

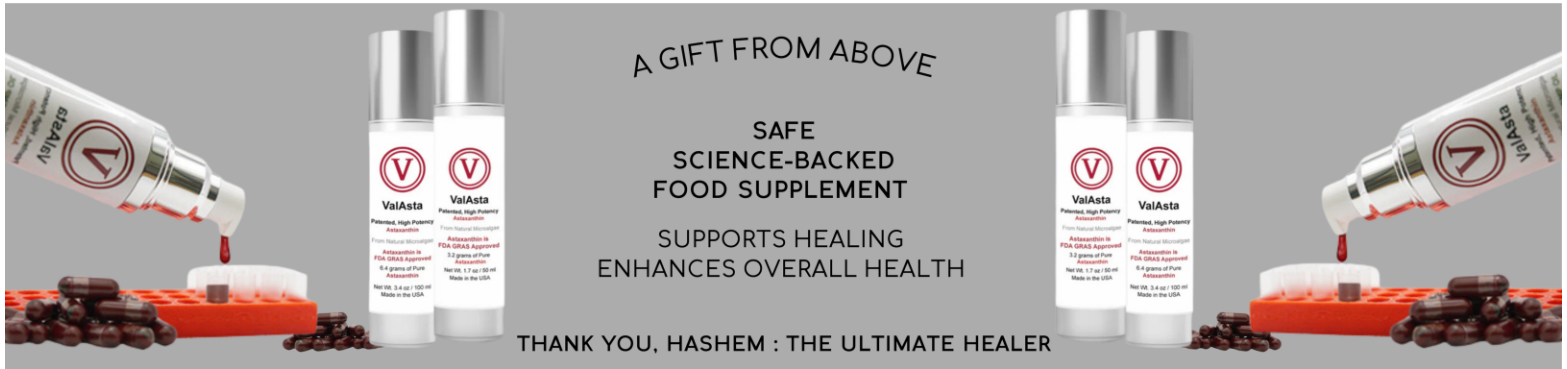
UPDATED
JANUARY 2025

VALASTA USER INFORMATION

VALASTA - ASTAXANTHIN



THANK YOU, HASHEM



A GIFT FROM ABOVE

SAFE
SCIENCE-BACKED
FOOD SUPPLEMENT

SUPPORTS HEALING
ENHANCES OVERALL HEALTH

THANK YOU, HASHEM : THE ULTIMATE HEALER



THE ONLY PATENTED
ASTAXANTHIN

ASTAXANTHIN
IS FDA-GRAS
APPROVED

COMMUNITY PHONE-LINE

845-584-8485

valastainfosharing@gmail.com

▪ RECORDED INFORMATION

▪ CALL ▪ TEXT ▪ EMAIL

Recorded Information

- Learn about ValAsta and its Scientific Foundation.
- Explore Scientific Research & Clinical Studies on Specific Diseases.
- Medical Expert Research Interviews, including an interview with Dr. Stefan Kiesz, a world renowned cardiologist acclaimed for his endovascular inventions.
- Community Feedback.
- List of the Local Purchasing Options. (Also available at www.valasta.net—Discount Code: 1234.)

Contact a Volunteer

- Speak with, text, or email a volunteer for any questions you may have. Given the high volume of inquiries, please note that it is often not possible to answer all calls as they come in. If you don't get through, please leave a voice message or send a text/email to request a call-back. Missed calls can only be returned if a voice message is left.
- It is important to specify "URGENT" if you need a quick response.
- If you do not receive a reply or call back, please call again, as we may have missed your message.
- Text or email is the fastest way to receive a response.
- Call, text, or email for the "Four Information Documents" to be emailed to you. (Also available at the local pickup locations.)

Community Feedback

- Stories kindly shared by individuals in our communities.
- Phone-line updates are infrequent. If your health concern or condition isn't listed, or if there's no feedback available, please reach out and ask. Only a small fraction of the feedback is shared on the phone-line so it does not fully represent the success of any given disease—these are just examples. Many people have found great success with ValAsta in addressing even "incurable" conditions because 92% of diseases, including rare and genetic conditions, are often triggered by inflammation.

Sharing Your Feedback: Many of us value hearing from others in the community. If you have used ValAsta, please consider sharing your experience—anononymously if you prefer—via text, email, call, or voice message. (All information shared is 100% confidential.)

DISCLAIMER: This document is intended for informational purposes only and is a compilation of insights shared by friends. The ValAsta company and the individuals involved in the creation of this document are not involved in rendering medical advice and disclaim any liability for actions taken based on the information contained herein. Always consult a qualified healthcare professional for personalized medical guidance.

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Information Documents

ValAsta at a Glance

What Is ValAsta

ValAsta and Cancer

ValAsta User Information



DISCLAIMER: This paper is only friends sharing information. The product and any information provided is not intended to diagnose, treat, cure, or prevent disease.

Product to Purchase

ValAsta-Astaxanthin is 100% natural. Astaxanthin is FDA-approved as a safe food supplement. Astaxanthin has been safely consumed by humans for over twenty-six years, with no reported side effects. Additionally, ValAsta-Astaxanthin has been safely consumed in high dosages (up to 29 pumps) for over seven years with no reported side effects.

ValAsta Oil: It is suggested to order the "100ml oral liquid ValAsta with olive oil" rather than the "50ml" bottle, as the smaller size does not provide sufficient quantity for noticeable results and it is not cost-effective.

The 100ml bottle (depending on body weight & reason for taking ValAsta) typically lasts: Adults—1 to 4 months. Children—up to a year.



INGREDIENTS:

Astaxanthin: Astaxanthin is a powerful carotenoid found in plants. The plant that produces Astaxanthin is a microalgae. The kosher, organic Astaxanthin used in ValAsta is grown and produced in closed vessels. The extraction of the Astaxanthin is done under strict guidelines using critical CO₂ extraction techniques. **Olive oil:** Pure, kosher, organic olive oil. **Glucose:** A trace of kosher glucose.



ValAsta Pre-filled Capsules: This is a new product and is therefore not the recommended option at this time. These capsules are significantly more expensive. For those who choose to try them, please note that each capsule is equivalent to **three pumps**, not **four pumps** like the "fill-your-own capsules." Be sure to take an **adequate number of capsules** to meet your required serving amount. Additionally, there is no option to start with less than three pumps, as the capsules are pre-filled.



ValAsta Salve with DMSO: This may be used for skin conditions, skin cancer, tumors, and pain relief, but in most cases, people are able to apply the oral ValAsta topically rather than needing to purchase this additional product. The product can easily stain clothing, and in most cases, taking ValAsta orally is sufficient.

Taking ValAsta

- **ValAsta is like eating healthy food:** ValAsta is safe for everyone including elderly, babies and those on **any kind of medication** (see pg. 11 for medication information).
- **ValAsta is effective:** When taken once or twice a day, with or without food or drink, in capsules or cold food, directly in the mouth. See pg. 12 for information on how to administer ValAsta via a feeding tube.
- **ValAsta is most effective:** When the full amount is taken **once a day** immediately after a solid meal including a protein or carb, and ideally with a small amount of dietary fat or oil (though this is not necessary). ValAsta is absorbed in the small intestine, and consuming food prior to taking ValAsta helps it to reach the cells more efficiently, enhancing absorption and overall effectiveness. ValAsta can be taken after breakfast, lunch, or supper, preferably after the larger meal of the day. If a full meal is not possible, taking it after a small snack will still provide benefits. **Important to Note:** If neither is feasible, **taking ValAsta without food will still be effective.**
- **ValAsta provides cellular energy and promotes better REM sleep:** However, in rare cases, its energizing effects may cause sleep disturbances if taken too late in the day. If this occurs, try taking it earlier, such as after breakfast or lunch, rather than after supper.
- **In food:** ValAsta can be consumed by simply pumping it directly onto **cold** food such as yogurt or applesauce. Be sure to get a full pump by pressing the actuator (pump head) fully down; if unsure, take more.
- **In "make-your-own" capsules:** Most adults take ValAsta in capsules. When purchasing a ValAsta bottle, you will also receive **empty capsules to fill**. The ValAsta bottle is a uniquely designed dispenser bottle, specifically engineered to make it easy to pump and fill your capsules. You should hear a slight "click" when closing the capsule. Capsules can be filled immediately before use, or the entire bottle can be prepared in advance. To avoid leakage pre-filled capsules should be stored in the refrigerator. The **maximum** each capsule will hold is **four pumps** of ValAsta. One capsule is **never** considered more than four pumps, even if it seems to fit additional pumps. For example, if you require **eight pumps**, you would take **two full capsules**; if you require **eighteen pumps**, you would take **four and a half capsules**. If it's easier to prepare all the capsules with the same amount (all full capsules), you can simply choose to take five full capsules.
- **Important:** Do not refrigerate the bottle: it pumps best at room temperature. Leave the cap off to avoid dripping.
- **ValAsta is red and can stain:** It may be easiest to wear disposable gloves and place a plastic plate under the preparation area to avoid staining the counter. (It will wash off your hands easily with regular soap and water.) ValAsta may stain real dishes or clothing. In the case of stained clothing, use Murphy Oil soap, Dawn Blue detergent, or Spot Shot.
- **ValAsta contains Astaxanthin, a natural red pigment:** Expect a red-orange-colored stool.

Tefillah (prayer) to say before taking ValAsta

Our Sages instituted a blessing to be said whenever we take medicine, in order to remind us that ultimately *YHashem*, our G-d, is our *YHealer* (*Talmud Brachos* 60a, *Shulchan Aruch* 230:4, and *Mishna Berurah* 6).

The Tefillah in transliterated Hebrew:

"Yehi ratzon milfanecha, Ado-nai Elo-hai, she'yehai eisek zeh li li'refuah ki rofai chinam atta."

The Prayer in English:

"May it be Your will, L-rd, my G-d, that this activity will bring healing to me, for You are the free *YHealer*."

How much ValAsta should I take?

- Use the "**serving amount charts**" on **pages 5 & 6** to check the suggested amount according to your "**weight**" and "**reason**" for taking ValAsta.
- Taking sufficient ValAsta is very important to achieve the desired outcome: There are no adverse effects of taking too much ValAsta—it is like eating extra of a good food; ValAsta is considered a food supplement and can be treated like any other food you eat. **Important:** If your weight falls between the range of numbers listed in the chart, it is suggested to go with the higher number.

How should I take ValAsta?

- Use the "**colored charts**" on **pages 8-10** as a guideline for how to take ValAsta.
- To make it **simple** there is a "**colored chart**" for every preferred schedule. **Page 7** shows you how to simply choose the **one chart** that aligns with your requirements and follow that chart.
- Alternatively, you may choose to create your own schedule. **The objective is to reach your full serving amount and take it all in one serving, once a day – how you achieve this is entirely flexible.**
- As your body adjusts to ValAsta, it will begin producing the necessary enzymes for optimal digestion while helping to clear inflammation and mucus from the colon. In rare cases, during this adjustment period (2-3 weeks), some individuals experience slightly looser stools. To lessen the likelihood of loose stools, most individuals **gradually increase the serving amount** and **split the serving amount** taking it **twice a day**, until the full serving amount is reached. However, if this is not convenient, it can be taken once a day instead.
- As a food supplement, there is no "wrong" method. You can adjust your approach based on how your body responds to ValAsta and progress at a pace that works for you, whether slower or faster. Many individuals who start with the "**slow chart**" find they are able to transition to the "**standard chart**" and take ValAsta more quickly as their body becomes accustomed to it.
- If you forget to take ValAsta, simply resume your regular routine.

SERVING AMOUNT CHART: ADULTS

LOWEST SERVING AMOUNT FOR OPTIMAL HEALTH & PREVENTION

STRENGTH | ENERGY | MENTAL-CLARITY | CONCENTRATION | BETTER-SKIN | VITALITY | MOOD | SENSE OF CALM | ANTI-AGING

Formula: Divide body weight (lbs) by 27 - Precalculated for you: simply check how many pumps to take according to your weight:

LBS	80	90	100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300
PUMPS	3	4	4	5	5	5	5	6	6	7	7	8	8	8	9	9	10	10	11	11	11	12	12

MEDIUM SERVING AMOUNT FOR MINOR HEALTH CONCERNS

MINOR CHRONIC PAIN | WEAKNESS | SLIGHT BODY IMBALANCES | ATHLETIC-PERFORMANCE

Formula: Divide body weight (lbs) by 20 - Precalculated for you: simply check how many pumps to take according to your weight:

LBS	80	90	100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300
PUMPS	4	5	5	6	6	7	7	8	8	9	9	10	10	11	11	12	12	13	13	14	14	15	15

HIGHEST SERVING AMOUNT FOR SERIOUS & CHRONIC HEALTH CONCERNS

SERIOUS DISEASES | CHRONIC CONDITIONS | CHRONIC PAIN
CHRONIC SKIN-CONDITIONS | NEUROLOGICAL CONDITIONS | BRAIN-RELATED HEALTH CONCERNS

Formula: Divide body weight (lbs) by 13.5 - Precalculated for you: simply check how many pumps to take according to your weight:

LBS	80	90	100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300
PUMPS	6	7	8	9	9	10	10	11	12	13	13	14	15	16	16	17	18	19	19	20	20	21	22

IMPORTANT INFORMATION-ADDITIONAL PUMPS

Additional Pumps: In rare cases where results were minimal, or when progress plateaued after initial improvements, increasing the serving size after three months provided an additional boost, leading to further improvements. **Suggestion:** Add an additional four pumps.

Double the Serving Amount: For conditions such as cancer, serious neurodegenerative diseases like Alzheimer's or Parkinson's, advanced metabolic disorders like severe diabetes, and chronic conditions where the disease is consistently progressing-increasing the serving amount to saturate the cells for maximum benefit, as recommended by Sam Shepherd, has been proven effective. **Suggestion:** Gradually increase up to double the serving amount, as long as it does not exceed 29 pumps per day.

SERVING AMOUNT CHART: YOUNG CHILD

LOWEST SERVING AMOUNT FOR OPTIMAL HEALTH AND PREVENTATION

STRENGTH | ENERGY | CONCENTRATION | SENSE OF CALM | MOOD

Simply check how many pumps to give a child according to their weight:

LBS	30	40	50	60	70
PUMPS	1	2	2	3	3

MEDIUM SERVING AMOUNT FOR MINOR HEALTH CONCERNS

MINOR CHRONIC PAIN | WEAKNESS | SLIGHT BODY IMBALANCES | BEHAVIOR

Simply check how many pumps to give a child according to their weight:

LBS	30	40	50	60	70
PUMPS	2	3	3	4	4

HIGHEST SERVING AMOUNT FOR SERIOUS & CHRONIC HEALTH CONCERNS

SERIOUS DISEASES | CHRONIC CONDITIONS | CHRONIC PAIN
CHRONIC SKIN-CONDITIONS | NEUROLOGICAL CONDITIONS | BRAIN-RELATED HEALTH CONCERNS

Simply check how many pumps to give a child according to their weight:

LBS	30	40	50	60	70
PUMPS	4	5	5	6	6

IMPORTANT INFORMATION-ADDITIONAL PUMPS

Additional Two Pumps: In rare cases where results were minimal, or when progress plateaued after initial improvements, increasing the serving size after three months provided an additional boost, leading to further improvements. **Suggestion:** Add an additional two pumps.

Additional Two Pumps: For conditions such as cancer, serious brain-related diseases, or advanced chronic conditions where the disease is consistently progressing-increasing the serving amount to saturate the cells for maximum benefit, as recommended by Sam Shepherd, has been proven effective. **Suggestion:** Add an additional two pumps.

THE COLORED CHARTS

The STANDARD Charts are the most commonly used approaches.

The STANDARD Orange Chart suggests starting with a small amount of ValAsta twice daily (splitting the serving), then gradually progressing to the full amount, still splitting the serving and taking it twice a day. Eventually, it transitions to taking the full serving once a day.

The STANDARD Red Chart is for those who find it difficult to take ValAsta twice a day. Since the serving is taken just once per day, it begins with a smaller amount taken once daily and progresses more gradually, until the full dose is reached.

The SLOW Charts have been used by individuals who are extremely weak, the elderly, young children, or those with digestive sensitivities, acid reflux, or who are prone to loose stools.

The SLOW Blue Chart suggests starting with a small amount of ValAsta twice daily (splitting the serving), then gradually progressing to the full amount, still splitting the serving and taking it twice a day. Eventually, it transitions to taking the full serving once a day.

The SLOW Purple Chart is for those who find it difficult to take ValAsta twice a day. Since the serving is taken just once per day, it begins with a smaller amount taken once daily and progresses more gradually, until the full dose is reached.

The FAST Charts have been used by individuals seeking quicker results.

The FAST Yellow Chart suggests starting with a small amount of ValAsta twice daily (splitting the serving), then gradually progressing to the full amount, still splitting the serving and taking it twice a day. Eventually, it transitions to taking the full serving once a day.

The FAST Green Chart is for those who find it difficult to take ValAsta twice a day. Since the serving is taken just once per day, it begins with a smaller amount taken once daily and progresses more gradually, until the full dose is reached.

Extreme Cases:

Suggestions on how to take ValAsta even slower than the "SLOW" charts—see page 12.

Extreme Cases:

Suggestions on how to take ValAsta even faster than the "FAST" charts—see page 12.

ONCE A DAY	
FAST	FOLLOWING A MEAL
2 DAYS	½ PUMP
5 DAYS	1 PUMP
5 DAYS	1½ PUMPS
ONWARDS: 2 PUMPS	
ONCE A DAY	

2
PUMPS

TWICE A DAY	
FAST	FOLLOWING MEAL ONE
2 DAYS	½ PUMP
5 DAYS	½ PUMP
5 DAYS	½ PUMP
5 DAYS	1 PUMP
ONWARDS: 2 PUMPS	
ONCE A DAY	

ONCE A DAY	
STANDARD	FOLLOWING A MEAL
7 DAYS	½ PUMP
7 DAYS	1 PUMP
7 DAYS	1½ PUMPS
ONWARDS: 2 PUMPS	
ONCE A DAY	

TWICE A DAY	
STANDARD	FOLLOWING MEAL ONE
6 DAYS	½ PUMP
6 DAYS	½ PUMP
6 DAYS	½ PUMP
6 DAYS	1 PUMP
ONWARDS: 2 PUMPS	
ONCE A DAY	

ONCE A DAY	
SLOW	FOLLOWING A MEAL
9 DAYS	½ PUMP
9 DAYS	1 PUMP
9 DAYS	1½ PUMPS
ONWARDS: 2 PUMPS	
ONCE A DAY	

TWICE A DAY	
SLOW	FOLLOWING MEAL ONE
9 DAYS	½ PUMP
9 DAYS	½ PUMP
7 DAYS	½ PUMP
7 DAYS	1 PUMP
ONWARDS: 2 PUMPS	
ONCE A DAY	

ONCE A DAY	
FAST	FOLLOWING A MEAL
2 DAYS	1 PUMP
5 DAYS	2 PUMPS
5 DAYS	3 PUMPS
ONWARDS: 4 PUMPS	
ONCE A DAY	

4
PUMPS

TWICE A DAY	
FAST	FOLLOWING MEAL ONE
2 DAYS	1 PUMP
5 DAYS	1 PUMP
5 DAYS	1 PUMP
5 DAYS	2 PUMPS
ONWARDS: 4 PUMPS	
ONCE A DAY	

ONCE A DAY	
STANDARD	FOLLOWING A MEAL
7 DAYS	1 PUMP
7 DAYS	2 PUMPS
7 DAYS	3 PUMPS
ONWARDS: 4 PUMPS	
ONCE A DAY	

TWICE A DAY	
STANDARD	FOLLOWING MEAL ONE
6 DAYS	1 PUMP
6 DAYS	1 PUMP
6 DAYS	1 PUMP
6 DAYS	2 PUMPS
ONWARDS: 4 PUMPS	
ONCE A DAY	

ONCE A DAY	
SLOW	FOLLOWING A MEAL
9 DAYS	1 PUMP
9 DAYS	2 PUMPS
9 DAYS	3 PUMPS
ONWARDS: 4 PUMPS	
ONCE A DAY	

TWICE A DAY	
SLOW	FOLLOWING MEAL ONE
9 DAYS	1 PUMP
9 DAYS	1 PUMP
7 DAYS	1 PUMP
7 DAYS	2 PUMPS
ONWARDS: 4 PUMPS	
ONCE A DAY	

ONCE A DAY	
FAST	FOLLOWING A MEAL
1 DAY	1 PUMP
4 DAYS	2 PUMPS
4 DAYS	3 PUMPS
4 DAYS	4 PUMPS
ONWARDS: 6 PUMPS	
ONCE A DAY	

6
PUMPS

TWICE A DAY	
FAST	FOLLOWING MEAL ONE
1 DAY	1 PUMP
4 DAYS	1 PUMP
4 DAYS	2 PUMPS
4 DAYS	3 PUMPS
ONWARDS: 6 PUMPS	
ONCE A DAY	

ONCE A DAY	
STANDARD	FOLLOWING A MEAL
2 DAYS	1 PUMP
7 DAYS	2 PUMPS
7 DAYS	3 PUMPS
7 DAYS	4 PUMPS
ONWARDS: 6 PUMPS	
ONCE A DAY	

TWICE A DAY	
STANDARD	FOLLOWING MEAL ONE
2 DAYS	1 PUMP
7 DAYS	1 PUMP
7 DAYS	2 PUMPS
7 DAYS	3 PUMPS
ONWARDS: 6 PUMPS	
ONCE A DAY	

ONCE A DAY	
SLOW	FOLLOWING A MEAL
3 DAYS	1 PUMP
7 DAYS	2 PUMPS
3 DAYS	3 PUMPS
7 DAYS	4 PUMPS
2 DAYS	5 PUMPS
ONWARDS: 6 PUMPS	
ONCE A DAY	

TWICE A DAY	
SLOW	FOLLOWING MEAL ONE
3 DAYS	1 PUMP
3 DAYS	1 PUMP
7 DAYS	1 PUMPS
3 DAYS	2 PUMPS
3 DAYS	2 PUMPS
3 DAYS	2 PUMPS
7 DAYS	3 PUMPS
ONWARDS: 6 PUMPS	
ONCE A DAY	

ONCE A DAY	
FAST	FOLLOWING A MEAL
1 DAY	1 PUMP
4 DAYS	2 PUMPS
4 DAYS	4 PUMPS
4 DAYS	6 PUMPS
ONWARDS: 8 PUMPS	
ONCE A DAY	

8
PUMPS

TWICE A DAY	
FAST	FOLLOWING MEAL ONE
1 DAY	1 PUMP
4 DAYS	2 PUMPS
4 DAYS	3 PUMPS
4 DAYS	4 PUMPS
ONWARDS: 8 PUMPS	
ONCE A DAY	

ONCE A DAY	
STANDARD	FOLLOWING A MEAL
1 DAY	1 PUMP
7 DAYS	2 PUMPS
7 DAYS	4 PUMPS
7 DAYS	6 PUMPS
ONWARDS: 8 PUMPS	
ONCE A DAY	

TWICE A DAY	
STANDARD	FOLLOWING MEAL ONE
1 DAY	1 PUMP
7 DAYS	2 PUMPS
7 DAYS	3 PUMPS
7 DAYS	4 PUMPS
ONWARDS: 8 PUMPS	
ONCE A DAY	

ONCE A DAY	
SLOW	FOLLOWING A MEAL
3 DAYS	1 PUMP
3 DAYS	2 PUMPS
3 DAYS	3 PUMPS
7 DAYS	4 PUMPS
3 DAYS	5 PUMPS
3 DAYS	6 PUMPS
3 DAYS	7 PUMPS
ONWARDS: 8 PUMPS	
ONCE A DAY	

TWICE A DAY	
SLOW	FOLLOWING MEAL ONE
3 DAYS	1 PUMP
3 DAYS	1 PUMP
3 DAYS	2 PUMPS
3 DAYS	2 PUMPS
3 DAYS	2 PUMPS
3 DAYS	3 PUMPS
3 DAYS	3 PUMPS
3 DAYS	3 PUMPS
7 DAYS	4 PUMPS
ONWARDS: 8 PUMPS	
ONCE A DAY	

ONCE A DAY	
FAST	FOLLOWING A MEAL
1 DAY	1 PUMP
4 DAYS	2 PUMPS
4 DAYS	4 PUMPS
4 DAYS	7 PUMPS
ONWARDS: 10 PUMPS ONCE A DAY	

TWICE A DAY	
FAST	FOLLOWING MEAL ONE FOLLOWING MEAL TWO
1 DAY	1 PUMP
4 DAYS	2 PUMPS
4 DAYS	3 PUMPS
4 DAYS	5 PUMPS
ONWARDS: 10 PUMPS ONCE A DAY	

ONCE A DAY	
STANDARD	FOLLOWING A MEAL
1 DAY	1 PUMP
7 DAYS	2 PUMPS
7 DAYS	4 PUMPS
7 DAYS	7 PUMPS
ONWARDS: 10 PUMPS ONCE A DAY	

TWICE A DAY	
STANDARD	FOLLOWING MEAL ONE FOLLOWING MEAL TWO
1 DAY	1 PUMP
7 DAYS	2 PUMPS
7 DAYS	3 PUMPS
7 DAYS	5 PUMPS
ONWARDS: 10 PUMPS ONCE A DAY	

ONCE A DAY	
SLOW	FOLLOWING A MEAL
3 DAYS	1 PUMP
3 DAYS	2 PUMPS
3 DAYS	3 PUMPS
3 DAYS	4 PUMPS
7 DAYS	5 PUMPS
7 DAYS	6 PUMPS
2 DAYS	7 PUMPS
2 DAYS	8 PUMPS
ONWARDS: 10 PUMPS ONCE A DAY	

TWICE A DAY	
SLOW	FOLLOWING MEAL ONE FOLLOWING MEAL TWO
3 DAYS	1 PUMP
3 DAYS	1 PUMP
3 DAYS	1 PUMPS
3 DAYS	2 PUMPS
3 DAYS	2 PUMPS
3 DAYS	2 PUMPS
3 DAYS	3 PUMPS
3 DAYS	3 PUMPS
3 DAYS	3 PUMPS
2 DAYS	4 PUMPS
2 DAYS	4 PUMPS
7 DAYS	5 PUMPS
ONWARDS: 10 PUMPS ONCE A DAY	

ONCE A DAY	
FAST	FOLLOWING A MEAL
1 DAY	1 PUMP
4 DAYS	4 PUMPS
4 DAYS	7 PUMPS
4 DAYS	10 PUMPS
ONWARDS: 12 PUMPS ONCE A DAY	

TWICE A DAY	
FAST	FOLLOWING MEAL ONE FOLLOWING MEAL TWO
1 DAY	1 PUMP
4 DAYS	3 PUMPS
4 DAYS	4 PUMPS
4 DAYS	6 PUMPS
ONWARDS: 12 PUMPS ONCE A DAY	

ONCE A DAY	
STANDARD	FOLLOWING A MEAL
1 DAY	1 PUMP
7 DAYS	4 PUMPS
7 DAYS	7 PUMPS
7 DAYS	10 PUMPS
ONWARDS: 12 PUMPS ONCE A DAY	

TWICE A DAY	
STANDARD	FOLLOWING MEAL ONE FOLLOWING MEAL TWO
1 DAY	1 PUMP
7 DAYS	3 PUMPS
7 DAYS	4 PUMPS
7 DAYS	6 PUMPS
ONWARDS: 12 PUMPS ONCE A DAY	

ONCE A DAY	
SLOW	FOLLOWING A MEAL
3 DAYS	1 PUMP
3 DAYS	2 PUMPS
3 DAYS	3 PUMPS
3 DAYS	4 PUMPS
3 DAYS	5 PUMPS
7 DAYS	6 PUMPS
2 DAYS	7 PUMPS
2 DAYS	8 PUMPS
2 DAYS	10 PUMPS
ONWARDS: 12 PUMPS ONCE A DAY	

TWICE A DAY	
SLOW	FOLLOWING MEAL ONE FOLLOWING MEAL TWO
3 DAYS	1 PUMP
3 DAYS	1 PUMP
3 DAYS	1 PUMPS
3 DAYS	2 PUMPS
3 DAYS	2 PUMPS
3 DAYS	2 PUMPS
3 DAYS	3 PUMPS
3 DAYS	3 PUMPS
3 DAYS	3 PUMPS
2 DAYS	4 PUMPS
2 DAYS	4 PUMPS
2 DAYS	5 PUMPS
2 DAYS	5 PUMPS
7 DAYS	6 PUMPS
ONWARDS: 12 PUMPS ONCE A DAY	

ONCE A DAY	
FAST	FOLLOWING A MEAL
1 DAY	1 PUMP
4 DAYS	5 PUMPS
4 DAYS	8 PUMPS
4 DAYS	11 PUMPS
ONWARDS: 14 PUMPS ONCE A DAY	

TWICE A DAY	
FAST	FOLLOWING MEAL ONE FOLLOWING MEAL TWO
1 DAY	1 PUMP
4 DAYS	3 PUMPS
4 DAYS	5 PUMPS
4 DAYS	7 PUMPS
ONWARDS: 14 PUMPS ONCE A DAY	

ONCE A DAY	
STANDARD	FOLLOWING A MEAL
1 DAY	1 PUMP
7 DAYS	5 PUMPS
7 DAYS	8 PUMPS
7 DAYS	11 PUMPS
ONWARDS: 14 PUMPS ONCE A DAY	

TWICE A DAY	
STANDARD	FOLLOWING MEAL ONE FOLLOWING MEAL TWO
1 DAY	1 PUMP
7 DAYS	3 PUMPS
7 DAYS	5 PUMPS
7 DAYS	7 PUMPS
ONWARDS: 14 PUMPS ONCE A DAY	

ONCE A DAY	
SLOW	FOLLOWING A MEAL
3 DAYS	1 PUMP
3 DAYS	2 PUMPS
3 DAYS	3 PUMPS
3 DAYS	4 PUMPS
3 DAYS	5 PUMPS
3 DAYS	6 PUMPS
7 DAYS	7 PUMPS
7 DAYS	8 PUMPS
2 DAYS	10 PUMPS
2 DAYS	12 PUMPS
ONWARDS: 14 PUMPS ONCE A DAY	

TWICE A DAY	
SLOW	FOLLOWING MEAL ONE FOLLOWING MEAL TWO
3 DAYS	1 PUMP
3 DAYS	1 PUMP
3 DAYS	1 PUMPS
3 DAYS	2 PUMPS
3 DAYS	2 PUMPS
3 DAYS	2 PUMPS
3 DAYS	2 PUMPS
3 DAYS	3 PUMPS
3 DAYS	3 PUMPS
3 DAYS	3 PUMPS
2 DAYS	4 PUMPS
2 DAYS	4 PUMPS
2 DAYS	4 PUMPS
2 DAYS	5 PUMPS
2 DAYS	5 PUMPS
2 DAYS	6 PUMPS
7 DAYS	7 PUMPS
ONWARDS: 14 PUMPS ONCE A DAY	

10
PUMPS

12
PUMPS

14
PUMPS

16
PUMPS

ONCE A DAY	
FAST	FOLLOWING A MEAL
1 DAY	1 PUMP
4 DAYS	6 PUMPS
4 DAYS	10 PUMPS
4 DAYS	13 PUMPS
ONWARDS: 16 PUMPS ONCE A DAY	

TWICE A DAY	
FAST	FOLLOWING MEAL ONE MEAL TWO
1 DAY	1 PUMP
4 DAYS	4 PUMPS
4 DAYS	6 PUMPS
4 DAYS	8 PUMPS
ONWARDS: 16 PUMPS ONCE A DAY	

ONCE A DAY	
STANDARD	FOLLOWING A MEAL
1 DAY	1 PUMP
7 DAYS	6 PUMPS
7 DAYS	10 PUMPS
7 DAYS	13 PUMPS
ONWARDS: 16 PUMPS ONCE A DAY	

TWICE A DAY	
STANDARD	FOLLOWING MEAL ONE MEAL TWO
1 DAY	1 PUMP
7 DAYS	4 PUMPS
7 DAYS	6 PUMPS
7 DAYS	8 PUMPS
ONWARDS: 16 PUMPS ONCE A DAY	

ONCE A DAY	
SLOW	FOLLOWING A MEAL
3 DAYS	1 PUMP
3 DAYS	2 PUMPS
3 DAYS	3 PUMPS
3 DAYS	4 PUMPS
3 DAYS	5 PUMPS
3 DAYS	6 PUMPS
3 DAYS	7 PUMPS
7 DAYS	8 PUMPS
2 DAYS	10 PUMPS
2 DAYS	12 PUMPS
2 DAYS	14 PUMPS
ONWARDS: 16 PUMPS ONCE A DAY	

TWICE A DAY	
SLOW	FOLLOWING MEAL ONE MEAL TWO
3 DAYS	1 PUMP
3 DAYS	1 PUMP
3 DAYS	1 PUMPS
3 DAYS	2 PUMPS
3 DAYS	2 PUMPS
3 DAYS	2 PUMPS
3 DAYS	3 PUMPS
3 DAYS	3 PUMPS
3 DAYS	3 PUMPS
2 DAYS	4 PUMPS
2 DAYS	4 PUMPS
2 DAYS	5 PUMPS
2 DAYS	5 PUMPS
2 DAYS	6 PUMPS
2 DAYS	7 PUMPS
7 DAYS	8 PUMPS
ONWARDS: 16 PUMPS ONCE A DAY	

18
PUMPS

ONCE A DAY	
FAST	FOLLOWING A MEAL
1 DAY	1 PUMP
4 DAYS	7 PUMPS
4 DAYS	11 PUMPS
4 DAYS	15 PUMPS
ONWARDS: 18 PUMPS ONCE A DAY	

TWICE A DAY	
FAST	FOLLOWING MEAL ONE MEAL TWO
1 DAY	1 PUMP
4 DAYS	4 PUMPS
4 DAYS	7 PUMPS
4 DAYS	9 PUMPS
ONWARDS: 18 PUMPS ONCE A DAY	

ONCE A DAY	
STANDARD	FOLLOWING A MEAL
1 DAY	1 PUMP
7 DAYS	7 PUMPS
7 DAYS	11 PUMPS
7 DAYS	15 PUMPS
ONWARDS: 18 PUMPS ONCE A DAY	

TWICE A DAY	
STANDARD	FOLLOWING MEAL ONE MEAL TWO
1 DAY	1 PUMP
7 DAYS	4 PUMPS
7 DAYS	7 PUMPS
7 DAYS	9 PUMPS
ONWARDS: 18 PUMPS ONCE A DAY	

ONCE A DAY	
SLOW	FOLLOWING A MEAL
3 DAYS	1 PUMP
3 DAYS	2 PUMPS
3 DAYS	3 PUMPS
3 DAYS	4 PUMPS
3 DAYS	5 PUMPS
3 DAYS	6 PUMPS
3 DAYS	7 PUMPS
2 DAYS	8 PUMPS
7 DAYS	9 PUMPS
2 DAYS	11 PUMPS
2 DAYS	13 PUMPS
2 DAYS	15 PUMPS
ONWARDS: 18 PUMPS ONCE A DAY	

TWICE A DAY	
SLOW	FOLLOWING MEAL ONE MEAL TWO
3 DAYS	1 PUMP
3 DAYS	1 PUMP
3 DAYS	1 PUMPS
3 DAYS	2 PUMPS
3 DAYS	2 PUMPS
3 DAYS	2 PUMPS
3 DAYS	3 PUMPS
3 DAYS	3 PUMPS
3 DAYS	3 PUMPS
2 DAYS	4 PUMPS
2 DAYS	4 PUMPS
2 DAYS	5 PUMPS
2 DAYS	5 PUMPS
2 DAYS	7 PUMPS
2 DAYS	7 PUMPS
7 DAYS	9 PUMPS
ONWARDS: 18 PUMPS ONCE A DAY	

20
PUMPS

ONCE A DAY	
FAST	FOLLOWING A MEAL
1 DAY	1 PUMP
4 DAYS	8 PUMPS
4 DAYS	12 PUMPS
4 DAYS	16 PUMPS
ONWARDS: 20 PUMPS ONCE A DAY	

TWICE A DAY	
FAST	FOLLOWING MEAL ONE MEAL TWO
1 DAY	1 PUMP
4 DAYS	4 PUMPS
4 DAYS	7 PUMPS
4 DAYS	10 PUMPS
ONWARDS: 20 PUMPS ONCE A DAY	

ONCE A DAY	
STANDARD	FOLLOWING A MEAL
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3 DAYS	5 PUMPS
3 DAYS	6 PUMPS
3 DAYS	7 PUMPS
2 DAYS	8 PUMPS
2 DAYS	9 PUMPS
7 DAYS	10 PUMPS
2 DAYS	12 PUMPS
2 DAYS	14 PUMPS
2 DAYS	16 PUMPS
2 DAYS	18 PUMPS
ONWARDS: 20 PUMPS ONCE A DAY	

TWICE A DAY	
SLOW	FOLLOWING MEAL ONE MEAL TWO
3 DAYS	1 PUMP
3 DAYS	1 PUMP
3 DAYS	1 PUMPS
3 DAYS	2 PUMPS
3 DAYS	2 PUMPS
3 DAYS	2 PUMPS
3 DAYS	3 PUMPS
3 DAYS	3 PUMPS
3 DAYS	3 PUMPS
2 DAYS	4 PUMPS
2 DAYS	4 PUMPS
2 DAYS	5 PUMPS
2 DAYS	5 PUMPS
2 DAYS	7 PUMPS
2 DAYS	7 PUMPS
7 DAYS	10 PUMPS
ONWARDS: 20 PUMPS ONCE A DAY	

DISCLAIMER: this paper is only friends sharing info. The product and any information provided is not intended to diagnose, treat, cure or prevent disease.

Important Information and Suggestions

The following information is based on the community feedback and the knowledge and suggestions provided by Sam Shepherd.

ValAsta is safe and beneficial for everyone: ValAsta has been used by both adults and children for a wide range of health needs, from general wellness and preventive care to the most serious health concerns. ValAsta is a food supplement digested in the small intestines and, therefore, does not cause any damage to the liver or kidneys. On the contrary, ValAsta is highly beneficial to the health of these organs. Reducing inflammation in the body can only be beneficial.

ValAsta works by promoting overall **homeostasis** (balance) within the body, supporting the equilibrium of various **physiological systems** (bodily functions). Through its potent **antioxidant** and **anti-inflammatory** properties, ValAsta helps regulate cellular processes, enabling the body to adjust and maintain optimal function. This supports the **body's natural ability to properly regulate** thyroid hormone production, blood pressure, immune system activity, cholesterol levels, glucose metabolism, mitochondrial function (how cells produce energy), and other physiological factors, including hematological indices (blood markers) and hematocrit (the proportion of red blood cells in blood).

This is how we can understand why individuals with seemingly opposing health conditions, such as an overactive or an underactive thyroid, have experienced benefits. ValAsta's role is to bring the body back to the healthy state it was in before the health issue arose, restoring the body to homeostasis and supporting the regulation of these systems in a balanced way. (This also helps us to understand how ValAsta can assist with such a wide range of health concerns. Unlike medications that target specific health issues, ValAsta works to address the root cause of why a person developed the condition(s) in the first place, creating an environment that supports the body's natural ability to maintain health and avoid disease.)

Certain conditions are essential to monitor closely as improvements may begin to occur in as little as two to eight weeks of starting ValAsta. When inflammation in the body subsides, and the body becomes more balanced, it may become necessary to reduce or eliminate medications under the guidance of a healthcare professional. Regular **monitoring** is recommended for those on medication for blood pressure. Regular **3-6 months blood tests** are necessary for people taking medications for cholesterol, diabetes and thyroid disorders. Blood tests every **1-3 months** are especially **important** for individuals on **blood thinners**.

Sam Shepherd recommends drinking plenty of water to support metabolism and cellular hydration when taking ValAsta or other supplements. Water helps remove mucus and inflammation from the colon and supports the body's healing processes. The **latest research on cellular hydration** suggests that adding something like a small amount of lemon to water can improve hydration at the cellular level, rather than only drinking plain water. **Important to Note:** While proper hydration can enhance healing, **ValAsta is still effective even if one cannot drink much water.** (Interesting to note: ValAsta assists the body with cellular hydration.)

ValAsta is a food supplement and can be started or stopped at any time without concern. However, it is important to note that there isn't a one-size-fits-all approach regarding how long to maintain your current serving amount after achieving your desired results.

The duration for which you stay on your current serving amount will vary depending on several factors. Before reducing your serving size or discontinuing ValAsta, it is advisable to contact a volunteer to help ensure lasting results. Any decision to stop taking ValAsta would be for financial reasons, as ValAsta is a healthy supplement that acts as a preventative measure, with many people choosing to take it even if they have no specific health concerns. (Especially important for individuals who were suffering from a serious disease and are no longer experiencing symptoms — please do not stop taking ValAsta without contacting a volunteer to guide you based on the suggestions of Sam Shepherd.)

Feeding Tube: ValAsta can be administered via a feeding tube. The suggested method is to administer approximately half of the regular feed through the feeding tube as usual. Then divide the remaining feed into two portions (they don't need to be equal). Mix one portion with ValAsta, then administer this mixture through the feeding tube. Follow with the second portion of the remaining feed. Then use a syringe to flush the feeding tube with a small amount of olive oil.

In the unusual case of uncomfortable loose stools—continuing to take ValAsta twice a day for a longer period than suggested in the charts and/or reducing the serving amount is suggested until your body has produced the necessary enzymes. Once adapted, you can slowly increase your serving to the recommended amount and transition to taking it once a day for optimal effectiveness. Even if you continue to split the serving amount long-term, ValAsta will still be very effective.

In extreme cases: One may choose to take ValAsta **more gradually** than the "slow chart," starting with just one pump daily for the first week and increasing by one pump each subsequent week—even if it takes three months to reach the suggested serving amount. (Even those who began more gradually due to chronic digestive or intestinal issues, such as Crohn's disease and colitis, have reported significant relief.)

In extreme cases: One may choose to take ValAsta **more quickly** than the "fast chart." However, because in these situations most individuals choose to take more ValAsta than on the "serving amount chart"—it is important to first take the "regular" amount within **3-7 days**, and to stay on this amount for approximately two weeks before adding any additional pumps.

Results: The time it takes to see results and the type of results one will experience is influenced by several factors, including the specific condition being treated, the individual's overall health, metabolism, and the level of chronic inflammation. It has been observed that additional factors, such as **serving amount, proper intake, and consistency**, also influence the timeline for visible results.

ValAsta has proven to improve **overall health** and **well-being** and **eradicate pain**. Many individuals have experienced a **complete reversal** of their disease, others have seen **significant improvement** in their health, and some have thus far experienced the **slowing down** or **stopping** of the progression of their disease. The body's response is complex and can vary unpredictably. Individuals with multiple long-standing health issues may have better outcomes and heal more quickly than those with less complex or more recent diseases. Individuals have shared experiencing benefits within as little as 48 hours of starting ValAsta, while others have reported rapid and significant improvements after several weeks. For some, remarkable results were observed after several months or longer. From the feedback we have also gleaned that in rare cases where only modest but worthwhile results were initially seen, individuals experienced truly transformative and medically unexplainable outcomes after allowing significantly more time for ValAsta to take effect.