

Antioxidant	Published Common Dose	mg/lb	
Resveratrol	2-3mg/lb Q24	2.5	
Astaxanthin	1.0-1.5mg/20lbs Q24	0.75	
Turmeric	17.5lb	17.5	
Weight in Pounds	Resveratrol in mg.	Turmeric	Astaxanthin
5.0		100.0	2.0
10.0		250.0	4.0
15.0	100.0	250.0	4.0
20.0	100.0	250.0	12.0
25.0	100.0	500.0	12.0
30.0	250.0	500.0	12.0
35.0	250.0	500.0	12.0
40.0	250.0	500.0	12.0
45.0	250.0	500.0	12.0
50.0	250.0	500.0	24.0
60.0	250.0	500.0	24.0
70.0	500.0	1000.0	24.0
80.0	500.0	1000.0	24.0
90.0	500.0	1000.0	24.0
	Some people don't give Resveratrol under 15 pounds. Above that they just get a 250mg capsule and that's the daily dose.	Some people don't give Turmeric under 15 pounds. Above that they just get a 250mg capsule and that's the daily dose.	You can get Astaxanthin in 2, 4, 12 and 25mg strength.

	Search "Resveratrol ???mg" on Amazon.com where ? equals the recommended dosage.	Search "Turmeric ???mg" on Amazon.com where ? equals the recommended dosage.	Search "Astaxanthin ???mg" on Amazon.com where ? equals the recommended dosage.
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