
HF Complex Intake Course

Can HumiCell Be Taken Continuously?

Yes, it can.

HumiCell is **not a medication, hormone, or stimulant**.
It is a **cellular adaptive nutrient**, which makes it suitable for long-term use.

However, proper intake regimens are recommended in order to:

- avoid **overloading the detoxification system**
- prevent the body from **losing sensitivity to the effects**
- maintain a **stable and consistent result**

BASIC REGIMEN (for long-term use)

Dosage

- **1 tablespoon (10–15 ml) once per day**
- taken **in the morning on an empty stomach**
- may be diluted in warm water

This is a **maintenance dose**, safe for daily intake.

Cycle

3 months of intake → 2–4 weeks break

Why this schedule works:

- within **2–3 months**, most cellular environments are renewed
- the body has time to **adapt**
- the break helps prevent **receptor desensitization**

This is considered the **most physiological regimen for humic substances**.

“GENTLE BACKGROUND” REGIMEN (if you prefer minimal breaks)

If the goal is to take it almost continuously:

- **5 days on / 2 days off**
  or
- **every other day**

Dosage:

- **1 teaspoon**

This regimen can be used **for months without significant load on the liver or gastrointestinal tract**.

INTENSIVE COURSE

(for fatigue, illness, or detox support)

This is used **temporarily**, not continuously:

- **1 tablespoon twice per day**
- **morning on an empty stomach**
- **evening 2–3 hours before sleep**

Course duration:

14–21 days

Afterward:

Switch to the **basic maintenance regimen**.

Which Regimen Is Best for Different Situations

For the whole family

- **1 teaspoon once per day**
- **2 months → 2-week break**

For stress, burnout, or poor sleep

- **morning + evening for 14 days**
- then **maintenance once per day**

For immunity and prevention

- **1 tablespoon in the morning**
- **3 months → break**

Important to Know

During the first **5–10 days**, some people may notice:

- more frequent bowel movements
- mild fatigue
- increased urination

This is **not a side effect**, but a sign that **detoxification processes are activating**.

If symptoms feel too strong, simply **reduce the dose by half**.

Can HumiCell Be Taken for Years?

Yes — when used in cycles:

course → break → course again

Humic complexes have been used in naturopathic practice **for decades following this cyclic approach**.

In Short

HumiCell is not a "treatment course", but cellular nutrition.
Therefore, it can be taken long term — provided it is used correctly and cyclically.