



## Zytaze

We can't tell you what is exactly the "right dose" of Zytaze for you, but we can tell you the dose prescribed had the following effects in the group studied:

- More than 9 out of 10 people saw an increase in the duration of botulinum toxin effect, and among those people that did, an average 30% increase in duration was seen.
- More than half of people recognized an increase in the toxin effect.

Since the study, some people have found they do better with twice as much Zytaze as the usual dose, and others with half as much. You'll have to discover what's right for you.

However, to maximize the effect of Zytaze, no matter what dose you are taking, please remember the following :

1. Zytaze should be taken for four days preceding your botulinum toxin treatment and then on the day of the injection as well.
2. The two capsules of Zytaze may be taken at the same time or separated and taken at different times during the day.
3. Zytaze is best taken with food. We think red meats and poultry are particularly good, but not necessary, and lunch time is probably the easiest time to take Zytaze.
4. Avoid pre-packaged foods containing **EDTA** or **E391** preservatives within two hours of taking Zytaze. Start looking. You'll be amazed how many foods (even some salad dressings) contain EDTA.
5. Avoid taking Zytaze within two hours of any other medications or dietary supplements.
6. Avoid wine, milk, and soft drinks within two hours of taking Zytaze.
7. Avoid getting your botulinum toxin injections while taking antibiotics, especially those ending in "...mycin" and "...micin".
8. Avoid using topical numbing creams and cold compresses immediately before and within half an hour after receiving botulinum injections.