



7-Day Royal Jelly Protocol

Phase 1: The Safety Prime (Days 1-2)

- **Perform a Spot Test:** Place a tiny drop (the size of a grain of rice) under your tongue. Wait 30 minutes to ensure no swelling or itching occurs.
- **Check Your Tools:** Ensure you have a wooden, glass, or plastic spoon ready. Do not use metal.
- **Empty Stomach Rule:** Set a reminder to take your dose immediately upon waking, at least 15 minutes before coffee or breakfast.

Phase 2: Dosage Scaling (Days 3-5)

- **Sublingual Absorption:** Practice holding 250mg under the tongue for a full 60 seconds before swallowing.
- **Temperature Control:** Verify that your storage jar is kept in the back of the refrigerator (34°F–39°F) between uses.
- **Hydration Gap:** Do not drink any liquids for 10 minutes after ingestion to allow the mucous membranes to fully absorb the 10-HDA.

Phase 3: Full Integration (Days 6-7)

- **Target Dose:** Increase your maintenance dose of 500mg (approx. 1/8 to 1/4 teaspoon).
- **Consistency Check:** Log your energy levels in a journal to track the biological impact on your morning fatigue.
- **Seal & Protect:** Double-check that the lid is airtight after every use to prevent oxidation.