

## *TRANSIT TIME DIGESTION EVALUATION*

### **Purpose**

Transit time is the interval between consumption and elimination, between food ingestion and excretion of digested waste.

### **How Does One Determine Transit Time?**

To determine transit time, we recommend the use of charcoal capsules. These are also sometimes used for the symptomatic treatment of intestinal gas.

### **Suggested Dosage**

Take 6 – 12 capsules (1.5 – 3 grams of charcoal) with 8 ounces of water between meals. Choose a high quality brand of activated charcoal capsules like REQUA. For most accurate results, ingest the capsules just after a bowel movement. Note (record) the time: this marks the beginning of the transit time test.

### **Dosage according to weight:**

< 150 lbs: 6 capsules

150 – 200 lbs: 8 capsules

200- 250 lbs: 10 capsules

> 250 lbs: 12 capsules

You may examine the consistency of your excreted stool. Note anything unusual or changed about the quality, such as texture, color, and composition. For example, does it float or sink? Does it have a strong odor? Is it solid or liquid? Is it homogeneous or marked by particles? Is it brown, black, tan, or chalky white?

When you first note the black, crumbly, charcoal looking output, record the time. This marks the completion of the test.

### **Interpretation**

Twelve (12) to eighteen (18) hours is considered a healthy transit time.

Too many Americans have a 36-96 hour or longer transit time. Long periods of distress and xenotoxins can allow digestive toxins to be absorbed. Low dietary fiber intake requires the body to work harder to “push” wastes along. The longer the transit time, the



greater the possibility of putrefaction which causes the production of unhealthy waste products that are too often reabsorbed and interfere with proper metabolism. The result is predisposition toward or amplification of many chronic intestinal or systemic illnesses. On the other hand, very short transit times may not provide adequate time to digest and assimilated what is eaten.

nutritional professional to determine the importance of your results for you. It is recommended that you check the transit time twice a month until you achieve a healthy transit time.

## ACHIEVING AND MAINTAINING A HEALTHY TRANSIT TIME

Consult with your practitioner about your nutritional needs and how you can achieve and maintain a healthy transit time. You can refer to the chart below for guidance.

Transit Time	PERQUE Regularity Guard	PERQUE Digesta Guard Forté 10	PERQUE Endura/PAK Guard	PERQUE Potent C Guard
>96 hours	10 scoops a day	14 a day	12 a day	Based on calibration
72-96 hours	8 scoops a day	12 a day	9 a day	Based on calibration
48-72 hours	6 scoops a day	9 a day	9 a day	Based on calibration
36-24 hours	4 scoops a day	6 a day	6 a day	Based on calibration
18-24 hours	3-4 scoops a day	6 a day	6 a day	Based on calibration
12-18 hours	2 scoops a day	6 a day	3 a day	Based on calibration
< 12 hours	1-2 scoops a day	9 a day	9 a day	Introduce Potent C Guard slowly and work up to calibration

Visit [www.PERQUE.com](http://www.PERQUE.com) for more information about PERQUE products and other helpful self-tests.

