.	2 tsp.
31 – 40 years	2 tsp.	2 tsp. twice daily for 8 weeks minimum
41 – 50 years	2 tsp.	2 tsp. twice daily for 8 weeks minimum
51 – 60 years	2 tsp.	2 tsp. twice daily for 8 weeks minimum
61+ years	2 tsp.	2 tsp. twice daily for 8 weeks minimum
During Pregnancy & Lactation	2 tsp.	2 tsp.
Post Pregnancy & Lactation	2 tsp.	2 tsp. twice daily for 8 weeks minimum

Toned Protein Boost

Age	Daily Dose Recommendation	
	Maintenance	Treatment
	<i>*based on rounded metric tablespoons (20g)</i>	
20 – 25 years	2 tbsp.	2 tbsp.
26 – 30 years	2 tbsp.	2 tbsp.
31 – 40 years	2 tbsp.	2 tbsp.
41 – 50 years	2 tbsp.	2 tbsp.
51 – 60 years	2 tbsp.	2 tbsp.
61+ years	2 tbsp.	2 tbsp.
During Pregnancy & Lactation	2 tbsp.	2 tbsp.
Post Pregnancy & Lactation	2 tbsp.	2 tbsp.

Purify Body Cleanse

Age	Dose Recommendation	
	Maintenance	Treatment
	<i>*Based on flat metric teaspoons (6g)</i>	
20 – 25 years	1 tsp. twice daily or 2 tsp. once daily after food	1 tsp. twice daily or 2 tsp. once daily after food
26 – 30 years	1 tsp. twice daily or 2 tsp. once daily after food	1 tsp. twice daily or 2 tsp. once daily after food

31 – 40 years	1 tsp. twice daily or 2 tsp. once daily after food	1 tsp. twice daily or 2 tsp. once daily after food
41 – 50 years	1 tsp. twice daily or 2 tsp. once daily after food	1 tsp. twice daily or 2 tsp. once daily after food
51 – 60 years	1 tsp. twice daily or 2 tsp. once daily after food	1 tsp. twice daily or 2 tsp. once daily after food
61+ years	1 tsp. twice daily or 2 tsp. once daily after food	1 tsp. twice daily or 2 tsp. once daily after food
During Pregnancy & Lactation	Should be avoided during this time	
Post Pregnancy & Lactation	1 tsp. twice daily or 2 tsp. once daily after food	1 tsp. twice daily or 2 tsp. once daily after food

When should I take the products?

We suggest you take the Intrametica® products whenever you like. They are gentle to the stomach (except Purify Body Cleanse – see below) so you can take when you wake up, or after breakfast, lunch or dinner. The most important thing is that you take them when you remember and ideally daily. They are delicious and super easy to add into water or a smoothie for breakfast.

Collagen Ultimate +

Dosage: 1tsp. twice daily or 2tsp. once daily in 200-300ml of water. We have found that this product may be taken on an empty stomach without any problems, for most people. Clinical feedback is that this product may also be taken during pregnancy, and lactation to support collagen production and antioxidant status. This product is also great to take as a pre work our booster. So feel free to drink your dose before you fit the gym. Please consult Inner Origin customer service or Intrametica® Naturopathic team on info@intrametica.com.au if you have any questions relating to this or if you would like to discuss your personal experience.

Toned Protein Boost

Dosage: 2tbs in water or smoothie any time. Toned Protein Boost may be taken on an empty stomach or after a meal and is great when combined with your favourite smoothie blend.

Did you know that taking a quality protein supplement prior to bed at night could reduce your cravings and caloric intake the next day? Great for people looking to watch their weight and manage sugar cravings! It also can help with sleep! Yes, protein contains tryptophan and studies show protein prior to bedtime can support healthy sleep patterns!

Please consult InnerOrigin customer service or Intrametica® Naturopathic team on info@intrametica.com.au if you have any questions relating to this or, if you would like to discuss your personal experience.

Purify Body Cleanse

Dosage: 1tsp. twice daily or 2tsp. once daily in 200-300ml of water after food. We have found this formula is best taken after food with room temperature water, added to coconut water or your favourite smoothie. Due to the gentle yet powerful cleansing ingredients in this amazing blend some people may need something in their tummy first, to get the digestion moving prior to taking this formulation. Because of the cleansing properties of this formula, we do not recommend taking it during pregnancy or lactation. Please consult Inner Origin customer service or Intrametica® Naturopathic team on info@intrametica.com.au if you have any questions relating to this or if you would like to discuss your personal experience.