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(Last Updated: December 2016)

How to take ME-Relief & L-Glutamine

ME-Relief is best taken in small amounts throughout the day to maintain its effectiveness.

ME-Relief comes in the form of a white powder and is taken mixed with cold liquid (small glass 50-100ml) such as water or fruit juice, **ME-Relief** has a slightly salty taste, whereas **L-Glutamine** has little or no taste. (Do **NOT** mix in hot drinks)

Take **ME-Relief** powders evenly spaced during the day, about 30mins before mealtimes is best, on an empty stomach for quick absorption or with a little food (Yoghurt works well) if you experience stomach upset or for slower absorption and when first taking **ME-Relief** or **L-Glutamine**.

Take an optional dose of **ME-Relief** about 30 minutes before bed, to help with sleep and reduce night sweats.

The amount of **ME-Relief** appropriate to each CFS/ME/Fibromyalgia sufferer is dependent on the severity of the illness, the muscle content of your body and your chosen activity level.

Over time you will find the amount appropriate for your individual circumstances.

Use the measuring spoon provided and the pictures below to judge the amount.



Level Spoon 1g



Normal spoon 2g



Heaped Spoon 3g

Build up the amount of **ME-Relief** you take gradually starting with 1g 3 times a day until you reach the amount appropriate for you, when your symptoms have reduced or are under control.

The amount appropriate to an average person with moderate symptoms is about 12g per day taken in equal amounts during the day 4 x 3g taken at Breakfast, Lunch, Dinner and finally 30 minutes before bed.

You may find it helpful to vary the amount you take depending on your level of activity. i.e. Take more or an extra dose on particularly busy and active days, take less on less active days, you may also find it beneficial to increase the amount during periods of other illness or stress.

Having extensively researched the ingredients I have found no information to indicate any side effects of taking these powders, diarrhoea can result if maximum (25g) daily amount is exceeded for prolonged periods, but normally clears up soon after the amount is reduced. (please see [Precautions / Recommendations](#) overleaf)

As time goes on and you are feeling better try slowly reducing the amount you take and see if the symptoms return, the hope is that over time it should be possible to reduce the need for **ME-Relief** entirely or reduce to the point of occasional use for short periods only.

The quantity provided in the Starter pack and the monthly refill of **ME-Relief** and **L-Glutamine** is 350g, this is sufficient for one month's supply for an average person with moderate symptoms taking 10 - 12g per day.

ME-Relief is a combination of 3 Amino Acids L Glutamine, L Ornithine and Alpha Ketoglutarate and can help reduce ME/CFS/Fibromyalgia symptoms.

L-Glutamine is pure L Glutamine and is available for those who find the original **ME-Relief** causes an upset stomach, it is less effective than **ME-Relief**.

L Glutamine is regularly taken by athletes and bodybuilders to increase stamina, improve immune system function and maximise the benefits of training and exercise.

L Ornithine Alpha Ketoglutarate also known as OAK or OAKG is regularly prescribed in French hospitals for patients recovering from operations as it has been found to reduce recovery time and increase the rate of wound healing, it is also now being used to treat cravings associated with alcoholism.

The regular use of **ME-Relief**, a combination of these Amino Acids, has significantly reduced all symptoms, for me and other ME/CFS/Fibromyalgia sufferers, hopefully it will do the same for you.

Precautions / Recommendations

I provide **ME-Relief** & **L-Glutamine** on the basis that it has helped me and other ME/CFS sufferers, it has not undergone any clinical trials and I do not have any medical experience or training.

Before taking any product it is recommended you seek medical advice to assess its suitability for you, particularly if you have **liver or kidney disease, Stomach problems, Cancer or heart problems**.

ME-Relief / L-Glutamine are not recommended if you have a heart Pacemaker or are bipolar.

It is unknown whether taking **L-Glutamine** or **ME-Relief** which contains L-Glutamine may actually be harmful rather than beneficial in some or all cancer patients. Individuals with kidney disease, liver disease, or Reye's disease should seek medical advice before taking a glutamine supplement.

If you suffer from acid reflux or other stomach acid conditions, be cautious when starting and only take small amounts, less than one gram to begin and only increase gradually if you experience no problems. It is better to take smaller amounts more often rather than larger amounts less frequently, **stop taking if you experience stomach burning, stomach cramps or temperature problems, particularly temperature increase or dizziness**.

On first taking some people experience a **slight** upset stomach, this should pass within a couple of days, discontinue use if not resolved within 3 days or you experience other adverse symptoms and only increase amount slowly when symptoms stop.

L-Glutamine is less likely to cause stomach upset, if you experience problems with **ME-Relief** you could try **L-Glutamine** for 5-10 days again building up gradually to about 10g per day, then slowly introduce **ME-Relief** and stop taking if problems occur with either **L-Glutamine** or **ME-Relief**.

ME-Relief is currently only recommended for adults.

ME-Relief is not recommended for pregnant or nursing mothers.

Store **ME-Relief** in a cool dry place below 25C out of sunlight.

Do not take **ME-Relief** in warm or hot drinks – heat reduces the effectiveness and can cause adverse reaction.

Not recommended to exceed 25g per day for extended periods but may be ok for short periods (a few days) to relieve severe symptoms or to help with extended or high activity levels.