

# Immediate Benefits of Caryophyllene

Most users experience some of these benefits within 10 minutes of sublingual dosing with benefits lasting from 6-12 hours. Even if you do not have immediate benefits you will receive anti-inflammatory, anti-oxidant, nerve, immune, vascular and anti-cancer protective effects.

Nerves, improved: relief of pain, numbness (neuropathy), headaches, myalgia  
Senses, enhanced: vision, taste, smell, hearing

Vision, enhanced: distance and close-in, brightness, colors, contrast resolution

Physical, Improved:

blood pressure, pulse, body fat and weight loss  
relaxed muscle tension: body & face  
arthritis, inflammation, swelling, restricted movement  
Enhanced: strength, energy, balance, coordination

Cognition, enhanced: memory, mental clarity, task orientation & focus

Speech, enhanced: frequency, rate & content, intonation, loudness

Behavior, enhanced:

Mood: Feelings of well being, laughter, relief of anxiety/depression  
Reduced: obsession, compulsion, repetitive behavior

Stomach and intestines, enhanced:

Reduced: appetite, nausea, cramping, diarrhea  
Improved: eliminations (toilet)

Sleep, enhanced: duration, depth but does not cause drowsiness

Skin & other, improved:

Wound pain, rashes, breathing difficulty, asthma  
Bone fracture healing  
Viral illnesses, severity  
Urination control and frequency  
Allergies: histamine reaction, nasal congestion, rashes, mast cell activation

## BCPlus Liposomal Challenge Determine Optimal Dose

- Perform a self-assessment of symptom severity just prior to trial dosing to include pain levels, joints range of motion, anxiety, well-being, energy, facial warmth and vision improvements (brighter, details, colors).
- Start with 1/2 mL or 15 drops in a spoon, place liquid in the mouth, swish for 1 minute, and swallow. (If you are sensitive to foods or medicine use 5 drops)
- Wait 10 minutes, then re-assess your symptom severity.
- If relief is inadequate take another serving and self-assess after 10 minutes.
- If you do not experience any effects, check with a friend or family member to verify no-change in speech, mood, energy, or humor.
- Even if you do not feel any changes you may still benefit from the anti-oxidant, anti-inflammatory, and the immune modulation BCP provides.
- Frequency: Twice daily doses are most common but BCP can be used more, or less, depending on symptom severity.
- Best taken with a fatty snack or meal for maximum utilization but it can be taken on an empty stomach.
- Adjust the dose and frequency for optimum performance and symptom control.
- Remember, BCP is a natural substance with no toxicity or known drug interactions.
- Side effects:
  - Fatigue: too much BCP can cause brief & mild fatigue.
  - Headache: appear related to stevia, the sweetener in this formula. Reduce the dosage or get our stevia-free LBCP.

\* Drops can be applied TOPICALLY as a way of dosing in more sensitive patients or directly to areas of pain.

\*\* Some patients may require higher dosages, upwards of 2 ml (2 droppers full) for more severe conditions. Other patient may only need to take 1-2 dosages every other day and still see good effects.