

## Instructions For Beginning The Guaifenesin Protocol

- Download the *Fibromyalgia Symptoms List*.
- Highlight all of your current and past symptoms. Past symptoms can come back when you start guaifenesin.
- Download a *symptom journal* of your choosing or make your own.
- Track all of your symptoms for one week for a baseline and to find your clearing dose.
- Download the *Expanded Sal Checklist* to use to help replace your products with sal free products.
- Download the *Sal Free Product list* for allowable product ideas.
- Buy a 3 ring binder for downloads and symptom journal.
- Buy Guaifenesin: White, Single layer, 12 hour extended release 300 mg guaifenesin only. NO Mucinex, Guai Aid, Fibropharmacy Caplet, Compounded guaifenesin, Bi-Layer or any fast acting guaifenesin (100 mg, 200 mg or 400 mg), or cold medication containing guaifenesin.

***Do not start taking guaifenesin before having only sal free products.***

- Start taking 300 mg guaifenesin twice daily every 12 hours for one week.
- Write in your symptom journal every day.

If your symptoms increase during the first week, you have found your clearing dose. You are a low doser. Stay at 300 mg twice daily.

If you do not have an increase in symptoms after one week, take 600 mg twice daily every 12 hours for one month. If you aren't sure if you had an increase in your symptoms, read your symptom journal and talk with Dr St Amand's group.

If you do not have an increase in symptoms after one month, take 1200 mg twice daily every 12 hours for one month. If you aren't sure if you had an increase in your symptoms, read your symptom journal and talk with Dr St Amand's group.

