



(Do also consult your professional healthcare practitioner for further advice)

Diseases	Dosage	Maintaining	Remarks
Rheumatoid Arthritis ,Knee Osteoarthritis, Uveitis, Ulcerative Proctitis, Ulcerative Colitis, Irritable Bowel Disease, Crohn's Disease, Peptic Ulcer, Gastric Ulcer , Gastric Inflammation, Prostatitis, Biliary Dyskinesia, Kneel, Muscle & Back Pain, Plantar Fasciitis.	2 capsules, 1- 2 times/day.	1 capsule / day or alternative day or as needed.	Normally it can be healed or under control between 3 – 7 days. Consume for another 3 days even if the symptoms have subsided.
Alzheimer's, Parkinson's Disease , Dementia & Age-Related Cognitive Decline	1 – 2 capsules/day	-	Best taken with 2 capsules of fish oil supplement.
Cardiovascular Disease, Acute Coronary Syndrome, Atherosclerosis, Lupus Nephritis.	1 – 2 capsules/day	-	Monitor your blood pressure every day, PEN-Cur may lower your blood pressure reading, do not stop or reduce your medication dosage unless under your health care practitioner's supervision.
Familial Adenomatous Polyposis (FAP), Benign Cervical, Ovary & Breast Cyst.	2 capsules/day	1 capsule / day	Normally cysts will reduce in numbers and sizes, or vanish in around 2 months of supplementation.
Erectile Dysfunction (ED) & Poor Erection Caused By Cardiovascular Disease, Diabetes, Neurological Problems, Hormonal Insufficiencies And Drugs Side Effects.	2 capsules/day	1 capsule / day	Normally, the facilitation of an erection can be observed in less than 2 weeks, penis enlargement can be observed in most people after 2 – 3 months of supplementation.
Fatty Liver, Liver Toxicity Induced By Drugs, Heavy Metals, Hepatitis B Virus	2 capsules/day	1 capsule / day	Normally, fatty liver can be attenuated in 2-3 months of supplement.
Diabetes, Diabetic Nephropathy, Diabetic Microangiopathy	1 – 2 capsules/ day	-	Monitor your blood sugar every day, PEN-Cur may improve your insulin sensitivity, do not stop or reduce your medication dosage unless under your health care practitioner's supervision.
Premenstrual Syndrome Symptoms (PMS)	2 capsules 7 days before, during and 3 days after menstruation	-	Menstruation could be a little heavy in the first cycle for first-time users.
Psoriasis, Diabetic And Burn Wound, Surgery Wound, Oral Lichen Planus, Gum Infection, Oral Mucositis And Sore Throat.	2 capsules /day	-	Open up one PEN-Cur capsule and mix it with 100ml of water. Store in a refrigerator using an opaque bottle. Topically apply this PEN-Cur serum to the psoriasis area, burn or diabetic wound 2 to 3 times a day.
Chemo/Radiation Sensitizer And Toxin Protector	30mg/Kg. body weight. Example: Body wt. is 70 kg. 70x30= 2,100mg. Or ±4 tea spoons. <i>Note: A full tea spoon of PEN-Cur weighs about 500mg.</i>	500 to 1,000mg during rest period of chemo or radiation treatment.	Consume 4 days before, during and 3 days after chemo or radiation treatment. Put your required dosage inside a bowl and add in about 30ml of water or milk and stir well until it totally disperses. Add in a further 200ml of water or milk. Consume 1 hour before or 2 hours after food, or as directed by your healthcare practitioner.
Cancer Palliative Care	1.5g/day	-	
Dejerine-Sottas Disease, Multiple System Atrophy,	300 mg. of PEN-Cur powder or 3 capsules twice a day.	-	Take 2 fish oil capsules with PEN-Cur. In a clinical trial, knee flexion and foot strength increased, pulmonary function, hand function, and measures of upper/lower extremity disability were stable or reduced.

			Parent-reported quality of life improved for most domains, especially self-esteem, during the 12 months of curcumin treatment in Dejerine-Sottas disease.
Depression	2 to 3 capsules twice a day	-	Take 2 fish oil capsules with PEN-Cur. Do not stop or reduce your medication dosage unless under your healthcare practitioner's supervision.

*\*PEN-Cur's products and info are not used to medically diagnose, treat or cure any disease. For diagnosis or treatment consult your healthcare practitioner.*