

BTT in Water or Juice

PER DAY DOSE

- * 10 lbs = $\frac{1}{2}$ teaspoon – 8 oz minimum
- * 20 lbs = 1 teaspoon – 10 oz minimum
- * 30 lbs = 1.5 teaspoons – 12 oz minimum
- * 40 lbs = 2 teaspoons – 14 oz minimum
- * 50 lbs = 1 level scoop – 16 oz minimum

Drink it slowly...

BTT – Outside the box thinking...



Tangy popsicles



perfect afternoon snack!

BTT in Yoghurt – same dose



Osteo Fx+ / Cal Toddy

PER DAY DOSE

- * 10 lbs = 1 teaspoon
- * 20 lbs = 1.5 teaspoon
- * 30 lbs = 2 teaspoons
- * 40 lbs = 2.5 teaspoons
- * 50 lbs = 3 teaspoons

Every 10 lbs
go up $\frac{1}{2}$
Teaspoon

OK to Drink it Down
OK to Mix

EFA +



- *10 – 30 lbs = 1/day
- *40 – 60 lbs = 2/day
- *70 – 100 lbs = 3/day

**Every 30 lbs Go
Up 1 Cap/day**

EFA +



Selenium



Per Day Dose

10 – 30 lbs = 1

40 – 60 lbs = 2

70 – 100 lbs = 3

ENERGY DRINKS

