Table 1

When	Amount (oz)	Amount (cups)					
As soon as you get up each morning	10-20	1.25-2.5					
1 hour later (before breakfast)	8-16	1-2					
After every cup of coffee/tea	3-8	.3-1					
20 minutes before main meal	8-16	1-2					
20 minutes before main meal	8-16	1-2					
2 hours before going to bed	10-20	1.25-2.5					
***Total per day**	**47-96**	**5.8-12**					
*Totals may vary based on coffee/tea & main meal intake							
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