Introduction to the Fourth Edition . . .

First published by Biotics Research Northwest in March 2006, the 175-page original Quick Reference Guide featured overviews of close to 225 nutritional supplement products and some 90-plus pages of “Condition Protocol” suggestions compiled from various, extant sources for the clinical application of those products in addressing a broad-spectrum of common conditions from “Abortion, Spontaneous or Threatened” to “Zinc Deficiency: Susceptibility to Colds, Infections, Fevers.”

The Second Edition, published over three years later in May 2009, multiplied in size and scope to just over 250 pages, which over- viewed some 245 product formulations in more detail, and offered close to 140 pages for the clinical application of those products. The publication of more products and conditions combined to expand the clinician’s armamentarium, and enhance the client’s potential for an even better therapeutic outcome.

The Third Edition at 330-plus pages in length with some 260 nutritional products for addressing over 190 pages of common, clinical conditions (including over 40 new entries), this June, 2013 Edition provided Biotics-based, healthcare professionals with an invaluable resource—a comprehensive Quick Reference Guide for enhancing their potential for achieving clinical success with their clients in our increasingly health-challenged, 21st century world—misguided, government “affordable care” intervention notwithstanding.

In addition to providing expanded “Condition Protocols” in terms of both the number of Primary and Secondary Support products, the entries under the Alternative Support category included some basic Complementary and Alternative Medicine (CAM) alternatives for the clinical application of “non-standard” clinical substances and therapies—botanicals, foods, and acupuncture for example—for determining a more comprehensive and potentially beneficial regimen for each and every client.

This 2016 Fourth Edition—at well over twice the length of the original publication—reflects the refinement of many previously published protocols, the addition of over 20 new ones, and the following new products:


In the process, the following 10 products were retired from the product line:

DHEA 2 mg, Bio-Soy Flavones™, GamOctaPro™, L-Carnitine HCl, Lipoic Acid, MCS®, NutriClear Berry™, Retenzyme Forte, Rice Protein, Sesame Seed Oil, Shiitake Mushroom

Ad multos annos!
RESTRICTION
The distribution of this Quick Reference Guide and the clinical application of its material in terms of its products and “Condition Protocols” are restricted exclusively to only licensed healthcare professionals.

ACKNOWLEDGMENT
Product indications and protocols reflect the collective wisdom of an untold number of both conventional and complementary practitioners across the country and abroad, who represent a broad diversity of disciplines and modalities with long-term experience and expertise in applied clinical nutrition over the past several decades.

DISCLAIMERS
The U.S. Food and Drug Administration (FDA) has not evaluated this Quick Reference Guide in terms of its statements, products or “Condition Protocols.” Its products are natural “nutritional supplements”, which by definition are supplemental to the diet and, therefore, intended to simply and solely support human physiology, biochemistry, and metabolism on a purely adjunctive support basis.

Neither the products nor the “Condition Protocols” in this Quick Reference Guide are presented in any way to suggest their use in the prevention, diagnosis, treatment, palliation, amelioration, or cure of any disease, condition or syndrome.

The information contained herein is not intended to replace conventional medical consultation and treatment. It must be emphasized that this Quick Reference Guide should be used as a clinical Guide, not a medical Manual. If medical conditions cannot be ruled out, the client/patient should always be referred out for appropriate medical assessment and treatment.

Biotics Research Corporation (BRC) is not responsible in any way for the clinical information associated with their nutritional products in this Quick Reference Guide.

The publisher emphasizes that this Quick Reference Guide is for reference purposes only to facilitate the clinical application of the professional products from Biotics Research Corporation on the basis of the biochemical individuality of each client/patient and the professional judgment of the healthcare practitioner.

Furthermore, the publisher shall not be held liable or responsible for the information in this Quick Reference Guide in terms of its validity, accuracy, applicability, or for any
inadvertent errors or omissions, which may result in any loss or damage arising therefrom. 
Finally, this Biotics Research *Quick Reference Guide* must be recognized as protected speech in accordance with the “inalienable rights” guaranteed to all citizens of this country under the First Amendment to the Constitution of the United States of America.

**PRINCIPLES**
From time immemorial the fundamental principles upon which both the products and their “Condition Protocols” rest for professional clinical application are as follows:

■ **NATURAL MEDICINE MODEL**

**The Doctor Cares - Nature Cures | Medicus Curat Natura Sanat**

■ **TRADITIONAL NATUROPATHIC MEDICINE MODEL**

**The Healing Power of Nature | Vis Medicatrix Naturaet**

- First do no harm to the patient | *Primum non nocere*
- Treat the whole patient—body and soul | *Tolle totum*
- Treat the cause of the patient’s problem(s) | *Tolle causam*
- Teach the patient the principles of natural healthcare | *Docere*
- Teach the patient the principles of preventive medicine | *Praevenire*

■ **CONTEMPORARY COMPLEMENTARY & ALTERNATIVE MEDICINE (CAM) MODEL**

**Healing Power of Nature & Science | Vis Medicatrix Naturaet et Scientiae**

■ **21ST CENTURY INTEGRATIVE MEDICINE MODEL**

“Science & Nature” | *Scientia et Natura*

“Utilizing the Best of *Science & Nature* to Create Superior Nutritional Supplements”

*Tag line motto of . . .*

Biotics Research Corporation
6801 Biotics Research Drive, Rosenberg, Texas 77471
800-231-5777 | biotics@bioticsresearch.com | www.bioticsresearch.com

**INNOVATIVE ACHIEVEMENTS**
Over the past 45 years Biotics Research has demonstrated its commitment to and execution of its motto, *The Best of Science & Nature*, with four notable achievements, which characterize and embody their philosophy of product development and delivery:

- **Vegetable Culture Base**
The goal of producing and delivering filler-free, nutrient formulations led to the development of the company’s well-attested, raw, organic, non-soy legumes, vegetable culture base. While inert fillers such as sugars and starches commonly
employed in the production of nutritional products offer no health benefits, and may result in potential adverse effects, this “phytochemical soup” as it were, offers many advantages including consistent disintegration and suitability for vegans, vegetarians, and the lactose intolerant. Its chief benefit, of course, is its phytonutrient complex with measurable amounts of those two invaluable antioxidant enzymes for protective metabolic activity, cellular detoxification, and energy production: Superoxide Dismutase (SOD) and Catalase.

- **Vegetable Culture Trace Minerals**
  With the increasing awareness of soil mineral and trace element depletion, the unique vegetable culture base was used to produce organically chelated and phytochemically bound trace minerals including chromium, selenium, vanadium, molybdenum, lithium, rubidium and germanium—a veritable stellar achievement for clinical delivery of nature’s quintessential healing potential.

- **Emulsified Nutrients**
  Development of a proprietary micro-emulsification process has allowed for enhanced assimilation and utilization of oily nutrients such as the fat-soluble vitamins (A, D, E, and K) and coenzyme-Q10 from natural substances. In addition, it is not insignificant that “miscellized” preparations so-called on the other hand often employ “surfactants,” which are known to increase gut permeability commonly referred to as “Leaky Gut” syndrome.

- **Neonatal Glandulars**
  Histological analysis of animal (bovine, ovine) neonatal (newborn) vis-à-vis adult tissues has documented the superiority of neonatal tissue for its vital anabolic potential in support of human organ and gland tissue health for optimum function. Newborn, raw, material procured from BSE-free sources under USDA inspection, is also free of atrophy, fatty infiltration, tissue degeneration, and accumulation of oxidative waste products (lipofuscin). Unlike industry-standard glandular production by inorganic (ion salts) solvent extraction, Biotics Research relies on low temperature processing with non-toxic, organic solvents for dehydration of the preparations, which preserves vital protein, enzyme and polypeptide factors.

**MARKET FIRSTS**
The research reality of Biotics Research has been repeatedly validated again and again by having been “first to market” with these proprietary developments and products:

- Micro-Emulsified Coenzyme Q10 – **CoQ-Zyme 30™**, **CoQ-Zyme 100 Plus™**
- Bovine Trachea Tissue Extract – **Purified Chondroitin Sulfates**
- Sirtuin Cardiovascular Formulations – **Bio-CardioSirt BP®**, **VasculoSirt®** et al.
- Vegetable Culture Technology – Tableting Base, Trace Minerals, SOD/Catalase
GLUTEN-FREE PRODUCTS
Given increasing industry awareness of gluten sensitivity and intolerance worldwide, ALL Biotics products are and always have been gluten-free. So, while taking nutritional supplements for improving your health, one need not worry about unknowingly exacerbating such healthcare challenges as gastrointestinal issues (bloating, abdominal discomfort, diarrhea, and pain), migraines, attention deficit disorders (ADD/ADHD), musculoskeletal issues, bone and joint pain, and even schizophrenia.

QUALITY CONTROL
Among nutritional supplement manufacturers Biotics Research is well-known, if not best known, for its superior quality control practices attributable to its comprehensive ON-SITE operations in state-of-the-art facilities in the Lone Star State of Texas, including:

- Compliance with current FDA cGMPs (Good Manufacturing Practices) guidelines
- Exceeding those government rules and regulations from the very beginning
- QC Team authority to approve/reject all aspects of testing and manufacturing
- Laboratories employing sophisticated technologies and validated analytic methods
- Comprehensive, multi-faceted testing of all incoming raw and packaging materials
- Monitoring of all manufacturing processes for compliance with strict regulations
- Performance of both in-process and finished product testing before shipment

The BRC “mantra” from day one has been “Innovation and Quality” evidenced by its goals to “utilize innovative ideas and carefully researched concepts with advanced techniques, to develop products of superior quality and effectiveness.”

USAGE DIRECTIONS
Product descriptions are necessarily brief and general in nature in terms of the identification of their major constituent substances and amounts. Please refer to the current BRC Healthcare Professional Catalog (2015) for formal product descriptions and the details of any proprietary blends.

Product indications are also by necessity brief and general in nature in terms of the common conditions cited according to their conventional nomenclature and their traditional indications for use.

N.B. Since the “Condition Protocols” include any number of potentially applicable, primary support, product suggestions (with their typical, daily dosages in parentheses to be taken normally in divided doses with meals), the clinician is free to pick and choose those specific products, which are thought to offer his or her client the best possible therapeutic outcome.

Most “Condition Protocols” also include a number of potentially applicable, synergistic
support product suggestions, which follow the suggested primary support products under the heading Secondary Support.
Potentially applicable products and/or substances not manufactured by Biotics Research, e.g., botanicals as well as therapies other than nutritional, are noted under the heading Alternative Support.

Products with botanical constituents may be and usually are contraindicated during pregnancy and/or lactation. Please see the listing of these products on pages 60-62.

Products are normally to be taken with meals (just before, during or immediately after) for better digestion, assimilation, and utilization.

Some products are to be taken on an empty stomach between or apart from meals, e.g., the proteolytic enzyme, anti-inflammatory products such as Bromelain Plus™, Bromelain Plus CLA™, Intenzyme Forte™, Lactoyme®, BioDoph-7 Plus® and Saccharomyces boulardii.

Some products are not to be chewed, e.g., the digestive support, hydrochloric acid products such as A.D.P.®, Betaine Plus HP™, Beta Plus™, HCl-Plus™ or Hydro-Zyme™.

VITAMIN/MINERAL MULTIPLES
It is important to note that the “Condition Protocols” do not include a general multiple formulation, which include the following products:

- Aqueous Multi-Plus™ | General Support
- Bio-Cardio 369®, Bio-Cardio Packs®, Bio-Cardiozyme Forte® | Cardio Support
- Bio-Glycozyme Forte™ | Blood Sugar Support
- Bio-Multi Plus™ | General Support
- Bio-Trophic Plus™ | Food-Based General Support
- Equi-Fem™, PMT™ | Female Support
- ProMulti-Plus® | High-Potency General Support

A broad-spectrum, multiple formulation should be added to every issue-specific “Condition Protocol” to provide all the necessary, foundational support nutrients.

In addition to including a general support multiple, the “Foundational Four” regimen is often recommended as an initial 60-90 day supplemental program for the new client:

- Bio-Multi Plus™ | Broad-spectrum multiple support (3 tablets daily)
- Biodoph-7 Plus® | Balanced prebiotics and probiotics (3 capsules at bedtime)
- Biomega-3™ | Balanced essential fatty acids (6 capsules daily)
- Bio-D-Mulsion Forte® | Micro-emulsified vitamin D (4-8 drops daily)

DOSAGE GUIDELINES
Suggested product and protocol dosages are generally for adult application. Pediatric
Dosages are generally as follows:

- Breast-feeding Infants – Full adult dose to be taken by the mother
- Infants less than one and not breast-fed – ¼ or less mixed with formula
- Children 1 to 5 – One-third the adult dose
- Children 6 to 12 – One-half the adult dose
- Children over 12 – Full adult dose

**LIFESTYLE SUGGESTIONS**

The practice of dietary and applied clinical nutrition for a wholesome lifestyle and wholistic healthcare is based upon the following, time-honored foundational principle:

**A Sound Mind in a Sound Body | Mens Sana in Corpore Sano**

It is of immeasurable importance to know, believe, appreciate, and apply that one is not only what one eats and metabolizes for physical health and well-being, but also what one thinks and metabolizes for mental and emotional health and well-being, and what one believes and metabolizes for spiritual health and well-being.

Many vital and indispensable factors contribute to the unimaginable complexity of sound physical and metaphysical health and comprehensive healthcare for Homo sapiens created in the imago Dei. Among these are the following principal examples:

- Whole Food & Pure Water
- Routine Grounding & Sun Exposure
- Regular Exercise & Personal Hygiene
- Sound Sleep & Routine Rest
- Work Accommodation & Home Appreciation
- Stress Reduction & Happy Connectedness
- Refreshing Relaxation & Intellectual Interest
- Emotional Expression & Spiritual Awareness
- Reflective Meditation & Periodic Prayer
- Intentional Integrity & Moral Rectitude
- Giving Spirit & Charitable Activity
- Positive Thinking & Hearty Laughter
- Right Relationship & Forgiving Reconciliation
- . . . and a Thankful Heart for Life, Liberty & Pursuit of Happiness

Finally, it should never be forgotten or underemphasized that personal cultural stress, physical and metaphysical, both on and off the job, is THE major contributing factor to our increasingly poor health of body and soul in what has become a national healthcare crisis—only to be exacerbated over time by the so-called Affordable Care Act of 2010.

**DIETARY SUGGESTIONS**
Both reasonable and straightforward, the famous foundational principle is as follows:

**Let Your Moderation Be Known to All | Modestia Tua Nota Sit Omnibus**

Eat plenty of natural whole foods, both raw and not over-cooked, quality meat (preferably range-raised, grass-fed) and fish (preferably non-farmed and mercury-free), fresh fruits and vegetables (preferably organic), and raw nuts and seeds.

Do not eat (to the extent possible) unnatural or processed foods, refined carbohydrates, hydrogenated oils and fats, canned goods, and pre-packaged “fast food” products.

Drink plenty of pure water daily (some even suggest up to 8 glasses or one-half of body weight in ounces) and alcoholic beverages (such as red wine, dark beer, single-malt scotch whisky, all of which have been shown to be rich in health-promoting phytochemicals) *only in moderation*, if at all.

Do not drink cola beverages at all or sweetened—artificially or naturally—fruit juices in excess. Coffee and tea, however, whatever one might think of the enduring caffeine controversy, are known to offer many health-promoting phytonutrients including antioxidants and polyphenols.

Finally, strive to balance dietary intake along the lines of the famous Mediterranean Diet to include low-fat proteins, low glycemic index/glycemic load, complex carbohydrates (mostly fruits and vegetables), and heart-healthy monounsaturated fats.

**SELECTED SOURCES**

In addition to innumerable books, publications, seminar and workshop manuals, the following reference works are reflected in some way and to some degree in the product and "Condition Protocols" information of this *Quick Reference Guide*:

  


SELECTED WEBSITE SOURCES

• BioticsNW.com
• BioticsResearch.com
• DrBrownstein.com
• DrSircus.com
• Drugs.com
• DrWeil.com
• eMedicineHealth.com
• GreenMedInfo.com
• HealthandWellnessToday.com
• Herbs2000.com
• LEF.org (Life Extension)
• LiveStrong.com
• MayoClinic.org
• Medscape.com
• Mercola.com
• NaturalHealth365.com
• NaturalHealthOnline.com
• NaturalNews.com
• NaturalSociety.com
• NLM.NIH.gov/MedlinePlus
• NLM.NIH.gov/PubMed
• NutraIngredients.com
• OptimalHealth.com
• RaySahelian.com
• ScienceDaily.com
• SecondOpinionNewsletter.com
• TownsendLetter.com
• VitaSearch.com
• WebMD.com
• WestonAPrice.org
• WorstPills.org
• WrightNewsletter.com
### Adrenal & HPA Axis
- 7-Keto-Zyme™
- 7-Keto-Zyme Forte™
- ADBS-Plus™
- ADHS®
- B6/B1 Plus Zinc
- B6 Phosphate
- Bio-3B-G®
- Bio-CMP™
- Bio-Glycozyme Forte™
- Biomega-3™
- Biomega-3 Liquid™
- Cytozyme-AD™
- Cytozyme-PT/HPT™
- De-Stress™
- DHEA-5 mg, -10 mg
- GlucoBalance®
- Optimal EFAs®
- Phosphatidylserine
- Pregnenolone 25
- Selenomethionine
- SunFlax Caps

### Anxiety/Mood
- 5-HTP
- 5-HTP Plus Forte®
- B6/B1 Plus Zinc
- Bio-Glycozyme Forte™
- De-Stress™
- DopaTropic® Powder
- Inositol (from Rice)
- Inositol Powder
- Li-Zyme™
- Li-Zyme Forte™
- Meda-Stim™
- Melatonin-B6/Mg
- Mg-Zyme™
- Mood Enhancer™
- NeuPerzine®
- Neuro-5-HTP Plus™
- PheniTropic™
- Pregnenolone 25
- Selenomethionine
- St. John’s Forte™
- V.H.P.™

### Brain
- 5-HTP
- 5-HTP Plus Forte®
- Acetyl-L-Carnitine
- B6/B1 Plus Zinc
- Berberine HCl

### Cognitive Enhancer
- Cytozyme-B™
- DopaTropic® Powder
- Ginkgo Biloba
- Inositol (from Rice)
- Inositol Powder
- Lipoic Acid Plus
- Melatonin-B6/Mg
- MygranX™
- NeuPerzine®
- Neuro-5-HTP Plus™
- Nuclezyme-Forte™
- PheniTropic™
- Phosphatidylcholine
- Phosphatidylserine
- Pregnenolone 25
- Selenomethionine
- TMG Powder

### Children
- Aqueous Multi-Plus™
- B12-2000™ (Lozenges)
- Bio-D-Mulsion®
- BioDoph-7 Plus®
- BioDophilus Caps™
- BioDophilus-FOS™
- Biomega-3™
- Biomega-3 Liquid™
- Cytozyme-THY™
- IAG™

### Detoxification
- 10-Day BioDetox Kit – Pea/Whey Protein
- Beta Plus™
- Beta-TCP™
- Bio-Detox Packs™ (30)
- Chlorella Caps™
GSH-Plus™
IPS®
Livotrit Plus®
MCS-2™
NAC
NitroGreens®
NutriClear® (Pea)
NutriClear® Chocolate
Pea Protein Isolate
Porphyra-Zyme™
Whey Protein
  Concentrate
Whey Protein Isolate
Whey Protein Isolate – Chocolate/Vanilla

**Gluucose Metabolism**

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**Heart/Vascular**

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**Immune Support**

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Bio-FCTS™
Bio-Immunozyme Forte™
BioProtect™
Bio-Trophic Plus™
CoQ-Zyme 100 Plus™
Cytozyme-THY™
Dismuzyme Plus 5000™
Dismuzyme Plus Granules
EGCG-200mg
Histoplex®
Histoplex-AB™
IAG™
Immuno-gG®
IPS®
L-Glutamine
L-Glutamine Powder
Liquid Iodine
Liquid Iodine Forte™
Mixed Ascorbate Powder™
Mixed EFAs™
Mn-Zyme™
Mo-Zyme™
Mo-Zyme Forte™
Pregnenolone 25
Selenomethionine
SunFlax Caps
Whey Protein Concentrate
Whey Protein Isolate
Whey Protein Isolate – Chocolate/Vanilla
Zn-Zyme™

Inflammation

Bio-Allay®
Bio-D-Mulsion®
Bio-D-Mulsion Forte®

Bio-FCTS™
Bio-GGG-B™
Biomega-3™
Biomega-3 Liquid™
Bromelain Plus™
Bromelain Plus CLA™
Chondrosamine-S™
CLA
EFA-Sirt Supreme®
EGCG-200mg
HCl-Ease®
Intenzyme Forte™
KappArest™
Optimal EFAs®

Intestinal/Stomach

Berberine HCl
Betaine Plus HP™
Beta Plus™
Bio-6-Plus™
BioDoph-7 Plus®
BioDophilus™ Caps
Bio-HPF®
Bio-MCT™
Bromelain Plus CLA™
Butoxic-Cal-Mag™
Chlorella Caps™
Chlorocaps™
Colon Plus™
Colon-Plus Caps™
Gastrazyme™
HCl-Ease®
Hydro-Zyme™
Intenzyme Forte™
IPS®
Lactozyme®
L-Glutamine
L-Glutamine Powder
Lipid-X®
NutriClear® (Pea)
Saccharomyces boulardii

Kidney/Bladder

Argizyme™
B6 Phosphate
Biomega-3™
Biomega-3 Liquid™
Carbamide Plus®
Cytozyme-KD™
L-Arginine
Liquid Iodine
Liquid Iodine Forte™
Mg-Zyme™
Nephra-Zyme™
Optimal EFAs®
Renal Plus™
SunFlax Caps
Super Phosphozyme™
Super Phosphozyme Liquid™
UT Complex™

Liver/Gallbladder

B6 Phosphate
Beta Plus™
Beta-TCP™
Bio-C Plus 1000™
Bio-MCT™
Cytozyme-LV™
Inositol
Inositol Powder
Livortin Plus®
MCS-2™
Methionine-200™
Mg-Zyme™
NAC
NutriClear® (Pea)
Phosphatidylcholine
Selenomethionine
Super Phosphozyme Liquid™
Whey Protein Isolate
Whey Protein Isolate –
Chocolate/Vanilla

Lung/Respiratory

A.D.P.®
Bio-Ae-Mulsion®
Bio-Ae-Mulsion Forte®
Bio-C Plus 1000™
Bio-FCTS™
BioProtect™
HistoPlex-AB™
Liquid Iodine
Liquid Iodine Forte™
OOrganic-15™
Pneuma-Zyme™

Lymph

Bio-Immunozyme Forte™
Cytozyme-Parotid-TS™
Cytozyme-THY™
IAG™
Inositol (from Rice)
Inositol Powder

Male

7-Keto-Zyme™
Bio-Multi Plus™ (Fe & Cu Free)
Biomega-3™
Biomega-3 Liquid™
b-VITAL®
Cognitive Enhancer
Cytozyme-M™
Cytozyme-Orchic™
EFA-Sirt Supreme®
Optimal EFAs®
Palmetto-Plus™
Palmetto-Plus Forte™
Pregnenolone 25
ProMulti-Plus®
Sesame Seed Oil Caps

SunFlax Caps

Microbiome

A.D.P.®
Berberine HCl
Bio-HPF®
BioDoph-7 Plus®
BioDophilus™ Caps
Bromelain Plus CLA™
Caprin™
Dysbiocide®
FC-Cidal™
Lactozyme®
MSM
MSM Powder
Saccharomyces boulardii

Musculoskeletal

Amino Acid Quick-Sorb™
Amino Sport™
Bio-Anabolic Pack™
Bio-D-Mulsion®
Bio-D-Mulsion Forte®
Bio-K Forte Caps®
Bio-K-Mulsion®
Bio-Musculoskeletal™
Butyric-Cal-Mag™
Ca/Mg-Plus™
Ca/Mg-Zyme™
Ca-Zyme™
Chondro-Plus™
ChondroSamine Plus®
ChondroSamine-S™
CoQ-Zyme 30™
CoQ-Zyme 100 Plus™
Intenzyme Forte™
L-Carnitine Powder
Mg-Zyme™
MSM Powder
Multi-Mins™
Osteo-B II™
Osteo-B Plus®

Purified Chondroitin Sulfates
Sculacia®
Sesame Seed Oil Caps
SunFlax Caps

Multivitamin

Aqueous Multi-Plus™
Bio-Cardio 369®
Bio-Cardio Packs®
Bio-Cardiozyme Forte®
Bio-Multi Plus™
Bio-Multi Plus™ (Fe/Cu Free)
Bio-Multi Plus™ (Fe Free)
Bio-Trophic Plus™
Equi-Fem™
PMT™
ProMulti-Plus®

Oral-Dental

Bio-C Plus™
Bio-D-Mulsion®
Bio-D-Mulsion Forte®
Bio-FCTS™
Bromelain Plus CLA™
Ca/Mg-Plus™
Ca/Mg-Zyme™
CLA
CoQ-Zyme 100 Plus™
CoQ-Zyme 30™
Intenzyme Forte™
Liquid Iodine Forte™
Osteo-B II™
Osteo-B Plus®
Purified Chondroitin Sulfates

Pancreas

Aqueous Chromium™
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# Biotics Research QUICK REFERENCE GUIDE – Products by Page Number

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<td>Ginkgo Biloba</td>
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<td>GlucoBalance®</td>
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<td>Gluco-Syn-Amine®</td>
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<td>GSH-Plus™</td>
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<td>GTA-Forte II™</td>
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<td>HCl-Ease®</td>
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<td>HCl-Plus™</td>
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<td>IAG™</td>
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<td>Immuno-gG®</td>
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<td>Inositol (from Rice)</td>
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<td>Intenzyme Forte™</td>
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<td>Iodizyme-HP™</td>
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<td>IPS®</td>
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<td>L-Arginine</td>
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<td>L-Carnitine Powder</td>
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<td>L-Glutamine</td>
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<td>L-Glutamine Powder</td>
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<td>Li-Zyme Forte™</td>
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<td>L-Tyrosine</td>
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<td>MCS-2™</td>
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<td>Meda-Stim™</td>
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<td>Melatonin-B6/Mg 120</td>
<td>Methionine-200™ 121</td>
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<td>Pre-Natal Packs™ 137</td>
<td>ProMulti-Plus® 138</td>
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<td>Rb-Zyme™ 139</td>
<td>Red Yeast Rice 139</td>
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<td>Selenomethionine 141</td>
<td>Sesame Seed 141</td>
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### Nutrient Category

<table>
<thead>
<tr>
<th>Nutrient Category</th>
<th>Selected Products with Brief Descriptions</th>
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<tbody>
<tr>
<td><strong>Amino Acids</strong></td>
<td>Acetyl-L-Carnitine – Acetyl-L-Carnitine Hydrochloride (500 mg)</td>
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<tr>
<td></td>
<td>DL-Phenylalanine – Phenylalanine (600 mg)</td>
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<tr>
<td><strong>Free-Form</strong></td>
<td>L-Arginine – L-Arginine (700 mg)</td>
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<tr>
<td></td>
<td>L-Carnitine Powder – L-Carnitine Fumarate (3 g/tsp)</td>
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<tr>
<td></td>
<td>L-Glutamine – L-Glutamine (500 mg)</td>
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<tr>
<td></td>
<td>L-Glutamine Powder – L-Glutamine Powder (3 g/tsp)</td>
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<tr>
<td></td>
<td>L-Lysine HCl – L-Lysine Hydrochloride (500 mg)</td>
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<tr>
<td></td>
<td>L-Tyrosine – L-Tyrosine (500 mg)</td>
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<tr>
<td></td>
<td>NAC – N-Acetyl-L-Cysteine (500 mg)</td>
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<tr>
<td></td>
<td>Selenomethionine – Selenium (200 mcg)</td>
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<tr>
<td></td>
<td>Taurine – Taurine (500 mg)</td>
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<tr>
<td><strong>Amino Acids</strong></td>
<td>5-HTP – L-5-Hydroxy-Tryptophan w/SOD &amp; Catalase (50 mg)</td>
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<tr>
<td><strong>Formulations</strong></td>
<td>5-HTP Plus Forte® – 5-HTP (150 mg) &amp; Vitamin B6 P5P (20 mg)</td>
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<tr>
<td></td>
<td>Amino Acid Quick-Sorb™ – Nine Free-Form Amino Acids</td>
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<tr>
<td></td>
<td>Amino Sport™ – 21 Free-Form Amino Acids Formulation</td>
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<tr>
<td></td>
<td>Cognitive Enhancer – Neurological Support Amino Acid Formula</td>
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<tr>
<td></td>
<td>GSH-Plus™ – Glutathione, N-Acetyl-L-Cysteine (NAC) &amp; Glycine</td>
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<td></td>
<td>Immuno-gG® – Immunoglobulin G, Lysine &amp; Arginine</td>
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<td></td>
<td>Methionine-200™ – Amino Acids Methionine, Lysine &amp; Cysteine</td>
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<tr>
<td></td>
<td>Neuro-5-HTP Plus™ – 5-HTP (50 mg), L-Theanine (50 mg), B3/6</td>
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<tr>
<td></td>
<td>Pea Protein Isolate – Pea Protein Powder (30 g/2 scoops)</td>
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<td></td>
<td>Whey Protein Concentrate – From Organic Milk (26 g/2 scoops)</td>
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<td></td>
<td>Whey Protein Isolate – Whey Protein Powder (22 g/2 scoops)</td>
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<tr>
<td></td>
<td>Whey Protein Isolate – Natural Chocolate Flavor</td>
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<td></td>
<td>Whey Protein Isolate – Natural Vanilla Flavor</td>
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<tr>
<td><strong>Analgesics</strong></td>
<td>Bio-Allay® – Herbal Analgesic with Boswellia, Devil’s Claw, Willow</td>
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<tr>
<td><strong>General Support</strong></td>
<td>DL-Phenylalanine – Free-Form DL-Phenylalanine (600 mg)</td>
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<tr>
<td></td>
<td>MygranX™ – Neurological Support, Migraine Headache Formula</td>
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<tr>
<td></td>
<td>Sculacia® – Herbal Analgesic with Scutellaria &amp; Acacia Catechu</td>
</tr>
<tr>
<td><strong>Anti-Aging &amp; Life Extension</strong></td>
<td>10-Day BioDetoxification Kit (Pea or Whey) – Detoxification Program: Pea or Whey Protein Isolate (1), NutriClear® or NutriClear® Chocolate (2), and Bio-Detox Packs™ (1-30 packs)</td>
</tr>
<tr>
<td><strong>General Support</strong></td>
<td>Bio-Detox Packs™ – Comprehensive Detox Program (7 Products)</td>
</tr>
<tr>
<td></td>
<td>Bio-MCT™ – Medium Chain Caprylic Triglycerides (15 ml/tbsp)</td>
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</tbody>
</table>
Biomega-3™ – Omega-3 EPA/DHA Marine Lipid Concentrate
Biomega-3™ Liquid – Omega-3 EPA/DHA Liquid Lipids
Bio-Trophic Plus™ – Broad-Spectrum, Food-Sourced Multiple
Cognitive Enhancer – Neurological Support Amino Acid Formula
E-200 Hγ® – Vitamin E d-Alpha, Beta, Delta, Gamma Tocopherols
EFA-Sirt Supreme® – Concentrated EFA Blend of EPA/DHA/GLA
EGCG-200mg – High-Dose Catechin from Green Tea (400 mg)
Lipid-Sirt® – Hyperlipidemia (High Cholesterol) Formula
Lipoic Acid Plus – Alpha Lipoic Acid
Pregnenolone 25™ – Prohormone Hormone Precursor (25 mg)
Red Yeast Rice – Rice-cultured Monascus Purpureus Yeast
ResveraSirt-HP® – High-Dose Trans-Resveratrol (250 mg)
R-Lipoate CBG – High-Dose R-Alpha Lipoic Acid Formula (100 mg)
Selenomethionine – High Potency Organic Selenium (200 mcg)
Sesame Seed Oil Caps – Organic Virgin Sesame Oil (770 mg)
VasoSirt® – Cardiovascular-Specific Multiple Formulation
Whey Protein Concentrate – From Organic Milk (26 g/2 scoops)
Whey Protein Isolate – Whey Protein Powder (22 g/2 scoops)
Whey Protein Isolate – Natural Chocolate Flavor
Whey Protein Isolate – Natural Vanilla Flavor

### Antimicrobials

#### General Support

A.D.P.® – Emulsified, Sustained Release Oregano Oil (50 mg)
Bio-HPF® – “H. Pylori Formula” Antimicrobial Botanical Formula
Caprin® – Calcium & Magnesium (as caprylate)
Dysbiocide® – Botanical Anthelmintic Dysbiosis Formulation
FC-Cidal™ – Anti-Fungal/Candida Dysbiosis Formulation
Garlic Plus™ – Organic Garlic Concentrate w/Vitamin C (500 mg)

### Antioxidants

#### Amino Acids

5-HTP – L-5-Hydroxy-Tryptophan with SOD & Catalase (50 mg)
5-HTP Plus Forte® – 5-HTP (150 mg) & Vitamin B6 P5P (20 mg)
Acetyl-L-Carnitine – Acetyl-L-Carnitine Hydrochloride (500 mg)
Cognitive Enhancer – Neurological Support Amino Acid Formula
DopaTropic® Powder – L-Dopa source from Mucuna Pruriens
GSH-Plus™ – Glutathione, N-Acetyl-L-Cysteine (NAC) & Glycine
L-Tyrosine – Free-Form Amino Acid L-Tyrosine (500 mg)
Methionine-200™ – Amino Acids Methionine, Lysine & Cysteine
NAC – Free-Form Amino Acid N-Acetyl-L-Cysteine (500 mg)
Neuro-5-HTP Plus™ – 5-HTP (50 mg), L-Theanine (50 mg), B3/6
Taurine – Free-Form Amino Acid Taurine (500 mg)
### Antioxidants

| Botanicals/Herbal | Bio-Cyanidins® – Pine Bark (Pycnogenol®)/Grape Seed Formula  
|                   | EGCG-200mg – High-Dose Catechin from Green Tea (400 mg)  
|                   | Garlic Plus™ – Organic Garlic Concentrate w/Vitamin C (500 mg)  
|                   | Ginkgo Biloba – Standardized Ginkgo Biloba Extract (40 mg)  
|                   | KappArest™ – Broad-Spectrum Herbal Anti-Inflammatory Formula  
|                   | MCS-2® – Broad-Spectrum Metabolic Clearing Support Formula  
|                   | NeuPerzine® – Huperzine A (100 mcg) Alkaloid (Huperzia serrata)  
|                   | NitroGreens® – Broad-Spectrum Organic Green Food Blend  
|                   | Optic-Plus™ – Broad-Spectrum Eye Support Multiple Formula  
|                   | R-Lipoate CBG – High-Dose R-Alpha Lipoic Acid Formula (100 mg)  
|                   | UT Complex™ – Urinary Tract Botanical Formulation (1,095 mg)  
| Carbohydrates | ChondroSamine Plus® – Chondroitin & Glucosamine HCl  
|               | ChondroSamine-S™ – Chondroitin & Glucosamine Sulfate  
| Enzymes | Dismuzyme Plus™ – Vegetable Source SOD & Catalase  
|         | Dismuzyme Plus 5000™ – SOD & Peroxidases with Minerals  
|         | Dismuzyme Plus™ Granules – SOD & Catalase, High-Potency  
|         | GSH-Plus™ – Amino Acids Glutathione, NAC & Glycine (250 mg)  
|         | Lipoic Acid Plus – Alpha Lipoic Acid Plus Vitamin C (100/50 mg)  
|         | R-Lipoate CBG – High-Dose R-Alpha Lipoic Acid Formula (100 mg)  
| Formulations | Bio-FCTS™ – Flavonoids, Vitamin C, Thymus, Spleen Antioxidants  
|             | BioProtect™ – Full-spectrum, Multi-Source Antioxidant Formula  
|             | Dismuzyme Plus™ – Vegetable Source SOD/Catalase (100 mcg)  
|             | Dismuzyme Plus 5000™ – SOD/Peroxidases (10K IU) & Minerals  
|             | Dismuzyme Plus™ Granules – SOD/Catalase (2400 mcg/tbsp)  
|             | EGCG-200mg – High-Dose Catechin from Green Tea (400 mg)  
|             | Garlic Plus™ – Organic Garlic Concentrate w/Vitamin C (500 mg)  
|             | GSH-Plus™ – Amino Acids Glutathione, NAC & Glycine (250 mg)  
|             | KappArest™ – Broad-Spectrum Herbal Anti-Inflammatory Formula  
|             | Lipoic Acid Plus – Alpha Lipoic Acid Plus Vitamin C (100/50 mg)  
|             | Melatonin-B6/Mg – Neurohormone Circadian Rhythm Support  
|             | NitroGreens® – Broad-Spectrum Organic Green Food Blend  
|             | Optic-Plus™ – Broad-Spectrum Eye Support Multiple Formula  
|             | POA-Phytolens® – Cat’s Claw & Vegetable Culture (450 mg)  
|             | R-Lipoate CBG – High-Dose R-Alpha Lipoic Acid Formulation  

### Hormones

| DHEA-5 mg – Dehydroepiandrosterone Adrenal Steroid Hormone  
| DHEA-10 mg – Same as above (10 mg)  
| Melatonin-B6/Mg – Neurohormone Circadian Rhythm Support  

**Antioxidants**

- Bio-Cyanidins®
- EGCG-200mg
- Garlic Plus™
- Ginkgo Biloba
- KappArest™
- MCS-2®
- NeuPerzine®
- NitroGreens®
- Optic-Plus™
- R-Lipoate CBG
- UT Complex™

**Botanicals/Herbal**

- Pine Bark (Pycnogenol®)/Grape Seed Formula
- High-Dose Catechin from Green Tea (400 mg)
- Organic Garlic Concentrate w/Vitamin C (500 mg)
- Standardized Ginkgo Biloba Extract (40 mg)
- Broad-Spectrum Herbal Anti-Inflammatory Formula
- Broad-Spectrum Metabolic Clearing Support Formula
- Huperzine A (100 mcg) Alkaloid (Huperzia serrata)
- Broad-Spectrum Organic Green Food Blend
- Broad-Spectrum Eye Support Multiple Formula
- High-Dose R-Alpha Lipoic Acid Formula (100 mg)
- Urinary Tract Botanical Formulation (1,095 mg)

**Carbohydrates**

- ChondroSamine Plus®
- ChondroSamine-S™

**Enzymes**

- Dismuzyme Plus™
- Dismuzyme Plus 5000™
- Dismuzyme Plus™ Granules
- GSH-Plus™
- Lipoic Acid Plus
- R-Lipoate CBG

**Formulations**

- Bio-FCTS™
- BioProtect™
- Dismuzyme Plus™
- Dismuzyme Plus 5000™
- Dismuzyme Plus™ Granules
- EGCG-200mg
- Garlic Plus™
- GSH-Plus™
- KappArest™
- Lipoic Acid Plus
- Melatonin-B6/Mg
- NitroGreens®
- Optic-Plus™
- POA-Phytolens®
- R-Lipoate CBG

**Hormones**

- DHEA-5 mg
- DHEA-10 mg
- Melatonin-B6/Mg
<table>
<thead>
<tr>
<th>Antioxidants</th>
<th>Pregnenolone 25 – Prohormone Hormone Precursor (25 mg)</th>
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</thead>
<tbody>
<tr>
<td>CLA</td>
<td>Conjugated Linoleic Acid, Weight Management Fatty Acid</td>
</tr>
<tr>
<td>ResveraSirt-HP®</td>
<td>High-Dose Trans-Resveratrol (250 mg)</td>
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<tr>
<td>Sesame Seed Oil Caps</td>
<td>Organic Virgin Sesame Oil (770 mg)</td>
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<thead>
<tr>
<th>Antioxidants</th>
<th>Aqueous Zinc™ – Liquid Zinc as Zinc Sulfate Heptahydrate (10 ml)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basic Nine™</td>
<td>Nine Rare Trace Elements with SOD &amp; Catalase</td>
</tr>
<tr>
<td>Mo-Zyme™</td>
<td>Vegetable Culture Molybdenum (50 mcg)</td>
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<tr>
<td>Mo-Zyme Forte™</td>
<td>Vegetable Culture Molybdenum (150 mcg)</td>
</tr>
<tr>
<td>Selenomethionine</td>
<td>High-potency Organic Selenium (200 mcg)</td>
</tr>
<tr>
<td>Se-Zyme Forte™</td>
<td>Vegetable Culture Selenium (100 mcg)</td>
</tr>
<tr>
<td>V-Zyme™</td>
<td>Vegetable Culture Vanadium (20 mcg)</td>
</tr>
<tr>
<td>Zn-Zyme™</td>
<td>Chelated Zinc (15 mg)</td>
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<tr>
<td>Zn-Zyme Forte™</td>
<td>Chelated Zinc Fortified (25 mg)</td>
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<tr>
<th>Antioxidants</th>
<th>GSH-Plus™ – Amino Acids Glutathione, NAC &amp; Glycine (250 mg)</th>
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<tbody>
<tr>
<td>L-Carnitine Powder</td>
<td>Amino Acid L-Carnitine Fumarate (3 g/tsp)</td>
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<tr>
<th>Peptides</th>
<th>Bio-Cyanidins® – Pine Bark (Pycnogenol®)/Grape Seed Formula</th>
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<tr>
<td></td>
<td>Bio-FCTSTM – Flavonoids, Vitamin C, Thymus, Spleen Antioxidants</td>
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<td></td>
<td>Gammanol Forte™ – Gamma Oryzanol and FRAC® from Rice</td>
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<tr>
<td></td>
<td>Ginkgo Biloba – Standardized Ginkgo Biloba Extract (40 mg)</td>
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<tr>
<td></td>
<td>KappArest™ – Broad-Spectrum Herbal Anti-Inflammatory Formula</td>
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<tr>
<td></td>
<td>NitroGreens® – Broad-Spectrum Organic Green Food Blend</td>
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<td></td>
<td>Optic-Plus™ – Broad-Spectrum Eye Support Multiple Formula</td>
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<thead>
<tr>
<th>Proteins</th>
<th>Chlorella Caps™ – High-Quality Green Algae Chlorella Plus</th>
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<tbody>
<tr>
<td></td>
<td>Chlorocaps™ – Fat and Water-Soluble Chlorophyllins with SOD</td>
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<td></td>
<td>Pea Protein Isolate – Pea Protein Powder (30 g/2 scoops)</td>
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<tr>
<td></td>
<td>Whey Protein Concentrate – From Organic Milk (26g/2 scoops)</td>
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<td></td>
<td>Whey Protein Isolate – Whey Protein Powder (22 g/2 scoops)</td>
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<td>Whey Protein Isolate – Natural Chocolate Flavor</td>
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<td></td>
<td>Whey Protein Isolate – Natural Vanilla Flavor</td>
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<tr>
<th>Antioxidants</th>
<th>CoQ-Zyme 30™ – Micro-Emulsified Coenzyme Q10 (30 mg)</th>
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<tbody>
<tr>
<td>CoQ-Zyme 100 Plus™</td>
<td>Emulsified Coenzyme Q10 (100 mg)</td>
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<tr>
<td>Garlic Plus™</td>
<td>Organic Garlic Concentrate with Vitamin C</td>
</tr>
<tr>
<td>Lipoic Acid Plus</td>
<td>Alpha Lipoic Acid Plus Vitamin C (100/50 mg)</td>
</tr>
<tr>
<td>Nuclezyme-Forte™</td>
<td>RNA/DNA Vitamin B Complex Formula</td>
</tr>
<tr>
<td>R-Lipoate CBG</td>
<td>High-Dose R-Alpha Lipoic Acid Formula (100 mg)</td>
</tr>
</tbody>
</table>
Antioxidants

- **B6 Phosphate** – Vitamin B6 as Pyridoxal-5-phosphate (20 mg)
- **B6/B1 Plus Zinc** – Coenzymatic Vitamins B6 and B1 Plus Zinc
- **Bio-Ae-Mulsion®** – Emulsified Vitamin A as Palmitate (2000 IU)
- **Bio-Ae-Mulsion Forte®** – Emulsified Vitamin A (12,500 IU)
- **Bio-B3 Plus 250™** – Niacinamide (250 mg) with SOD & Catalase
- **Bio-C Plus™** – Balanced Ascorbates with SOD/Catalase (500 mg)
- **Bio-C Plus 1000™** – Balanced Ascorbates (850 mg)
- **Bio-E-Mulsion Forte®** – Emulsified E as d-alpha tocopherol
- **Bio-K Forte Caps®** – Vitamin K2 as Menaquinone-7 (550 mcg)
- **Bio-K-Mulsion®** – Emulsified K as K1-phytonadione (500 mcg)
- **Bio-Trophic Plus™** – Broad-Spectrum, Food-Sourced Multiple
- **E-200 Hy®** – Vitamin E d-Alpha, Beta, Delta, Gamma Tocopherols
- **E-Mulsion 200™** – Emulsified Vitamin E w/SOD/Catalase (200 IU)
- **Inositol** – Metabolic Support Rice Source Inositol (650 mg)
- **Inositol Powder** – Rice Source Inositol Powder (5 g)
- **Lipoic Acid Plus** – Alpha Lipoic Acid Plus Vitamin C (100/50 mg)
- **Mixed Ascorbate Powder™** – Vitamin C Powder with Ca & Mg
- **MygranX™** – Neurological Migraine Headache Formula (B2)
- **R-Lipoate CBG** – High-Dose R-Alpha Lipoic Acid Formula (100 mg)
- **Stamina Caps™** – “Stamina” Formula w/B1, B5 & Organic-15™
- **Thiamin-50™** – Vitamin B1 (mononitrate) with SOD & Catalase
- **Tocotrienols** – Vitamin E Factors (Tocopherols Complement)

Athletic Support

- **Amino Acid Quick-Sorb™** – Nine Free-Form Amino Acids
- **Amino Sport™** – Broad-Spectrum 21 Amino Acids Formula
- **Bio-Anabolic Pack™** – Anabolic Support Formula in Packets
- **Bio-CMP™** – Calcium, Magnesium & Potassium
- **Bio-MCT™** – Medium Chain Caprylic Triglycerides (15 ml/tbsp)
- **Bioctasol Forte®** – Octacosanol from Rice Bran w/SOD, Catalase
- **ChondroSamine Plus®** – Chondroitin & Glucosamine HCl
- **ChondroSamine-S™** – Chondroitin & Glucosamine Sulfate
- **D-Ribose** – Naturally Occurring Five-Carbon Simple Sugar
- **Gammanol Forte™** – Gamma Oryzanol with FRAC® from Rice
- **OOrganic-15™** – Vegetable Culture Methyl Donors & Acceptors
- **Pea Protein Isolate** – Pea Protein Powder (30 g/2 scoops)
- **Stamina Caps™** – “Stamina” Formula w/B1, B5 & OOrganic-15™
- **ResveraSirt-HP®** – High-Dose Trans-Resveratrol (250 mg)
- **Whey Protein Concentrate** – From Organic Milk (26 g/2 scoops)
- **Whey Protein Isolate** – Whey Protein Powder (22 g/2 scoops)
- **Whey Protein Isolate – Natural Chocolate Flavor**
- **Whey Protein Isolate – Natural Vanilla Flavor**

Cardiovascular System

- **5-MTHF Plus Forte®** – Folate 5-methyltetrahydrofolic (2,500 mcg)
- **Dr. Houston’s Lipid Kit** – Three Lipid-Supportive Products:
**General Support**

- Lipid-Sirt®, Red Yeast Rice, Niacin 100™
- ADHS® – “Adrenal Hyper Secretion” Botanical Multiple
- Aqua Mag-Cl™ – Liquid Magnesium Chloride (200 mg/tsp)
- Bio-3B-G® – Special Vitamin B Complex with B1 Emphasis
- Bio-Cardio 369® – Packetized Cardiovascular Products w/EFAs
- Bio-Cardio Packs® – 31 Daily Cardiovascular Support Packets
- Bio-CardioSirt BP™ – Cardio Formula for Blood Pressure Support
- Bio-Cardiozyme Forte™ – Broad-Based Cardiovascular Multiple
- Bio-FFCTs™ – Flavonoids, Vitamin C, Thymus, Spleen Antioxidants
- Bio-GGG-B™ – Special Vitamin B Complex with B2 Emphasis
- Bio-K Forte Caps® – Vitamin K2 as Menaquinone-7 (550 mcg)
- Bio-MCT™ – Medium Chain Caprylic Triglycerides (15 ml/tbsp)
- Biomega-3™ – Omega-3 EPA/DHA Marine Lipid Concentrate
- Biomega-3™ Liquid – Omega-3 EPA/DHA Liquid Lipids
- Bio-Trophic Plus™ – Broad-Spectrum, Food-Sourced Multiple
- Ca/Mg-Zyme™ – Calcium Citrate & Magnesium Aspartate
- Ca/Mg-Zyme Caps™ – Calcium Citrate & Magnesium Aspartate
- CoQ-Zyme 30™ – Micro-Emulsified Coenzyme Q10 with SOD
- CoQ-Zyme 100 Plus™ – Micro-Emulsified Coenzyme Q10 (100 mg)
- Cytozyme-H™ – Bovine Neonatal Heart Concentrate
- D-Ribose – Naturally Occurring Five-Carbon Simple Sugar
- E-200 Hγ® – Vitamin E d-Alpha, Beta, Delta, Gamma Tocopherols
- EFA-Sirt Supreme® – Concentrated EFA Blend of EPA/DHA/GLA
- E-Mulsion 200® – Emulsified Vitamin E with SOD & Catalase
- Flax Seed Oil – Omega-3 Essential Fatty Acids from Flaxseed Oil
- Folate-5 Plus™ – Folic Acid with Vitamin B12 (5 mg/18 mcg)
- Folic Acid 800™ – Folic Acid with Vitamin B12 (800 mcg/12 mcg)
- Garlic Plus™ – Organic Garlic Concentrate with Vitamin C Plus
- GlucoBalance® – Hyperglycemia Blood Sugar Handling Formula
- Intenzyme Forte™ – Animal/Plant-Sourced Proteolytic Enzymes
- L-Carnitine Powder – L-Carnitine Fumarate (3 g/tsp)
- Lipid-Sirt® – Hyperlipidemia High Cholesterol Formula
- Lipoic Acid Plus – Alpha Lipoic Acid Plus Vitamin C (100/50 mg)
- Methylfolate Plus™ – Folate with Vitamin B12 (400 mcg/25 mcg)
- Mg-Zyme™ – Magnesium as Aspartate, Gluconate & Glycinate
- Mixed EFAs™ – EFAs from Walnut, Hazelnut, Sesame, Apricot
- Niacin 100™ – Vitamin B3 or Nicotinic Acid (100 mg)
- OOrganic-15™ – Vegetable Source Methyl Donors and Acceptors
- Optimal EFAs® – Balanced Omega-3, 6, 9 EFAs Formula - Liquid
- Optimal EFAs® Caps – Balanced Omega-3, 6, 9 EFAs Formula
- PCOH-Plus® – Cholesterol Policosanol & Niacin with SOD
- Porphyra-Zyme™ – Vegetable Porphyrin Concentrate with SOD
- Potassium-HP® – High-Potency Potassium with Magnesium
- Red Yeast Rice – Rice-Cultured Monascus Purpureus Yeast
ResveraSirt-HP® – High-Dose Trans-Resveratrol (250 mg)
Selenomethionine – High-Potency Organic Selenium (200 mcg)
Sesame Seed Oil Caps – Organic Virgin Sesame Oil (770 mg)
SunFlax Caps – Sunflower & Flaxseed Oils EFAs (2,000 mg)
Tocotrienols – Vitamin E and d-Alpha Tocopherol (35 IU/32 IU)
Tri-Chol™ – Triglycerides-Cholesterol Botanical Formula
VasculoSirt® – Cardiovascular-Specific Multiple Nutrient Formula

<table>
<thead>
<tr>
<th>Cardiovascular System</th>
<th>5-MTHF Plus Forte® – Folate 5-methyltetrahydrofolic (2,500 mcg)</th>
<th>Chlorella Caps™ – High-Quality Green Algae Chlorella Plus</th>
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<tr>
<td>Blood Support</td>
<td>Chlorocaps™ – Fat &amp; Water-Soluble Chlorophyllins with SOD</td>
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<td>Fe-Zyme™ – Iron as Ferrous Gluconate with Vitamin B12 (25 mg)</td>
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<td>Cholesterol Support</td>
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<td>Biomega-3™ Liquid – Omega-3 EPA/DHA Liquid Lipids</td>
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<td>PCOH-Plus® – Policosanol &amp; Niacin w/SOD for High Cholesterol</td>
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<td>Sesame Seed Oil Caps – Organic Virgin Sesame Oil (770 mg)</td>
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<td>VasculoSirt® – Cardiovascular-Specific, Multiple Nutrient Formula</td>
<td>SunFlax Caps – Sunflower &amp; Flaxseed Oils EFAs (2,000 mg)</td>
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<td><strong>Vascular Support</strong></td>
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<td>Emulsified K as K1 Phytonadione (550 mcg)</td>
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<td>Medium Chain Caprylic Triglycerides (15 ml/tbsp)</td>
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<td>Mg-Orotate 500™</td>
<td>Magnesium as Orotate (500 mg)</td>
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<td>Mg-Zyme™</td>
<td>Magnesium Aspartate, Gluconate, Glycinate (100mg)</td>
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<td>Multi-Mins™ Iron &amp; Copper Free</td>
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<td><strong>Tocotrienols</strong> – Vitamin E with d-Alpha Tocopherol (35 IU/32 IU)</td>
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<td><strong>Chondro Protection</strong></td>
<td><strong>Bio-Allay®</strong> – Herbal Analgesic with Boswellia, Devil’s Claw, Willow</td>
<td><strong>Bio-Musculoskeletal™</strong> – Musculoskeletal Healthcare Packets</td>
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<td><strong>Formulations</strong></td>
<td><strong>Bio-Chondro-Plus™</strong> – Purified Chondroitin Sulfate, B12, Mn, w/SOD</td>
<td><strong>ChondroSamine Plus®</strong> – Chondroitin and Glucosamine HCl</td>
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<td><strong>ChondroSamine-STM</strong> – Chondroitin and Glucosamine Sulfate</td>
<td><strong>Glucosyn-Amine®</strong> – Glucosamine HCl, Vitamin/Mineral Formula</td>
<td><strong>KappArest™</strong> – Broad-Spectrum Herbal Anti-Inflammatory Formula</td>
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<tr>
<td><strong>MSM</strong> – Methylsulfonylmethane Capsules (830 mg)</td>
<td><strong>MSM Powder</strong> – Methylsulfonylmethane Powder (3 g/tsp)</td>
<td><strong>Purified Chondroitin Sulfates</strong> – Chondroitin Sulfates, Fiber-Free</td>
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<td><strong>Sculacia®</strong> – Herbal Analgesic with Scutellaria &amp; Acacia Catechu</td>
<td><strong>Detoxification</strong></td>
<td><strong>Beta-Plus™</strong> – Beet Concentrate, Ox Bile Extract, Pancrelipase</td>
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<tr>
<td><strong>10-Day BioDetoxification Kit (Pea)</strong> – Detox Product Combo</td>
<td><strong>Beta-TCP™</strong> – Beet Concentrate, Taurine, Vitamin C, Pancrelipase</td>
<td><strong>Bio-Detox Packs™</strong> – Comprehensive Detox Program (7 products)</td>
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<td><strong>Beta Plus™</strong> – Calcium D-Glucarate Detox and Female Support</td>
<td><strong>Bio-Detoxification Kit (Whey)</strong> – Detox Product Combo</td>
<td><strong>Chlorella Caps™</strong> – High-Quality Green Algae Chlorella Plus</td>
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<td><strong>Beta-TCP™</strong> – Beet Concentrate, Ox Bile Extract, Pancrelipase</td>
<td><strong>Chlorocaps™</strong> – Fat &amp; Water-Soluble Chlorophyllins with SOD</td>
<td><strong>Chlororetic™</strong> – Fat &amp; Water-Soluble Chlorophyllins with SOD</td>
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<td><strong>Beta-TCP™</strong> – Beet Concentrate, Taurine, Vitamin C, Pancrelipase</td>
<td><strong>EGCG-200mg</strong> – High-Dose Catechin from Green Tea (400 mg)</td>
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<td><strong>Bio-Detox Packs™</strong> – Comprehensive Detox Program (7 products)</td>
<td><strong>GSH-Plus™</strong> – Amino Acids Glutathione, NAC &amp; Glycine (250 mg)</td>
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<td><strong>Ca D-Glucarate</strong> – Calcium D-Glucarate Detox and Female Support</td>
<td><strong>Hydro-Zyme™</strong> – Hydrochloric Acid &amp; Pancreatin Formula</td>
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<td><strong>Chlorella Caps™</strong> – High-Quality Green Algae Chlorella Plus</td>
<td><strong>IPS®</strong> – Intestinal Permeability Support Botanical Formula</td>
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<td><strong>GSH-Plus™</strong> – Amino Acids Glutathione, NAC &amp; Glycine (250 mg)</td>
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<td><strong>Hydro-Zyme™</strong> – Hydrochloric Acid &amp; Pancreatin Formula</td>
<td><strong>NAC</strong> – Amino Acid N-Acetyl-L-Cysteine (500 mg)</td>
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<td><strong>Lipoic Acid Plus</strong> – Alpha Lipoic Acid Plus Vitamin C (100/50 mg)</td>
<td><strong>NutriClear®</strong> – Metabolic Clearing Detoxification Formula (Pea)</td>
<td><strong>NutriClear® Chocolate</strong> – Metabolic Clearing Detox Formula (Pea)</td>
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<td><strong>Livotrit Plus®</strong> – Ayurvedic Liver Support Formulation</td>
<td><strong>Pea Protein Isolate</strong> – Pea Protein Powder (30 g/2 scoops)</td>
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<td><strong>MCS-2®</strong> – Broad-Spectrum Metabolic Clearing Support Formula</td>
<td><strong>Phosphatidylcholine</strong> – Phosphatidylcholine from Soy Lecithin</td>
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<td><strong>NAC</strong> – Amino Acid N-Acetyl-L-Cysteine (500 mg)</td>
<td><strong>Porphyra-Zyme™</strong> – Vegetable Porphyrin Concentrate Formula</td>
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<td><strong>R-Lipoate CBG</strong> – High-Dose R-Alpha Lipoic Acid Formulation</td>
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<td><strong>Saccharomyces boulardii</strong> – Viable Yeast for Microbial Balance</td>
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<td><strong>NutriClear® Chocolate</strong> – Metabolic Clearing Detox Formula (Pea)</td>
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### Endocrine System

#### Adrenal Cortical Hyperfunction

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<td>7-Keto-Zyme Forte™ – Same as above (25 mg)</td>
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<td>De-Stress™ – Stress Relief Formula from Milk Protein Peptide</td>
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<td>EFA-Sirt Supreme® – Concentrated EFA Blend of EPA/DHA/GLA</td>
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<tr>
<td>Optimal EFAs® – Balanced Omega-3, 6, 9 EFAs Formula - Liquid</td>
</tr>
<tr>
<td>Optimal EFAs® Caps – Balanced Omega-3, 6, 9 EFAs Formula</td>
</tr>
<tr>
<td>Phosphatidylserine – Phosphatidylserine from Soy Lecithin</td>
</tr>
<tr>
<td>Sesame Seed Oil Caps – Organic Virgin Sesame Oil (770 mg)</td>
</tr>
<tr>
<td>SunFlax Caps – Sunflower &amp; Flaxseed Oils EFAs (2,000 mg)</td>
</tr>
<tr>
<td>HR#3 Acute Stress – Homeopathic for Acute Stress Relief</td>
</tr>
<tr>
<td>HR#5 Chronic Stress – Homeopathic for Chronic Stress Relief</td>
</tr>
</tbody>
</table>

#### Adrenal Cortical Hypofunction

<table>
<thead>
<tr>
<th>General Support</th>
</tr>
</thead>
<tbody>
<tr>
<td>7-Keto-Zyme™ – DHEA Metabolite with SOD &amp; Catalase (5 mg)</td>
</tr>
<tr>
<td>7-Keto-Zyme Forte™ – Same as above (25 mg)</td>
</tr>
<tr>
<td>ADB5-Plus™ – Glandular, Vitamin &amp; Mineral Adrenal Multiple</td>
</tr>
<tr>
<td>ADHS® – Adrenal Hyper Secretion Botanical Multiple</td>
</tr>
<tr>
<td>B6/B1 Plus Zinc – Coenzymatic Vitamins B6 and B1 Plus Zinc</td>
</tr>
<tr>
<td>B6 Phosphate – Vitamin B6 as Pyridoxal-5-phosphate (20 mg)</td>
</tr>
<tr>
<td>Bio-3B-G® – Vitamin B Complex Formula with B1 Emphasis</td>
</tr>
<tr>
<td>Bioctasol Forte™ – Octacosanol from Rice Bran w/SOD, Catalase</td>
</tr>
<tr>
<td>Bio-Glycozyme Forte™ – Blood Sugar Handling Multiple</td>
</tr>
<tr>
<td>Biomega-3™ – Omega-3 EPA/DHA Marine Lipid Concentrate</td>
</tr>
<tr>
<td>Biomega-3™ Liquid – Omega-3 EPA/DHA Liquid Lipids</td>
</tr>
<tr>
<td>Cytozyme-AD™ – Neonatal Adrenal Glandular Concentrate</td>
</tr>
<tr>
<td>Cytozyme-F™ – Female Glandular Combination Formula</td>
</tr>
<tr>
<td>Cytozyme-M™ – Male Glandular Combination Formula</td>
</tr>
<tr>
<td>DHEA-5, -10 mg – Dehydroepiandrosterone Adrenal Hormone</td>
</tr>
<tr>
<td>EFA-Sirt Supreme® – Concentrated EFA Blend of EPA/DHA/GLA</td>
</tr>
<tr>
<td>Flax Seed Oil – Omega-3 Essential Fatty Acids from Flaxseed</td>
</tr>
<tr>
<td>Optimal EFAs® – Balanced Omega-3, 6, 9 EFAs Formula - Liquid</td>
</tr>
<tr>
<td>Optimal EFAs® Caps – Balanced Omega-3, 6, 9 EFAs Formula</td>
</tr>
<tr>
<td>Phosphatidylserine – Phosphatidylserine from Lecithin</td>
</tr>
<tr>
<td>Pregnenolone 25 – Prohormone Hormone Precursor (25 mg)</td>
</tr>
<tr>
<td>Product</td>
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</tr>
<tr>
<td><strong>Sesame Seed Oil Caps</strong></td>
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<tr>
<td><strong>SunFlax Caps</strong></td>
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<tr>
<td><strong>Endocrine System</strong></td>
</tr>
<tr>
<td><strong>Female Support</strong></td>
</tr>
<tr>
<td>5-MTHF Plus Forte®</td>
</tr>
<tr>
<td>B12-2000™ Lozenges</td>
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<tr>
<td>B12/Folate Plus™</td>
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<tr>
<td>Bio-D-Mulsion®</td>
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<tr>
<td>Bio-D-Mulsion Forte®</td>
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<td>BioDrive®</td>
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<tr>
<td>Bio-K Forte Caps®</td>
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<tr>
<td>Bio-K-Mulsion®</td>
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<tr>
<td>Bio-D-3™</td>
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<tr>
<td>Bio-D-3™ Liquid</td>
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<tr>
<td>BioPause-AM®</td>
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<tr>
<td>BioPause-PM®</td>
</tr>
<tr>
<td>Blackcurrant Seed Oil</td>
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<tr>
<td>Ca D-Glucarate</td>
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<tr>
<td>Cytozyme-F™</td>
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<tr>
<td>Cytozyme-O™</td>
</tr>
<tr>
<td>DopaeTropic® Powder</td>
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<tr>
<td>EFA-Sirt Supreme®</td>
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<tr>
<td>Equi-Fem™</td>
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<tr>
<td>Equi-Fem™ (Iron &amp; Copper Free)</td>
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<tr>
<td>Evening Primrose Oil</td>
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<tr>
<td>Folate-5 Plus™</td>
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<tr>
<td>Gammaol Forte™</td>
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<tr>
<td>Iodizyme-HP™</td>
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<tr>
<td>Liquid Iodine</td>
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<tr>
<td>Liquid Iodine Forte™</td>
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<tr>
<td>Melatonol-B6/Mg</td>
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<tr>
<td>Methylfolate Plus™</td>
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<tr>
<td>Mood Enhancer</td>
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<tr>
<td>Optimal EFAs®</td>
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<tr>
<td>Optimal EFAs® Caps</td>
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<tr>
<td>PMT™</td>
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<tr>
<td>Pregnenolone 25</td>
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<tr>
<td>Pre-Natal Packs™</td>
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<tr>
<td>Sesame Seed Oil Caps</td>
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<tr>
<td>SunFlax Caps</td>
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<tr>
<td>UT Complex™</td>
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</tbody>
</table>

**Endocrine System**

**Glandulars, Adult**

Cytozyme-O™ – Ovarian Glandular Tissue Concentrate with SOD
Cytozyme-Orchic™ – Orchic Glandular Concentrate with SOD
| Endocrine System | Cytozyme-AD™ – Neonatal Adrenal Glandular Concentrate  
|                  | Cytozyme-PAN™ – Neonatal Pancreas Glandular Concentrate  
|                  | Cytozyme-PT/HPT™ – Neonatal Pituitary/Hypothalamus  
|                  | Cytozyme-THY™ – Neonatal Thymus Glandular Concentrate  
| **Glandulars, Neonatal** |  
| Endocrine System |  
| **Male Support** |  
| 7-Keto-Zyme™ – DHEA Metabolite with SOD & Catalase (5 mg)  
| 7-Keto-Zyme Forte™ – Same as above (25 mg)  
| Aqueous Zinc™ – Liquid Zinc as Sulfate Heptahydrate (2.3 mg)  
| Argizyme™ – Herbal/Glandular/Amino Acid Formulation  
| Biomega-3™ – Omega-3 EPA/DHA Marine Lipid Concentrate  
| Biomega-3™ Liquid – Omega-3 EPA/DHA Liquid Lipids  
| Bio-Multi Plus™ – Broad-Spectrum Vitamin & Mineral Multiple  
| Bio-Multi Plus™ (Fe & Cu Free) – Same as above w/o Fe & Cu  
| b-VITAL® – Peruvian MACA & Velvet Deer Antler Formulation  
| Cytozyme-M™ – Male Glandular Combination Formulation  
| Cytozyme-Orchic™ – Orchic Glandular Concentrate with SOD  
| DHEA-5, -10 mg – Dehydroepiandrosterone Adrenal Hormone  
| DopaTropic® Powder – L-Dopa Source from Mucuna Pruriens  
| EFA-Sirt Supreme® – Concentrated EFA Blend of EPA/DHA/GLA  
| Gammanol Forte™ – Gamma Oryzanol with FRAC® (from Rice)  
| L-Arginine – Amino Acid Arginine as L-Arginine HCl (700 mg)  
| Optimal EFAs® – Balanced Omega-3, 6, 9 EFAs Formula - Liquid  
| Optimal EFAs® Caps – Balanced Omega-3, 6, 9 EFAs Formula  
| Palmetto-Plus™ – Broad-Spectrum Prostate Formula with SOD  
| Palmetto-Plus Forte™ – Prostate Formula with More Lycopene  
| Pregnenolone 25 – Prohormone Hormone Precursor (25 mg)  
| Sesame Seed Oil Caps – Organic Virgin Sesame Oil (770 mg)  
| SunFlax Caps – Sunflower & Flaxseed Oils EFAs (2,000 mg)  
| UT Complex™ – Urinary Tract Botanical Formulation (1,095 mg)  
| Zn-Zyme™ – Zinc as Zinc Gluconate & Aspartate (15 mg)  
| Zn-Zyme Forte™ – Zinc as Zinc Gluconate & Aspartate (25 mg)  
| **Pancreas Support** |  
| Endocrine System |  
| Aqueous Chromium™ – Liquid Trivalent Chromium (100 mcg)  
| Bio-3B-G® – Special Vitamin B Complex with B1 Emphasis  
| Bio-6-Plus™ – Raw Porcine Pancreatic Enzymes, SOD & Catalase  
| Bio-B Complex™ – Vitamin B Complex with SOD & Catalase  
| Cr-Zyme™ – Vegetable Culture Chromium (200 mcg)  
| Cytozyme-PAN™ – Bovine Pancreas Glandular Concentrate  
| Gastrazyme™ – Gastric Vitamin U Complex w/Chlorophyllins  
| IAG™ – Western Larch Tree Arabinogalactans Polysaccharides  
| Intenzyme Forte™ – Multiple Proteolytic Enzymes Formulation  
| **ADHS®** – Adrenal Hyper Secretion Botanical Formulation |
**Endocrine System**

**Pituitary and Hypothalamus Support**

- **Bio-Glycozyme Forte™** – Blood Sugar Handling Multiple Formula
- **Biomega-3™** – Omega-3 EPA/DHA Marine Lipid Concentrate
- **Biomega-3™ Liquid** – Omega-3 EPA/DHA Lipid Concentrate
- **Cytozyme-PT/HPT™** – Neonatal Pituitary/Hypothalamus Formula
- **DopaTropic® Powder** – L-Dopa Source from Mucuna Pruriens
- **EFA-Sirt Supreme®** – Concentrated EFA Blend of EPA/DHA/GLA
- **Flax Seed Oil** – Omega-3 Essential Fatty Acids from Flaxseed
- **Gammanol Forte™** – Gamma Oryzanol with FRAC® from Rice
- **L-Tyrosine** – Free-Form Amino Acid L-Tyrosine (500 mg)
- **Optimal EFAs Caps®** – Balanced Omega-3, 6, 9 EFAs Formula
- **Phosphatidylserine** – Phosphatidylserine from Lecithin
- **SunFlax Caps** – Sunflower & Flaxseed Oils EFAs (2,000 mg)
- **Thyrostim™** – Pituitary/Hypothalamus Glandular Thyroid Support

**Endocrine System**

**Thyroid Hyperfunction Support**

- **ADHS®** – “Adrenal Hyper Secretion” Botanical Formulation
- **Bio-Ae-Mulsion®** – Emulsified Vitamin A (2,000 IU/drop)
- **Bio-Ae-Mulsion Forte®** – Emulsified Vitamin A (12,500 IU/drop)
- **Biomega-3™** – Omega-3 EPA/DHA Marine Lipid Concentrate
- **Biomega-3™ Liquid** – Omega-3 EPA/DHA Liquid Lipids
- **Cytozyme-F™** – Female Glandular Combination Formulation
- **Cytozyme-M™** – Male Glandular Combination Formulation
- **Cytozyme-Parotid-TS™** – Parotid/Thymus/Spleen Glandulars
- **Cytozyme-PT/HPT™** – Neonatal Pituitary/Hypothalamus Formula
- **Cytozyme-THY™** – Neonatal Thymus Glandular Concentrate
- **E-Mulsion 200®** – Emulsified Vitamin E with SOD (200 IU)
- **Flax Seed Oil** – Omega-3 Essential Fatty Acids from Flaxseed
- **Iodizyme-HP™** – Iodine/Iodiode, Trace Mineral Support Formula
- **L-Carnitine Powder** – Amino Acid L-Carnitine Fumarate (3 g/tsp)
- **Liquid Iodine** – Liquid Iodine as Potassium Iodide (75 mcg/drop)
- **Liquid Iodine Forte™** – Liquid Potassium Iodide (150 mcg/drop)
- **Li-Zyme Forte™** – Vegetable Culture Lithium (150 mcg)
- **Meda-Stim™** – Broad-Spectrum Thyroid Support Formulation
- **Multi-Mins™ (Iron & Copper Free)** – Mineral Multiple w/o Fe/Cu
- **Nuclezyme-Forte™** – RNA/DNA Vitamin B Complex with SOD
- **Optimal EFAs®** – Balanced Omega-3, 6, 9 EFAs Formula - Liquid
- **Optimal EFAs® Caps** – Balanced Omega-3, 6, 9 EFAs Formula
- **Selenomethionine** – High-Potency Organic Selenium (200 mcg)
- **Se-Zyme Forte™** – Vegetable Culture Selenium (25 mcg)
- **SunFlax Caps** – Sunflower & Flaxseed Oils EFAs (2,000 mg)
- **Thyrostim™** – Pituitary/Hypothalamus Glandular Thyroid Support

**Endocrine System**

- **Basic Nine™** – Nine Rare Trace Elements with SOD & Catalase
- **Biomega-3™** – Omega-3 EPA/DHA Marine Lipid Concentrate
<table>
<thead>
<tr>
<th><strong>Thyroid Hypofunction Support</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Biomega-3™ Liquid</strong> – Omega-3 EPA/DHA Liquid Lipids</td>
</tr>
<tr>
<td><strong>Cytozyme-F™</strong> – Female Glandular Combination Formula</td>
</tr>
<tr>
<td><strong>Cytozyme-M™</strong> – Male Glandular Combination Formula</td>
</tr>
<tr>
<td><strong>Cytozyme-PT/HPT™</strong> – Lamb Pituitary/Hypothalamus Formula</td>
</tr>
<tr>
<td><strong>Cytozyme-Parotid-TS™</strong> – Parotid/Thymus/Spleen Glandulars</td>
</tr>
<tr>
<td><strong>E-200 Hy®</strong> – Vitamin E d-Alpha, Beta, Delta, Gamma Tocopherols</td>
</tr>
<tr>
<td><strong>EFA-Sirt Supreme®</strong> – Concentrated EFA Blend of EPA/DHA/GLA</td>
</tr>
<tr>
<td><strong>E-Mulsion 200®</strong> – Emulsified Vitamin E with SOD (200 IU)</td>
</tr>
<tr>
<td><strong>Flax Seed Oil</strong> – Omega-3 Essential Fatty Acids from Flaxseed</td>
</tr>
<tr>
<td><strong>GTA®</strong> – Porcine Thyroid Glandular Concentrate (5 mg)</td>
</tr>
<tr>
<td><strong>GTA-Forte®</strong> – Porcine Thyroid Glandular Concentrate (20 mg)</td>
</tr>
<tr>
<td><strong>GTA-Forte II®</strong> – Same as above with Less Copper (0.25 mg)</td>
</tr>
<tr>
<td><strong>Iodizyme-HP™</strong> – Iodine/Iodide Trace Mineral Support Formula</td>
</tr>
<tr>
<td><strong>Liquid Iodine</strong> – Liquid Iodine as Potassium Iodide (75 mcg/drop)</td>
</tr>
<tr>
<td><strong>Liquid Iodine Forte™</strong> – Liquid Potassium Iodide (150 mcg/drop)</td>
</tr>
<tr>
<td><strong>Meda-Stim™</strong> – Broad-Spectrum Thyroid Support Formula</td>
</tr>
<tr>
<td><strong>Niacin 100™</strong> – Vitamin B3 or Nicotinic Acid (100 mg)</td>
</tr>
<tr>
<td><strong>Nuclezyme-Forte™</strong> – RNA/DNA Vitamin B Complex with SOD</td>
</tr>
<tr>
<td><strong>Optimal EFAs® Caps</strong> – Balanced Omega-3, 6, 9 EFAs Formula - Liquid</td>
</tr>
<tr>
<td><strong>Optimal EFAs®</strong> – Balanced Omega-3, 6, 9 EFAs Formula</td>
</tr>
<tr>
<td><strong>Selenomethionine</strong> – High-Potency Organic Selenium (200 mcg)</td>
</tr>
<tr>
<td><strong>Sesame Seed Oil Caps</strong> – Organic Virgin Sesame Oil (770 mg)</td>
</tr>
<tr>
<td><strong>Se-Zyme Forte™</strong> – Vegetable Culture Selenium (25 mcg)</td>
</tr>
<tr>
<td><strong>SunFlax Caps</strong> – Sunflower &amp; Flaxseed Oils EFAs (2,000 mg)</td>
</tr>
<tr>
<td><strong>Thyrostim™</strong> – Pituitary/Hypothalamus Glandular Thyroid Support</td>
</tr>
</tbody>
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<table>
<thead>
<tr>
<th><strong>Essential Fatty Acids Formulations</strong></th>
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</thead>
<tbody>
<tr>
<td><strong>Biomega-3™</strong> – Omega-3 EPA/DHA Marine Lipid Concentrate</td>
</tr>
<tr>
<td><strong>Biomega-3™ Liquid</strong> – Omega-3 EPA/DHA Liquid Lipids</td>
</tr>
<tr>
<td><strong>Blackcurrant Seed Oil</strong> – Source of Gamma Linolenic Acid (GLA)</td>
</tr>
<tr>
<td><strong>CLA</strong> – Conjugated Linoleic Acid for Lipogenesis Prevention</td>
</tr>
<tr>
<td><strong>EFA-Sirt Supreme®</strong> – Concentrated EFA Blend of EPA/DHA/GLA</td>
</tr>
<tr>
<td><strong>Evening Primrose Oil</strong> – Source of Gamma-Linolenic Acid (GLA)</td>
</tr>
<tr>
<td><strong>Flax Seed Oil</strong> – Omega-3 Essential Fatty Acids from Flaxseed</td>
</tr>
<tr>
<td><strong>Mixed EFAs™</strong> – EFAs Walnut, Hazelnut, Sesame, Apricot Kernel</td>
</tr>
<tr>
<td><strong>Optimal EFAs®</strong> – Balanced Omega-3, 6, 9 EFAs Formula - Liquid</td>
</tr>
<tr>
<td><strong>Optimal EFAs® Caps</strong> – Balanced Omega-3, 6, 9 EFAs Formula</td>
</tr>
<tr>
<td><strong>Phosphatidylcholine</strong> – Phosphatidylcholine from Soy Lecithin</td>
</tr>
<tr>
<td><strong>Phosphatidylinerine</strong> – Phosphatidylinerine from Soy Lecithin</td>
</tr>
<tr>
<td><strong>Sesame Seed Oil Caps</strong> – Organic Virgin Sesame Oil (770 mg)</td>
</tr>
<tr>
<td><strong>SunFlax Caps</strong> – Sunflower &amp; Flaxseed Oils EFAs (2,000 mg)</td>
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<thead>
<tr>
<th><strong>Gastrointestinal System</strong></th>
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</thead>
<tbody>
<tr>
<td><strong>A.D.P.®</strong> – Emulsified, Sustained Release Oregano Oil (50 mg)</td>
</tr>
<tr>
<td><strong>Berberine HCl</strong> – Antimicrobial, Blood, Lipid, Sugar Support</td>
</tr>
<tr>
<td><strong>Bio-HPF®</strong> – “H. Pylori Formula” Antimicrobial Botanical Formula</td>
</tr>
<tr>
<td><strong>Antimicrobial Dysbiosis Formulations</strong></td>
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<tr>
<td><strong>Caprin®</strong> – Calcium &amp; Magnesium as Caprylate (150 mg)</td>
</tr>
<tr>
<td><strong>FC-Cidal™</strong> – Anti-Fungal/Candida Dysbiosis Formulation</td>
</tr>
<tr>
<td><strong>MSM</strong> – Methylsulfonylmethane (830 mg)</td>
</tr>
<tr>
<td><strong>Saccharomyces boulardii</strong> – Viable Yeast for Microbial Balance</td>
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<thead>
<tr>
<th><strong>Gastrointestinal System - Stomach</strong></th>
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<tbody>
<tr>
<td><strong>Berberine HCl</strong> – Antimicrobial, Blood, Lipid, Sugar Support</td>
</tr>
<tr>
<td><strong>Beta Plus™</strong> – Beet Concentrate, Ox Bile Extract, Pancrelipase</td>
</tr>
<tr>
<td><strong>Betaine Plus HP™</strong> – High-Potency Betaine HCl (700 mg)/Pepsin</td>
</tr>
<tr>
<td><strong>Beta-TCP™</strong> – Beet Concentrate, Taurine, Vitamin C, Pancrelipase</td>
</tr>
<tr>
<td><strong>Bio-6-Plus™</strong> – Raw Porcine Pancreatic Enzymes, SOD &amp; Catalase</td>
</tr>
<tr>
<td><strong>Bio-HPF®</strong> – “H. Pylori Formula” Antimicrobial Botanical Formula</td>
</tr>
<tr>
<td><strong>Bromelain Plus™</strong> – Lactose-Free Bromelain, Papain &amp; Inositol</td>
</tr>
<tr>
<td><strong>Bromelain Plus CLA™</strong> – Bromelain Plus Cellulase/Lipase/Amylase</td>
</tr>
<tr>
<td><strong>Butyric-Cal-Mag™</strong> – Butyric Acid Calcium/Magnesium (1033 mg)</td>
</tr>
<tr>
<td><strong>Gastrazyme™</strong> – Gastric Vitamin U Complex w/Chlorophyllins</td>
</tr>
<tr>
<td><strong>HCl-Ease®</strong> – Proprietary Botanical Blend (820 mg) for GI Health</td>
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<tr>
<td><strong>HCl-Plus™</strong> – Betaine HCl, Pepsin, Glutamic Acid &amp; Am. Chloride</td>
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<tr>
<td><strong>Hydro-Zyme™</strong> – Betaine HCl, Pepsin &amp; Pancreatin Formulation</td>
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<tr>
<td><strong>Intenzyme Forte™</strong> – Multiple Proteolytic Enzymes Formula</td>
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<tr>
<td><strong>Lactozyme®</strong> – Lactobacillus Acidophilus and Bifidobacterium</td>
</tr>
<tr>
<td><strong>L-Glutamine</strong> – Amino Acid Glutamine (500 mg)</td>
</tr>
<tr>
<td><strong>L-Glutamine Powder</strong> – Amino Acid Glutamine Powder (3 g)</td>
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<tr>
<td><strong>Lipid-X®</strong> – Magnesium &amp; Vegetable Culture “Fat Blocker” Formula</td>
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<tr>
<td><strong>Saccharomyces boulardii</strong> – Viable Yeast for Microbial Balance</td>
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<tr>
<td><strong>Bio-6-Plus™</strong> – Raw Porcine Pancreatic Enzymes, SOD &amp; Catalase</td>
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<tr>
<td><strong>Bromelain Plus™</strong> – Lactose-Free Bromelain, Papain &amp; Inositol</td>
</tr>
<tr>
<td><strong>Bromelain Plus CLA™</strong> – Bromelain Plus Cellulase/Lipase/Amylase</td>
</tr>
<tr>
<td><strong>Hydro-Zyme™</strong> – Betaine HCl, Pepsin &amp; Pancreatin Formula</td>
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<tr>
<td><strong>Intenzyme Forte™</strong> – Multiple Proteolytic Enzymes Formula</td>
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<tr>
<th><strong>Enzyme Formulations</strong></th>
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<tr>
<td><strong>Bioberine HCl</strong> – Antimicrobial, Blood, Lipid, Sugar Support</td>
</tr>
<tr>
<td><strong>Bio-HPF®</strong> – “H. Pylori Formula” Antimicrobial Botanical Formula</td>
</tr>
<tr>
<td><strong>Butyric-Cal-Mag™</strong> – Butyric Acid Calcium/Magnesium (1033 mg)</td>
</tr>
<tr>
<td><strong>Chlorella Caps™</strong> – High-Quality Green Algae Chlorella</td>
</tr>
<tr>
<td><strong>Chlorocaps™</strong> – Fat &amp; Water-Soluble Chlorophyllins</td>
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<tr>
<td><strong>Colon Plus™</strong> – Broad-Spectrum Fiber Formulation Powder</td>
</tr>
<tr>
<td><strong>Colon-Plus Caps™</strong> – Broad-Spectrum Fiber Formulation</td>
</tr>
<tr>
<td><strong>Gastrazyme™</strong> – Gastric Vitamin U Complex w/Chlorophyllins</td>
</tr>
<tr>
<td><strong>HCl-Ease®</strong> – Proprietary Botanical Blend (820 mg) for GI Health</td>
</tr>
<tr>
<td><strong>Immuno-gG®</strong> – Immunoglobulin G (Colostrum), Lysine &amp; Arginine</td>
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</table>
IPS® – Botanical “Intestinal Permeability Support” Formulation
L-Glutamine – Amino Acid Glutamine (500 mg)
L-Glutamine Powder – Amino Acid Glutamine Powder
NutriClear® – Metabolic Clearing Detoxification Formula (Pea)
NutriClear® Chocolate – Metabolic Clearing Detox Formula (Pea)
Pea Protein Isolate – Pea Protein Powder (30 g/2 scoops)
Saccharomyces boulardii – Viable Yeast for Microbial Balance
Whey Protein Concentrate – From Organic Milk (26 g/2 scoops)
Whey Protein Isolate – Whey Protein Powder (22 g/2 scoops)
Whey Protein Isolate – Natural Chocolate Flavor
Whey Protein Isolate – Natural Vanilla Flavor

<table>
<thead>
<tr>
<th>Gastrointestinal System</th>
<th>General Support</th>
</tr>
</thead>
<tbody>
<tr>
<td>BioDoph-7 Plus® – Broad-Spectrum Prebiotic/Probiotic Formula</td>
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<tr>
<td>BioDophilus™ Caps – Lactobacillus Acidophilus &amp; Bifidobacterium</td>
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<tr>
<td>BioDophilus-FOS™ – Lactobacillus &amp; Fructooligosaccharides</td>
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<tr>
<td>Colon Plus™ – Broad-Spectrum Fiber Formulation (Powder)</td>
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<tr>
<td>Colon-Plus Caps™ – Broad-Spectrum Fiber Formulation (Caps)</td>
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<tr>
<td>Lactozyme® – Lactobacillus Acidophilus &amp; Bifidobacterium</td>
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<tr>
<td>Saccharomyces boulardii – Viable Yeast for Microbial Balance</td>
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<tr>
<td>General Support</td>
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<tr>
<td>Amino Sport™ – Broad-Spectrum 21 Amino Acids Formulation</td>
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<tr>
<td>Betaine Plus HP™ – “High-Potency” Betaine HCl (700 mg)/Pepsin</td>
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<tr>
<td>Beta Plus™ – Beet Concentrate, Ox Bile Extract, Pancrelipase</td>
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<tr>
<td>Beta-TCP™ – Beet Concentrate, Taurine, Vitamin C, Pancrelipase</td>
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<tr>
<td>Bio-Cardio Packs® – 31 Daily Cardiovascular Support Packets</td>
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<tr>
<td>BioDoph-7 Plus® – Broad-Spectrum Prebiotic/Probiotic Formula</td>
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<tr>
<td>Biomega-3™ – Omega-3 EPA/DHA Marine Lipid Concentrate</td>
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<tr>
<td>Biomega-3™ Liquid – Omega-3 EPA/DHA Liquid Lipids</td>
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<tr>
<td>Bio-Trophic Plus™ – Broad-Spectrum, Food-Sourced Multiple</td>
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<tr>
<td>Chlorella Caps™ – High-Quality Green Algae Chlorella</td>
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<tr>
<td>Chlorocaps™ – Fat &amp; Water-Soluble Chlorophyllins</td>
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<tr>
<td>Cognitive Enhancer – Neurological Support Amino Acid Formula</td>
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<tr>
<td>Cytozyme-F™ – Female Glandular Combination Formulation</td>
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<tr>
<td>Cytozyme-M™ – Male Glandular Combination Formulation</td>
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<tr>
<td>E-200 Hγ® – Vitamin E d-Alpha, Beta, Delta, Gamma Tocopherols</td>
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<tr>
<td>EFA-Sirt Supreme® – Concentrated EFA Blend of EPA/DHA/GLA</td>
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<tr>
<td>EGCG-200mg – High-Dose Catechin from Green Tea (400 mg)</td>
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<tr>
<td>Ginkgo Biloba – Standardized Ginkgo Extract w/SOD &amp; Catalase</td>
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<tr>
<td>HCl-Ease® – Proprietary Botanical Blend (820 mg) for GI Health</td>
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<tr>
<td>Intenzyme Forte™ – Multiple Proteolytic Enzymes Formulation</td>
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<tr>
<td>Lipoic Acid Plus – Alpha Lipoic Acid Plus Vitamin C (100/50 mg)</td>
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<tr>
<td>Melatonin-B6/Mg – Neurohormone Circadian Rhythm Support</td>
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<tr>
<td>Mood Enhancer – Neurological Support: St. John’s Wort &amp; 5-HTP</td>
<td></td>
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<tr>
<td>MygranX™ – Neurological Migraine Headache Formula (B2)</td>
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</tr>
</tbody>
</table>
Glandulars
Animal Tissue Concentrates

Adult

Glandulars - Animal Tissue Concentrates

Formulas

Neonatal Multi-Gland™ – Glandular Concentrate Multiple
NeuPerzine® – Huperzine A (100 mcg) Alkaloid (Huperzia serrata)
Nuclezyme-Forte™ – RNA/DNA Vitamin B Complex with SOD
Optimal EFAs® – Balanced Omega-3, 6, 9 EFAs Formula - Liquid
Optimal EFAs® Caps – Balanced Omega-3, 6, 9 EFAs Formula
Pea Protein Isolate – Pea Protein Powder (30 g/2 scoops)
Phosphatidylcholine – Phosphatidylcholine from Soy Lecithin
Phosphatidylserine – Phosphatidylserine from Soy Lecithin
Porphyra-Zyme™ – Vegetable Porphyrin Concentrate with SOD
Pregnenolone 25 – Prohormone Hormone Precursor (25 mg)
Rb-Zyme™ – Vegetable Culture, Trace Element Rubidium
R-Lipoate CBG – High-Dose R-Alpha Lipoic Acid Formula
Saccharomyces boulardii – Viable Yeast for Microbial Balance
Selenomethionine – High-Potency Organic Selenium (200 mcg)
Sesame Seed Oil Caps – Organic Virgin Sesame Oil (770 mg)
Stamina Caps™ – Stamina Formula w/B1, B5 & O15™
St. John’s Forte™ – St. John’s Wort w/Vitamins/Minerals/Herbals
SunFlax Caps – Sunflower & Flaxseed Oils EFAs (2,000 mg)
TMG Powder – Trimethylglycine as Glycine Betaine (3 g)
Whey Protein Concentrate – From Organic Milk (26 g/2 scoops)
Whey Protein Isolate – Whey Protein Powder (22 g/2 scoops)
Whey Protein Isolate – Natural Chocolate Flavor
Whey Protein Isolate – Natural Vanilla Flavor

<table>
<thead>
<tr>
<th>Glandulars Animal Tissue Concentrates</th>
<th>Cytozyme-F™ – Female Neonatal Glandular Combination Formula</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Cytozyme-M™ – Male Neonatal Glandular Combination Formula</td>
</tr>
<tr>
<td></td>
<td>Cytozyme-O™ – Bovine Ovarian Glandular Concentrate with SOD</td>
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<tr>
<td></td>
<td>Cytozyme-Orchic™ – Bovine Orchic Glandular Concentrate, SOD</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Glandulars - Animal Tissue Concentrates</th>
<th>ADB5-Plus™ – Broad-Spectrum Adrenal Support Formula</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Bio-Trophic Plus™ – Broad-Spectrum, Food-Sourced Multiple</td>
</tr>
<tr>
<td></td>
<td>Ca/Mg-Plus™ – Calcium/Magnesium &amp; Parathyroid Glandular</td>
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<tr>
<td></td>
<td>Cytozyme-F™ – Female Neonatal Glandular Combination Formula</td>
</tr>
<tr>
<td></td>
<td>Cytozyme-M™ – Male Neonatal Glandular Combination Formula</td>
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<tr>
<td></td>
<td>Cytozyme-Parotid-TS™ – Parotid/Thymus/Spleen Formulation</td>
</tr>
<tr>
<td></td>
<td>GTA® – Porcine Thyroid Concentrate (5 mg)</td>
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<tr>
<td></td>
<td>GTA-Forte® – Porcine Thyroid Concentrate (20 mg)</td>
</tr>
<tr>
<td></td>
<td>GTA-Forte II® – Same as above with Less Copper (0.25 mg)</td>
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<tr>
<td></td>
<td>Neonatal Multi-Gland™ – Broad-Spectrum Glandular Multiple</td>
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<tr>
<td></td>
<td>Pneuma-Zyme™ – Neonatal Lung Concentrate Formula</td>
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<tr>
<td></td>
<td>Renal Plus™ – Renal Formula w/Neonatal Kidney Formula</td>
</tr>
<tr>
<td></td>
<td>Thyrostim™ – Pituitary/Hypothalamus Glandular Thyroid Support</td>
</tr>
</tbody>
</table>

| Glandulars | Cytozyme-AD™ – Bovine Neonatal Adrenal Glandular Concentrate  
Cytozyme-B™ – Ovine Brain Glandular Concentrate with SOD  
Cytozyme-H™ – Bovine Neonatal Heart Glandular Concentrate  
Cytozyme-KD™ – Bovine Neonatal Kidney Glandular Concentrate  
Cytozyme-LV™ – Bovine Neonatal Liver Glandular Concentrate  
Cytozyme-PAN™ – Bovine Pancreas Glandular Concentrate  
Cytozyme-PT/HPT™ – Lamb Pituitary/Hypothalamus Glandular  
Cytozyme-SP™ – Bovine Spleen Glandular Concentrate  
Cytozyme-THY™ – Bovine Thymus Glandular Concentrate  
Cytozyme-Trachea™ – Bovine Trachea Glandular Concentrate  
Neonatal Multi-Gland™ – Broad-Spectrum Glandular Multiple |
| Animal Tissue Concentrates |  |
| Neonatal |  |
| B6 Phosphate – Vitamin B6 as Pyridoxal-5-phosphate (20 mg)  
Beta Plus™ – Beet Concentrate, Ox Bile Extract, Pancrelipase  
Beta-TC™ – Beet Concentrate, Taurine, Vitamin C, Pancrelipase  
Bio-C Plus 1000™ – Balanced Ascorbates (850 mg)  
Carbamide Plus® – Urea Plus Nutrients Renal Support Formula  
Cytozyme-LV™ – Neonatal Liver Glandular Concentrate  
Garlic Plus™ – Organic Garlic Concentrate Plus Vitamin C  
GSH-Plus™ – Amino Acids Glutathione, NAC and Glycine  
Lipoic Acid Plus – Alpha Lipoic Acid Plus Vitamin C (100/50 mg)  
Livotrit Plus® – Ayurvedic Liver Support Botanical Formula  
MCS-2® – Broad-Spectrum Metabolic Clearing Support Formula  
Mg-Zyme™ – Magnesium as Aspartate, Gluconate, Glycinate  
NAC – Amino Acid N-Acetyl-L-Cysteine (500 mg)  
NutriClear® – Broad-Spectrum Metabolic Clearing Formula (Pea)  
NutriClear® Chocolate – Metabolic Clearing Detox Formula (Pea)  
OOrganic-15™ – Vegetable Culture Methyl Donors and Acceptors  
Pea Protein Isolate – Pea Protein Powder (30 g/2 scoops)  
Phosphatidylcholine – Phosphatidylcholine from Soy Lecithin  
R-Lipoate CBG – High-Dose R-Alpha Lipoic Acid Formula  
Selenomethionine – High-Potency Organic Selenium (200 mcg)  
Se-Zyme Forte™ – Vegetable Culture Selenium (100 mg)  
Super Phosphozyme Liquid™ – Orthophosphoric Acid Liquid  
Whey Protein Concentrate – From Organic Milk (26 g/2 scoops)  
Whey Protein Isolate – Whey Protein Powder (22 g/2 scoops)  
Whey Protein Isolate – Natural Chocolate Flavor  
Whey Protein Isolate – Natural Vanilla Flavor |
| Hepatobiliary System Liver & Gallbladder |  |
| General Support |  |
| Immune System |  |
| General Support Formulations |  |
| Aqueous Zinc™ – Liquid Zinc as Sulfate Heptahydrate (2.3 mg)  
Berberine HCl – Antimicrobial, Blood, Lipid, Sugar Support  
Bio-C Plus™ – Balanced Ascorbates w/SOD & Catalase (500 mg)  
Bio-C Plus 1000™ – Balanced Ascorbates (850 mg)  
Bio-D-Mulsion® – Emulsified Vitamin D3 (400 IU/drop) |
<table>
<thead>
<tr>
<th>Product Name</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bio-D-Mulsion Forte®</td>
<td>Emulsified Vitamin D3 (2,000 IU/drop)</td>
</tr>
<tr>
<td>BioDoph-7 Plus®</td>
<td>Broad-Spectrum Prebiotic/Probiotic Formula</td>
</tr>
<tr>
<td>Bio-FCTS™</td>
<td>Flavonoids, Vitamin C, Thymus, Spleen Antioxidants</td>
</tr>
<tr>
<td>Bio-Immunozyme Forte™</td>
<td>Immune System Support Multiple</td>
</tr>
<tr>
<td>BioProtect™</td>
<td>Full-spectrum, Multi-Source Antioxidant Formula</td>
</tr>
<tr>
<td>Bio-Trophic Plus™</td>
<td>Broad-Spectrum, Food-Sourced Multiple</td>
</tr>
<tr>
<td>C/Cal/Mag™ Powder</td>
<td>Vitamin C, Calcium/Magnesium Formula</td>
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<tr>
<td>CoQ-Zyme 30™</td>
<td>Micro-Emulsified Coenzyme Q10 (30 mg)</td>
</tr>
<tr>
<td>CoQ-Zyme 100 Plus™</td>
<td>Emulsified Coenzyme Q10 (100 mg)</td>
</tr>
<tr>
<td>Cytozyme-Parotid-TS™</td>
<td>Parotid, Thymus &amp; Spleen Glandular</td>
</tr>
<tr>
<td>Cytozyme-SP™</td>
<td>Neonatal Bovine Spleen Concentrate</td>
</tr>
<tr>
<td>Cytozyme-THY™</td>
<td>Neonatal Thymus Glandular Concentrate</td>
</tr>
<tr>
<td>Dismuzyme Plus™</td>
<td>Vegetable Source SOD/Catalase (100 mcg)</td>
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<tr>
<td>Dismuzyme Plus 5000™</td>
<td>SOD/Peroxidases (10K IU)/ Minerals</td>
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<tr>
<td>Dismuzyme Plus™ Granules</td>
<td>SOD &amp; Catalase (2400 mcg/tbsp)</td>
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<tr>
<td>E-200 Hγ®</td>
<td>Vitamin E d-Alpha, Beta, Delta, Gamma Tocopherols</td>
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<tr>
<td>EGCG-200mg</td>
<td>High-Dose Catechin from Green Tea (400 mg)</td>
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<td>Garlic Plus™</td>
<td>Organic Garlic Concentrate Plus Vitamin C</td>
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<td>HistoPlex®</td>
<td>Broad-Spectrum Botanical Antihistamine Formula</td>
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<td>HistoPlex-AB®</td>
<td>“Airborne” Botanical Antihistamine Formulation</td>
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<tr>
<td>IAG™</td>
<td>Western Larch Tree Arabinogalactans Polysaccharides</td>
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<tr>
<td>Immuno-gG®</td>
<td>Immunoglobulin G, Lysine and Arginine</td>
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<tr>
<td>Iodizyme-HP™</td>
<td>Iodine/Iodide, Trace Mineral Support Formula</td>
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<tr>
<td>Lipoic Acid Plus</td>
<td>Alpha Lipoic Acid Plus Vitamin C (100/50 mg)</td>
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<tr>
<td>Liquid Iodine</td>
<td>Liquid Iodine (as potassium iodide, 75 mcg/drop)</td>
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<tr>
<td>Liquid Iodine Forte™</td>
<td>Liquid Potassium Iodide (150 mcg/drop)</td>
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<tr>
<td>Mixed Ascorbate Powder™</td>
<td>Vitamin C Powder with Ca &amp; Mg</td>
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<tr>
<td>Mixed EFAs™</td>
<td>EFAs Walnut, Hazelnut, Sesame, Apricot Kernel</td>
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<tr>
<td>MCS-2®</td>
<td>Broad-Spectrum Metabolic Clearing Support Formula</td>
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<tr>
<td>NAC</td>
<td>Fre-Form Amino Acid N-Acetyl-L-Cysteine (500 mg)</td>
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<tr>
<td>Neutrophil Plus®</td>
<td>Antimicrobial Bacterial Infection Formula</td>
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<tr>
<td>NitroGreens®</td>
<td>Broad-Spectrum Organic Green Food Blend</td>
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<tr>
<td>Pea Protein Isolate</td>
<td>Pea Protein Powder (30 g/2 scoops)</td>
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<tr>
<td>POA-Phytolens®</td>
<td>Cat’s Claw &amp; Vegetable Culture Formula</td>
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<tr>
<td>R-Lipoate CBG®</td>
<td>High-Dose R-Alpha Lipoic Acid Formula</td>
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<tr>
<td>UltraVir-X®</td>
<td>Antimicrobial Viral Infection Formula</td>
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<td>Whey Protein Concentrate</td>
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<td>Whey Protein Powder (22 g/2 scoops)</td>
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<td>Whey Protein Isolate</td>
<td>Natural Chocolate Flavor</td>
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<tr>
<td>Whey Protein Isolate</td>
<td>Natural Vanilla Flavor</td>
</tr>
<tr>
<td>Zn-Zyme™</td>
<td>Zinc as Gluconate &amp; Aspartate (15 mg)</td>
</tr>
<tr>
<td>Zn-Zyme Forte™</td>
<td>Zinc as Gluconate &amp; Aspartate (25 mg)</td>
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</tbody>
</table>

**Inflammation**

- Bio-Allay® – Herbal Analgesic with Boswellia, Devil’s Claw, Willow Grass, and Willow Bark

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**Note:** The description includes various products with specific ingredients and functionalities, such as emulsified nutrients, prebiotics, probiotics, antioxidants, and other botanical and nutritional supplements. The list is comprehensive and covers a range of health-related benefits from immune support to inflammation management.
**General Support**

- **Bio-D-Mulsion®** – Emulsified Vitamin D3 (400 IU/drop)
- **Bio-D-Mulsion Forte®** – Emulsified Vitamin D3 (2,000 IU/drop)
- **Bio-FCTS™** – Flavonoids, Vitamin C, Thymus, Spleen Antioxidants
- **Bio-GGG-B™** – Vitamin B Complex with B2 Emphasis
- **Biomega-3™** – Omega-3 EPA/DHA Marine Lipid Concentrate
- **Biomega-3™ Liquid** – Omega-3 EPA/DHA Liquid Lipids
- **Blackcurrant Seed Oil** – Source of Gamma Linolenic Acid (GLA)
- **Bromelain Plus™** – Lactose-Free Bromelain, Papain & Inositol
- **Bromelain Plus CLA™** – Bromelain Plus Cellulase/Lipase/Amylase
- **ChondroSamine-S™** – Chondroitin & Glucosamine Sulfate
- **CLA** – Conjugated Linoleic Acid from Safflower Oil (800 mg)
- **EFA-Sirt Supreme®** – Concentrated EFA Blend of EPA/DHA/GLA
- **Evening Primrose Oil** – Source of Gamma-Linolenic Acid (GLA)
- **Flax Seed Oil** – Omega-3 Essential Fatty Acids from Flaxseed
- **Intenzyme Forte™** – Multiple Proteolytic Enzymes Formulation
- **KappArest™** – Broad-Spectrum Herbal Anti-Inflammatory Formula
- **Lipoic Acid Plus** – Alpha Lipoic Acid Plus Vitamin C (100/50 mg)
- **Optimal EFAs®** – Balanced Omega-3, 6, 9 EFAs Formula - Liquid
- **Optimal EFAs® Caps** – Balanced Omega-3, 6, 9 EFAs Formula
- **POA-Phytolens®** – Cat’s Claw & Vegetable Culture Formula
- **Pregnenolone 25** – Prohormone Hormone Precursor (25 mg)
- **R-Lipoate CBG** – High-Dose R-Alpha Lipoic Acid Formulation
- **Sculacia®** – Herbal Analgesic with Skullcap and Acacia Catechu
- **Selenomethionine** – High-Potency Organic Selenium (200 mcg)
- **Sesame Seed Oil Caps** – Organic Virgin Sesame Oil (770 mg)
- **SunFlax Caps** – Sunflower & Flaxseed Oils EFAs (2,000 mg)

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**Integumentary - Skin System**

- **Bio-Cyanidins®** – Pine Bark (Pycnogenol®)/Grape Seed Formula
- **Bio-FCTS™** – Flavonoids, Vitamin C, Thymus, Spleen Antioxidants
- **Biomega-3™** – Omega-3 EPA/DHA Marine Lipid Concentrate
- **Biomega-3™ Liquid** – Omega-3 EPA/DHA Liquid Lipids
- **BioProtect™** – Full-Spectrum, Multi-Source Antioxidant Formula
- **Blackcurrant Seed Oil** – Source of Gamma Linolenic Acid (GLA)
- **Bromelain Plus CLA™** – Bromelain Plus Cellulase/Lipase/Amylase
- **DHEA-5, -10 mg** – Dehydroepiandrosterone Adrenal Hormone
- **EFA-Sirt Supreme®** – Concentrated EFA Blend of EPA/DHA/GLA
- **Evening Primrose Oil** – Source of Gamma-Linolenic Acid (GLA)
- **Flax Seed Oil** – Omega-3 Essential Fatty Acids from Flaxseed
- **Intenzyme Forte™** – Multiple Proteolytic Enzymes Formulation
- **L-Arginine** – Amino Acid L-Arginine (700 mg)
- **Lipoic Acid Plus** – Alpha-Lipoic Acid Plus Vitamin C (100/50 mg)
- **L-Lysine HCl** – Amino Acid L-Lysine Hydrochloride (500 mg)
- **Methionine-200™** – Amino Acids Methionine, Lysine, Cysteine
- **Mixed EFAs™** – EFAs Walnut, Hazelnut, Sesame, Apricot Kernel
| Lymphatic System | BioDoph-7 Plus® – Broad-Spectrum Prebiotic/Probiotic Formula |
| Lymphatic System | Bio-FCTS™ – Flavonoids, Vitamin C, Thymus, Spleen Antioxidants |
| Lymphatic System | Bio-Immunozyme Forte™ – Immune System Support Multiple |
| Lymphatic System | Bromelain Plus CLA™ – Bromelain Plus Cellulase/Lipase/Amylase |
| Lymphatic System | Cytozyme-Parotid-TS™ – Parotid, Thymus & Spleen Glandulars |
| Lymphatic System | Cytozyme-THY™ – Bovine Thymus Glandular Concentrate |
| Lymphatic System | IAG™ – Western Larch Tree Arabinogalactans Polysaccharides |
| Lymphatic System | Intenzyme Forte™ – Multiple Proteolytic Enzymes Formulation |
| Lymphatic System | MCS-2® – Broad-Spectrum Metabolic Clearing Support Formula |

| General Support | MygranX™ – Neurological Migraine Headache Formula (B2) |
| General Support | Optimal EFAs® – Balanced Omega-3, 6, 9 EFAs Formula - Liquid |
| General Support | Optimal EFAs® Caps – Balanced Omega-3, 6, 9 EFAs Formula |
| General Support | Phosphatidylcholine – Phosphatidylcholine from Soy Lecithin |
| General Support | R-Lipoate CBG – High-Dose R-Alfa Lipoic Acid Formulation |
| General Support | SunFlax Caps – Sunflower & Flaxseed Oils EFAs (2,000 mg) |
| General Support | Taurine – Amino Acid Taurine (500 mg) |

| Metabolism | Bio-CMP™ – Calcium, Magnesium, Potassium (200/100/100 mg) |
| Metabolism | Bio-D-Mulsion® – Emulsified Vitamin D3 (400 IU/drop) |
| Metabolism | Bio-D-Mulsion Forte® – Emulsified Vitamin D3 (2,000 IU/drop) |
| Metabolism | Bio-K Forte Caps® – Vitamin K2 as Menaquinone-7 (550 mcg) |
| Metabolism | Bio-K-Mulsion® – Emulsified Vitamin K1 (500 mcg/drop) |
| Metabolism | Biomega-3™ – Omega-3 EPA/DHA Marine Lipid Concentrate |
| Metabolism | Biomega-3™ Liquid – Omega-3 EPA/DHA Liquid Lipids |
| Metabolism | Ca/Mg-Plus™ – Calcium, Magnesium with Parathyroid Glandular |
| Metabolism | Ca/Mg-Zyme™ – Calcium/Magnesium Tabs (300/60 mg/6 tabs) |
| Metabolism | Ca/Mg-Zyme Caps™ – Calcium/Magnesium (350/70 mg/3 caps) |
| Metabolism | C/Cal/Mag Powder™ – Vitamin C/Calcium/Magnesium Powder |
| Metabolism | EFA-Sirt Supreme® – Concentrated EFA Blend of EPA/DHA/GLA |
| Metabolism | Flax Seed Oil – Omega-3 Essential Fatty Acids from Flaxseed |
| Metabolism | Mixed EFAs™ – Walnut, Hazelnut, Sesame, Apricot Kernel EFAs |
| Metabolism | Multi-Mins™ – Broad-Spectrum Mineral Multiple |
| Metabolism | Multi-Mins™ Iron & Copper Free – Mineral Multiple Formula |
| Metabolism | Optimal EFAs® – Balanced Omega-3, 6, 9 EFAs Formula - Liquid |
| Metabolism | Optimal EFAs® Caps – Balanced Omega-3, 6, 9 EFAs Formula |
| Metabolism | Osteo-B II™ – Broad-Spectrum Bone Health Multiple |
| Metabolism | Osteo-B-Plus™ – Broad-Spectrum Bone Health Multiple |
| Metabolism | SunFlax Caps – Sunflower & Flaxseed Oils EFAs (2,000 mg) |
| Metabolism | Super Phosphozyme™ – Organic Phosphorus, RNA & Inositol |
| Metabolism | Super Phosphozyme Liquid™ – Orthophosphoric Acid Liquid |

| Metabolism | 7-Keto-Zyme™ – DHEA Metabolite with SOD & Catalase (5 mg) |
| Metabolism | 7-Keto-Zyme Forte™ – Same as above (25 mg) |
**Carbohydrate/Glucose**

ADHS<sup>®</sup> – “Adrenal Hyper Secretion” Botanical Multiple
Amino Acid Quick Sorb™ – Nine Free-Form Amino Acids
Berberine HCl – Antimicrobial, Blood, Lipid, Sugar Support
Bio-3B-G<sup>®</sup> – Vitamin B Complex Formula with B1 Emphasis
Bio-6-Plus™ – Raw Porcine Pancreatic Enzymes, SOD & Catalase
Bio-Glycozyme Forte™ – Blood Sugar Handling Multiple Formula
Bio-K Forte Caps<sup>®</sup> – Vitamin K2 as Menaquinone-7 (550 mcg)
Bio-K-Mulsion<sup>®</sup> – Emulsified Vitamin K1 (500 mcg/drop)
Biomega-3™ – Omega-3 EPA/DHA Marine Lipid Concentrate
Biomega-3™ Liquid – Omega-3 EPA/DHA Liquid Lipids
Bromelain Plus<sup>™</sup> – Lactose-Free Bromelain, Papain & Inositol
Bromelain Plus CLA™ – Bromelain Plus Cellulase/Lipase/Amylase
Chromium Picolinate – Chromium w/Vitamin B6, SOD, Catalase
CoQ-Zyme 30™ – Micro-Emulsified Coenzyme Q10 (30 mg)
CoQ-Zyme 100 Plus™ – CoQ10 Plus Vitamin B Factors (100 mg)
Cr-Zyme™ – Vegetable Culture Chromium (200 mcg)
Cytozyme-PAN™ – Neonatal Pancreas Glandular Concentrate
Cytozyme-PT/HPT™ – Lamb Glandular Pituitary/Hypothalamus
EFA-Sirt Supreme<sup>®</sup> – Concentrated EFA Blend of EPA/DHA/GLA
GlucoBalance<sup>®</sup> – Blood Sugar Handling Formula - Hyperglycemia
Inositol – Metabolic Support Rice Source Inositol (650 mg)
Inositol Powder – Rice Source Inositol Powder (5 g)
Intenzyme Forte™ – Multiple Proteolytic Enzymes Formulation
Lactozyme<sup>®</sup> – Lactobacillus Acidophilus and Bifidobacterium
Lipoic Acid Plus – Alpha Lipoic Acid Plus Vitamin C (100/50 mg)
Optimal EFAs® – Balanced Omega-3, 6, 9 EFAs Formula - Liquid
Optimal EFAs<sup>®</sup> Caps – Balanced Omega-3, 6, 9 EFAs Formula
Pea Protein Isolate – Pea Protein Powder (30 g/2 scoops)
R-Lipoate CBG – High-Dose R-Alpha Lipoic Acid Formula
Sesame Seed Oil Caps – Organic Virgin Sesame Oil (770 mg)
SunFlax Caps – Sunflower & Flaxseed Oils EFAs (2,000 mg)
V-Zyme™ – Vegetable Culture Vanadium (20 mcg)
Whey Protein Concentrate – From Organic Milk (26 g/2 scoops)
Whey Protein Isolate – Whey Protein Powder (22 g/2 scoops)
Whey Protein Isolate – Natural Chocolate Flavor
Whey Protein Isolate – Natural Vanilla Flavor

**Metabolism**

**Cholesterol**

Dr. Houston’s Lipid Kit – Three products:
Lipid-Sirt<sup>®</sup>, Red Yeast Rice, Niacin 100™
Betaine Plus HP™ – “High-Potency” Betaine HCl (700 mg)/Pepsin
Beta Plus™ – Beet Concentrate, Ox Bile Extract, Pancrelipase
BioDoph-7 Plus<sup>®</sup> – Broad-Spectrum Prebiotic/Probiotic Formula
Bio-MCT™ – Medium Chain Caprylic Triglycerides (15 ml/tbsp)
CoQ-Zyme 30™ – Micro-Emulsified Coenzyme Q10 (30 mg)
### CoQ-Zyme 100 Plus™
- CoQ10 Plus Vitamin B Factors (100 mg)

### EFA-Sirt Supreme®
- Concentrated EFA Blend of EPA/DHA/GLA

### EGCG-200mg
- High-Dose Catechin from Green Tea (400 mg)

### Inositol
- Metabolic Support Rice Source Inositol (650 mg)

### Inositol Powder
- Rice Source Inositol Powder (5 g)

### Lipid-Sirt®
- Hyperlipidemia (High Cholesterol) Formulation

### Lipid-X™
- Magnesium & Vegetable Culture “Fat Blocker” Formula

### Niacin 100™
- Vitamin B3 or Nicotinic Acid (100 mg)

### Optimal EFAs®
- Balanced Omega-3, 6, 9 EFAs Formula - Liquid

### Optimal EFAs® Caps™
- Balanced Omega-3, 6, 9 EFAs Formula

### PCOH-Plus®
- Policosanol & Niacin with SOD & Catalase

### Pea Protein Isolate
- Pea Protein Powder (30 g/2 scoops)

### Phosphatidylcholine
- Soy Source Phosphatidylcholine

### Red Yeast Rice
- Rice-Cultured Monascus Purpureus Yeast

### R-Lipoate CBG
- High-Dose R-Alpha Lipoic Acid Formula

### Tri-Chol™
- Triglycerides-Cholesterol Botanical Formulation

### Whey Protein Concentrate
- From Organic Milk (26 g/2 scoops)

### Whey Protein Isolate
- Whey Protein Powder (22 g/2 scoops)

### Whey Protein Isolate – Natural Chocolate Flavor

### Whey Protein Isolate – Natural Vanilla Flavor

### Metabolism

#### 7-Keto-Zyme™
- DHEA Metabolite with SOD & Catalase (5 mg)

#### 7-Keto-Zyme Forte™
- Same as above (25 mg)

### Lipid

#### B6/B1 Plus Zinc
- Coenzymatic Vitamins B6 and B1 Plus Zinc

#### B6 Phosphate
- Vitamin B6 as Pyridoxal-5-phosphate (20 mg)

#### Berberine HCl
- Antimicrobial, Blood, Lipid, Sugar Support

#### Beta Plus™
- Beet Concentrate, Ox Bile Extract, Pancrelipase

#### Betaine Plus HP™
- “High-Potency” Betaine HCl (700 mg)/Pepsin

#### Beta-TCP™
- Beet Concentrate, Taurine, Vitamin C, Pancrelipase

#### BioDoph-7 Plus®
- Broad-Spectrum Prebiotic/Probiotic Formula

#### HCl-Plus™
- Betaine HCl, Pepsin, Glutamic Acid & Am. Chloride

#### Hydro-Zyme™
- Betaine HCl, Pepsin & Pancreatin Formula

#### Inositol
- Metabolic Support Rice Source Inositol (650 mg)

#### Inositol Powder
- Rice Source Inositol Powder (5 g)

#### Lipid-X®
- Magnesium & Vegetable Culture “Fat Blocker” Formula

#### Phosphatidylcholine
- Soy Source Phosphatidylcholine

#### Red Yeast Rice
- Rice-Cultured Monascus Purpureus Yeast

### Protein

#### 7-Keto-Zyme™
- DHEA Metabolite with SOD & Catalase (5 mg)

#### 7-Keto-Zyme Forte™
- Same as above (25 mg)

#### Beta Plus™
- Beet Concentrate, Ox Bile Extract, Pancrelipase

#### Betaine Plus HP™
- “High-Potency” Betaine HCl (700 mg)/Pepsin

#### Beta-TCP™
- Beet Concentrate, Taurine, Vitamin C, Pancrelipase

#### Bio-6-Plus™
- Raw Porcine Pancreatic Enzymes, SOD & Catalase
| **Biotics Research Quick Reference Guide** | **BioDoph-7 Plus** – Broad-Spectrum Prebiotic/Probiotic Formula  
**Bromelain Plus™** – Lactose-Free Bromelain, Papain & Inositol  
**Bromelain Plus CLA™** – Bromelain Plus Cellulase/Lipase/Amylase  
**HCl-Plus™** – Betaine HCl, Pepsin, Glutamic Acid & Am. Chloride  
**Hydro-Zyme™** – Betaine HCl, Pepsin & Pancreatin Formulation  
**Intenzyme Forte™** – Multiple Proteolytic Enzymes Formulation  
**Lactozyme®** – Lactobacillus Acidophilus and Bifidobacterium  
**Metabolism**  
**Protein Formulations**  
**Bromelain Plus™** – Bromelain, Papain & Inositol  
**Bromelain Plus CLA™** – Bromelain Plus Cellulase/Lipase/Amylase  
**HCl-Plus™** – Betaine HCl, Pepsin, Glutamic Acid & Am. Chloride  
**Hydro-Zyme™** – Betaine HCl, Pepsin & Pancreatin Formulation  
**Intenzyme Forte™** – Multiple Proteolytic Enzymes Formulation  
**Lactozyme®** – Lactobacillus Acidophilus and Bifidobacterium  
**Minerals**  
**Aqueous Formulations**  
**Aqua Mag-Cl™** – Liquid Magnesium as Magnesium Chloride  
**Aqueous Chromium™** – Liquid Trivalent Chromium (150 mcg)  
**Aqueous Selenium™** – Liquid Selenium as Sodium Selenate  
**Aqueous Zinc** – Liquid Zinc as Sulfate Heptahydrate (10 ml)  
**Liquid Iodine** – Liquid Iodine as Potassium Iodide (75 mcg/drop)  
**Liquid Iodine Forte™** – Liquid Potassium Iodide (150 mcg/drop)  
**Super Phosphozyme Liquid™** – Orthophosphoric Acid Liquid  
**Minerals**  
**Phytochemically-Bound “Vegetable Culture” Formulations**  
**Basic Nine™** – Nine Rare Trace Elements with SOD & Catalase  
**Cr-Zyme™** – Vegetable Culture Chromium (200 mcg)  
**Li-Zyme™** – Vegetable Culture Lithium (50 mcg)  
**Li-Zyme Forte™** – Vegetable Culture Lithium (150 mcg)  
**Mo-Zyme™** – Vegetable Culture Molybdenum (50 mcg)  
**Mo-Zyme Forte™** – Vegetable Culture Molybdenum (150 mcg)  
**Rb-Zyme™** – Vegetable Culture Rubidium (100 mcg)  
**Se-Zyme Forte™** – Vegetable Culture Selenium (25 mcg)  
**V-Zyme™** – Vegetable Culture Vanadium (20 mcg)  
**Minerals**  
**Chelated Formulations**  
**Ca-Zyme™** – Calcium as Citrate with SOD & Catalase (200 mg)  
**Chromium Picolinate** – Chromium w/Vitamin B6, SOD, Catalase  
**Cu-Zyme™** – Copper as Gluconate & Aspartate (2 mg)  
**Fe-Zyme™** – Iron as Ferrous Gluconate w/B12, Zinc & Copper  
**Iodizyme-HP™** Iodine/Iodide Formula, Trace Mineral Support  
**K-Zyme™** – Potassium as Gluconate, Chloride, Aspartate w/SOD  
**Mg-Zyme™** – Magnesium as Aspartate, Gluconate & Glycinate  
**Mn-Zyme™** – Manganese as Gluconate & Aspartate (10 mg)  
**Potassium-HP® w/Magnesium** – High-Potency Potassium Powder  
**Super Phosphozyme™** – Organic Phosphorus, RNA & Inositol  
**Zn-Zyme™** – Zinc as Gluconate & Aspartate (15 mg)  
**Zn-Zyme Forte™** – Zinc as Gluconate & Aspartate (25 mg) |
<table>
<thead>
<tr>
<th>Minerals</th>
<th>Multiple Formulations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basic Nine™ – Nine Rare Trace Elements with SOD &amp; Catalase</td>
<td>Bio-Carrozyme Forte® – Broad-Based Cardiovascular Multiple</td>
</tr>
<tr>
<td>Bio-Carrozyme Forte® – Broad-Based Cardiovascular Multiple</td>
<td>Bio-CMP™ – Calcium, Magnesium, Potassium (200/100/100 mg)</td>
</tr>
<tr>
<td>Bio-Trophic Plus™ – Broad-Spectrum, Food-Sourced Multiple</td>
<td>Bio-Musculoskeletal System</td>
</tr>
<tr>
<td>Ca/Mg-Plus™ – Calcium, Magnesium w/Parathyroid Glandular</td>
<td>General Support</td>
</tr>
<tr>
<td>Ca/Mg-Zyme™ – Calcium &amp; Magnesium Tablets (300/60 mg)</td>
<td>7-Keto-Zyme™ – DHEA Metabolite with SOD &amp; Catalase (5 mg)</td>
</tr>
<tr>
<td>Ca/Mg-Zyme Caps™ – Calcium &amp; Magnesium Caps (350/70 mg)</td>
<td>7-Keto-Zyme Forte™ – Same as above (25 mg)</td>
</tr>
<tr>
<td>C/Cal/Mag™ Powder – Vitamin C/Calcium &amp; Magnesium Powder</td>
<td>Amino Acid Quick Sorb™ – Nine Free-Form Amino Acids</td>
</tr>
<tr>
<td>Multi-Mins™ – Broad-Spectrum Mineral Multiple</td>
<td>Amino Sport™ – 21 Free-Form Amino Acids Formulation</td>
</tr>
<tr>
<td>Multi-Mins™ Iron &amp; Copper Free – Mineral Multiple Formula</td>
<td>Bio-Allay® – Herbal Analgesic with Boswellia, Devil’s Claw, Willow</td>
</tr>
<tr>
<td>Osteo-B II™ – Broad-Spectrum Bone Health Multiple</td>
<td>Bio-Anabolic™ – Anabolic Support Formula in Packets (31 packs)</td>
</tr>
<tr>
<td>Osteo-B Plus® – Broad-Spectrum Bone Health Multiple</td>
<td>Bio-Anabolic Pack – Packet of 5 Anabolic Support Supplements</td>
</tr>
<tr>
<td>Ca/Mg-Zyme Caps™ – Calcium &amp; Magnesium Caps (350/70 mg)</td>
<td>Bioctasol Forte® – Octacosanol from Rice Bran with SOD</td>
</tr>
<tr>
<td>Ca/Mg-Zyme™ – Calcium &amp; Magnesium Tablets (300/60 mg)</td>
<td>Bio-D-Mulsion® – Emulsified Vitamin D3 (400 IU/drop)</td>
</tr>
<tr>
<td>Ca/Mg-Zyme Caps™ – Calcium &amp; Magnesium Caps (350/70 mg)</td>
<td>Bio-D-Mulsion Forte® – Emulsified Vitamin D3 (2,000 IU/drop)</td>
</tr>
<tr>
<td>Ca/Zyme™ – Calcium as Citrate with SOD &amp; Catalase (200 mg)</td>
<td>Bio-K Forte Caps® – Vitamin K2 as Menaquinone-7 (550 mcg)</td>
</tr>
<tr>
<td>Chondro-Plus™ – Purified Chondroitin Sulfate w/SOD &amp; Catalase</td>
<td>Bio-K-Mulsion® – Emulsified Vitamin K1 (500 mcg/drop)</td>
</tr>
<tr>
<td>ChondroSamine Plus® – Chondroitin &amp; Glucosamine HCl</td>
<td>Biomega-3™ – Omega-3 EPA/DHA Marine Lipid Concentrate</td>
</tr>
<tr>
<td>ChondroSamine-® – Chondroitin &amp; Glucosamine Sulfate</td>
<td>Biomega-3™ Liquid – Omega-3 EPA/DHA Liquid Lipids</td>
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<tr>
<td>CoQ-Zyme 100 Plus™ – Emulsified Coenzyme Q10 (100 mg)</td>
<td>Bio-Musculoskeletal™ – Musculoskeletal Health Multiple Packets</td>
</tr>
<tr>
<td>E-200 H₇ – Vitamin E d-Alpha, Beta, Delta, Gamma Tocopherols</td>
<td>Bromelain Plus™ – Lactose-Free Bromelain, Papain, Inositol</td>
</tr>
<tr>
<td>E-Mulsion 200™ – Emulsified Vitamin E with SOD (200 IU)</td>
<td>Bromelain Plus CLA™ – Bromelain Plus Cellulase/Lipase/Amylase</td>
</tr>
<tr>
<td>Gammanol Forte™ – Gamma Oryzanol and FRAC® from Rice</td>
<td>Ca/Mg-Plus™ – Calcium &amp; Magnesium with Parathyroid Glandular</td>
</tr>
<tr>
<td>Gluco-Syn-Amine® – Glucosamine HCl, Vitamin/Mineral Formula</td>
<td>Ca/Mg-Zyme™ – Calcium &amp; Magnesium Tablets (300/60 mg)</td>
</tr>
<tr>
<td>Intenzyme Forte™ – Multiple Proteolytic Enzymes Formulation</td>
<td>Ca/Zyme™ – Calcium as Citrate with SOD &amp; Catalase (200 mg)</td>
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<td></td>
<td>Chondro-Plus™ – Purified Chondroitin Sulfate w/SOD &amp; Catalase</td>
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<td>ChondroSamine Plus® – Chondroitin &amp; Glucosamine HCl</td>
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<td>ChondroSamine-® – Chondroitin &amp; Glucosamine Sulfate</td>
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<td></td>
<td>CoQ-Zyme 100 Plus™ – Emulsified Coenzyme Q10 (100 mg)</td>
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<td>E-200 H₇ – Vitamin E d-Alpha, Beta, Delta, Gamma Tocopherols</td>
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<td>E-Mulsion 200™ – Emulsified Vitamin E with SOD (200 IU)</td>
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<td></td>
<td>Gammanol Forte™ – Gamma Oryzanol and FRAC® from Rice</td>
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<td></td>
<td>Gluco-Syn-Amine® – Glucosamine HCl, Vitamin/Mineral Formula</td>
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<td></td>
<td>Intenzyme Forte™ – Multiple Proteolytic Enzymes Formulation</td>
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<tr>
<td><strong>Musculoskeletal System</strong></td>
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<tr>
<td><strong>Rehabilitation Support</strong></td>
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</tbody>
</table>

- **KappArest™** – Broad-Spectrum Herbal Anti-Inflammatory Formula
- **L-Carnitine Powder** – L-Carnitine Fumarate (2 g/tsp)
- **Lipoic Acid Plus** – Alpha Lipoic Acid Plus Vitamin C (100/50 mg)
- **Mg-Zyme™** – Magnesium Aspartate, Gluconate and Glycinate
- **Mn-Zyme™** – Manganese Gluconate and Aspartate
- **MSM** – Sulphur-Rich Methylsulfonylmethane (830 mg)
- **MSM Powder** – Sulphur-Rich Methylsulfonylmethane (3 g/tsp)
- **Multi-Mins™** – Broad-Spectrum Mineral Multiple Formulation
- **OOrganic-15™** – Vegetable Culture Methyl Donors and Acceptors
- **Optimal EFAs®** – Balanced Omega-3, 6, 9 EFAs Formula - Liquid
- **Optimal EFAs® Caps** – Balanced Omega-3, 6, 9 EFAs Formula
- **Osteo-B II™** – Broad-Spectrum Bone Support Multiple Formula
- **Osteo-B Plus®** – Broad-Spectrum Bone Support Multiple Formula
- **Pea Protein Isolate** – Pea Protein Powder (30 g/2 scoops)
- **Purified Chondroitin Sulfates** – Chondroitin Sulfate with SOD
- **R-Lipoate CBG** – High-Dose R-Alpha Lipoic Acid Formulation
- **Sculacia®** – Herbal Analgesic with Scutellaria & Acacia Catechu
- **Sesame Seed Oil Caps** – Organic Virgin Sesame Oil (770 mg)
- **Stamina Caps™** – “Staming” Formula w/B1, B5 & OOrganic-15™
- **SunFlax Caps** – Sunflower & Flaxseed Oils EFAs (2,000 mg)
- **Whey Protein Concentrate** – From Organic Milk (26 g/2 scoops)
- **Whey Protein Isolate** – Whey Protein Powder (22 g/2 scoops)
- **Whey Protein Isolate – Natural Chocolate Flavor**
- **Whey Protein Isolate – Natural Vanilla Flavor**
### Neurological System

<table>
<thead>
<tr>
<th><strong>Anxiety &amp; Mood</strong></th>
<th><strong>Brain &amp; Cognition</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>General Support</strong></td>
<td><strong>General Support</strong></td>
</tr>
<tr>
<td>5-HTP – L-5-Hydroxy-Tryptophan w/SOD &amp; Catalase (50 mg)</td>
<td>5-HTP – L-5-Hydroxy-Tryptophan w/SOD &amp; Catalase (50 mg)</td>
</tr>
<tr>
<td>5-HTP Plus Forte® – 5-HTP (150 mg) &amp; Vitamin B6 P5P (20 mg)</td>
<td>5-HTP Plus Forte® – 5-HTP (150 mg) &amp; Vitamin B6 P5P (20 mg)</td>
</tr>
<tr>
<td>B6/B1 Plus Zinc – Coenzymatic Vitamins B6 and B1 Plus Zinc</td>
<td>Acetyl-L-Carnitine – Acetyl-L-Carnitine Hydrochloride (500 mg)</td>
</tr>
<tr>
<td>Cognitive Enhancer – Neurological Support Amino Acid Formula</td>
<td>Cognitive Enhancer – Neurological Support Amino Acid Formula</td>
</tr>
<tr>
<td>De-Stress™ – Stress Relief Formula from Anxiolytic Milk Peptide</td>
<td>Cytozyme-B™ – Ovine Brain Glandular Concentrate with SOD</td>
</tr>
<tr>
<td>DopaTropic® Powder – L-Dopa source from <em>Mucuna pruriens</em></td>
<td>DopaTropic® Powder – L-Dopa Source from <em>Mucuna Pruriens</em></td>
</tr>
<tr>
<td>Inositol – Metabolic support Rice Source Inositol (650 mg)</td>
<td>Ginkgo Biloba – Standardized Ginkgo Extract w/SOD &amp; Catalase</td>
</tr>
<tr>
<td>Inositol Powder – Rice Source Inositol Powder (5 g)</td>
<td>Inositol – Metabolic Support Rice Source Inositol (650 mg)</td>
</tr>
<tr>
<td>Li-Zyme™ – Vegetable Culture Lithium (50 mcg)</td>
<td>Inositol Powder – Rice Source Inositol Powder (5 g)</td>
</tr>
<tr>
<td>Li-Zyme Forte™ – Vegetable Culture Lithium (150 mcg)</td>
<td>Lipoic Acid Plus – Alpha Lipoic Acid Plus Vitamin C (100/50 mg)</td>
</tr>
<tr>
<td>Melatonin-B6/Mg – Neurohormone Circadian Rhythm Support</td>
<td>Melatonin-B6/Mg – Neurohormone Circadian Rhythm Support</td>
</tr>
<tr>
<td>Mg-Zyme™ – Magnesium as Aspartate, Gluconate &amp; Glycinate</td>
<td>Mood Enhancer – Neurological Support, St. John’s Wort &amp; 5-HTP</td>
</tr>
<tr>
<td>Mood Enhancer – Neurological Support St. John’s Wort, 5-HTP</td>
<td>MygranX™ – Neurological Support, Migraine Headache Formula</td>
</tr>
<tr>
<td>Neuro-5-HTP Plus™ – 5-HTP (50 mg), L-Theanine (50 mg), B3/6</td>
<td>NeuPerzine® – Huperzine A (<em>Huperzia serrata</em>) Alkaloid (100 mcg)</td>
</tr>
<tr>
<td>PhenilTropic™ – GABA-derived Inhibitory Neurotransmitter</td>
<td>Neuro-5-HTP Plus™ – 5-HTP (50 mg), L-Theanine (50 mg), B3/6</td>
</tr>
<tr>
<td>Pregnenolone 25 – Prohormone Precursor (25 mg)</td>
<td>Nuclezyme Forte™ – RNA/DNA Vitamin B Complex</td>
</tr>
<tr>
<td>Selenomethionine – High-Potency Organic Selenium (200 mcg)</td>
<td>PhenilTropic™ – GABA-derived Inhibitory Neurotransmitter</td>
</tr>
<tr>
<td>St. John’s Forte™ – St. John’s Wort w/Vitamins/Minerals/Herbals</td>
<td>Phosphatidylcholine – Phosphatidylcholine from Soy Lecithin</td>
</tr>
<tr>
<td>TMG Powder – Trimethylglycine as Glycine Betaine (3 g)</td>
<td>Phosphatidylserine – Phosphatidylserine from Soy Lecithin</td>
</tr>
<tr>
<td>V.H.P.™ – Valerian, Hops, and Passionflower Herbal Formulation</td>
<td>Pregnenolone 25 – Prohormone Hormone Precursor (25 mg)</td>
</tr>
<tr>
<td>Neurological System</td>
<td>General Support</td>
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</tr>
<tr>
<td><strong>R-Lipoate CBG</strong> – High-Dose R-Alpha Lipoic Acid Formulation</td>
<td><strong>5-MTHF Plus Forte</strong>® – Folate 5-methyltetrahydrofolic (2,500 mcg)</td>
</tr>
<tr>
<td><strong>St. John’s Forte</strong>™ – St. John’s Wort w/Vitamins/Minerals/Herbals</td>
<td><strong>B6/B1 Plus Zinc</strong> – Coenzymatic Vitamins B6 and B1 Plus Zinc</td>
</tr>
<tr>
<td><strong>TMG Powder</strong> – Trimethylglycine as Glycine Betaine (3 g)</td>
<td><strong>B12/Folate Plus</strong>™ – Vitamin B12 (4 mcg) &amp; Folic Acid (200 mcg)</td>
</tr>
<tr>
<td><strong>Bio-3B-C®</strong> – Vitamin B Complex with Thiamine (B1) Emphasis</td>
<td><strong>Basic Nine</strong>™ – Nine Rare Trace Elements with SOD &amp; Catalase</td>
</tr>
<tr>
<td><strong>Bio-B 100™</strong> – Natural Vitamin B Complex Formulation</td>
<td><strong>Bio-3B-G™</strong> – High-Dose R-Alpha Lipoic Acid Formula</td>
</tr>
<tr>
<td><strong>Bio-B Complex</strong>™ – Vitamin B Complex with SOD &amp; Catalase</td>
<td><strong>Bio-B with C™</strong> – Vitamin B Complex with Vitamin C</td>
</tr>
<tr>
<td><strong>Bioctasol Forte</strong>® – Octacosanol from Rice Bran with SOD</td>
<td><strong>Biocactors Forte</strong>™ – Octacosanol from Rice Bran with SOD</td>
</tr>
<tr>
<td><strong>Bio-GGG-B</strong>™ – Special Vitamin B Complex with B2 Emphasis</td>
<td><strong>Cytozyme-B™</strong> – Lamb Brain Glandular Concentrate</td>
</tr>
<tr>
<td><strong>Cognitive Enhancer</strong> – Neurological Support Amino Acid Formula</td>
<td><strong>De-Stress</strong>™ – Stress Relief Formula from Anxiolytic Milk Peptide</td>
</tr>
<tr>
<td><strong>DopaTropic® Powder</strong> – L-Dopa Source from Mucuna Prurienis</td>
<td><strong>Dopamine 200 Hγ®</strong> – Vitamin E d-Alpha, Beta, Delta, Gamma Tocopherols</td>
</tr>
<tr>
<td><strong>EFA-Sirt Supreme</strong>™ – Concentrated EFA Blend of EPA/DHA/GLA</td>
<td><strong>Folate-5 Plus</strong>™ – Folic Acid (5 mg), Vitamin B12 (18 mcg) w/SOD</td>
</tr>
<tr>
<td><strong>Folic Acid 800™</strong> – Folic Acid (800 mcg) &amp; Vitamin B12 (12 mcg)</td>
<td><strong>Folic Acid 500™</strong> – Folic Acid (500 mcg)</td>
</tr>
<tr>
<td><strong>Ginkgo Biloba</strong> – Standardized Ginkgo Extract w/SOD &amp; Catalase</td>
<td><strong>Ginkgo Biloba</strong> – Standardized Ginkgo Extract w/SOD &amp; Catalase</td>
</tr>
<tr>
<td><strong>Inositol</strong> – Metabolic support Rice Source Inositol (650 mg)</td>
<td><strong>Inositol</strong> – Metabolic support Rice Source Inositol (650 mg)</td>
</tr>
<tr>
<td><strong>Inositol Powder</strong> – Rice Source Inositol Powder (5 g)</td>
<td><strong>Inositol Powder</strong> – Rice Source Inositol Powder (5 g)</td>
</tr>
<tr>
<td><strong>Lipoic Acid Plus</strong> – Alpha Lipoic Acid Plus Vitamin C (100/50 mcg)</td>
<td><strong>Lipoic Acid Plus</strong> – Alpha Lipoic Acid Plus Vitamin C (100/50 mcg)</td>
</tr>
<tr>
<td><strong>Melatonin-B6/Mg</strong> – Neurohormone Circadian Rhythm Support</td>
<td><strong>Melatonin-B6/Mg</strong> – Neurohormone Circadian Rhythm Support</td>
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<tr>
<td><strong>Methylfolate Plus</strong>™ – Folate (400 mcg) w/Vitamin B12 (25 mcg)</td>
<td><strong>Methylfolate Plus</strong>™ – Folate (400 mcg) w/Vitamin B12 (25 mcg)</td>
</tr>
<tr>
<td><strong>Mixed EFAs</strong>™ – Walnut, Hazelnut, Sesame, Apricot Kernel EFAs</td>
<td><strong>Mixed EFAs</strong>™ – Walnut, Hazelnut, Sesame, Apricot Kernel EFAs</td>
</tr>
<tr>
<td><strong>Mood Enhancer</strong> – Neurological Support St. John’s Wort &amp; 5-HTP</td>
<td><strong>Mood Enhancer</strong> – Neurological Support St. John’s Wort &amp; 5-HTP</td>
</tr>
<tr>
<td><strong>Multi-Mins™</strong> – Broad-Spectrum Mineral Multiple Formula</td>
<td><strong>Multi-Mins™</strong> – Iron &amp; Copper Free – Mineral Multiple Formula</td>
</tr>
<tr>
<td><strong>Multi-Mins™ Iron &amp; Copper Free</strong> – Mineral Multiple Formula</td>
<td><strong>MygranX™</strong> – Neurological Support, Migraine Headache Formula</td>
</tr>
<tr>
<td><strong>NeuPerzine®</strong> – Huperzine A (100 mcg) alkaloid (<em>Huperzia serrata</em>)</td>
<td><strong>NeuPerzine®</strong> – Huperzine A (100 mcg) alkaloid (<em>Huperzia serrata</em>)</td>
</tr>
<tr>
<td><strong>Neuro-5-HTP Plus™</strong> – Hydroxytryptophan/Vitamins/Amino Acid</td>
<td><strong>Neuro-5-HTP Plus™</strong> – Hydroxytryptophan/Vitamins/Amino Acid</td>
</tr>
<tr>
<td><strong>Nuclezyme-Forte™</strong> – RNA/DNA Vitamin B Complex with SOD</td>
<td><strong>Nuclezyme-Forte™</strong> – RNA/DNA Vitamin B Complex with SOD</td>
</tr>
<tr>
<td><strong>OOrganic-15™</strong> – Vegetable Culture Methyl Donors &amp; Acceptors</td>
<td><strong>Optimal EFAs®</strong> – Balanced Omega-3, 6, 9 EFAs Formula - Liquid</td>
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<tr>
<td><strong>Optimal EFAs® Caps</strong> – Balanced Omega-3, 6, 9 EFAs Formula</td>
<td><strong>Optimal EFAs® Caps</strong> – Balanced Omega-3, 6, 9 EFAs Formula</td>
</tr>
<tr>
<td><strong>PheniTropic™</strong> – GABA-Derived Inhibitory Neurotransmitter</td>
<td><strong>PheniTropic™</strong> – GABA-Derived Inhibitory Neurotransmitter</td>
</tr>
<tr>
<td><strong>Phosphatidylcholine</strong> – Phosphatidylcholine from Soy Lecithin</td>
<td><strong>Phosphatidylcholine</strong> – Phosphatidylcholine from Soy Lecithin</td>
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<tr>
<td><strong>Phosphatidylserine</strong> – Phosphatidylserine from Soy Lecithin</td>
<td><strong>Phosphatidylserine</strong> – Phosphatidylserine from Soy Lecithin</td>
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<td><strong>Pregnenolone 25</strong> – Prohormone Hormone Precursor (25 mg)</td>
<td><strong>Pregnenolone 25</strong> – Prohormone Hormone Precursor (25 mg)</td>
</tr>
<tr>
<td><strong>R-Lipoate CBG</strong> – High-Dose R-Alpha Lipoic Acid Formulation</td>
<td><strong>R-Lipoate CBG</strong> – High-Dose R-Alpha Lipoic Acid Formulation</td>
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<tr>
<td>Ocular-Vision System</td>
<td>5-MTHF Plus Forte® – Folate 5-methyltetrahydrofolic (2,500mcg)</td>
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<tr>
<td>General Support</td>
<td>Bio-3B-G® – Special Vitamin B Complex with B1 Emphasis</td>
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<td></td>
<td>Bio-Ae-Mulsion® – Emulsified Vitamin A (2,000 IU/drop)</td>
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<td>Bio-Ae-Mulsion Forte® – Emulsified Vitamin A (12,500 IU/drop)</td>
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<td>Bio-B Complex™ – Vitamin B Complex with SOD &amp; Catalase</td>
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<tr>
<td></td>
<td>Bio-C Plus 1000™ – Balanced Ascorbates (850 mg)</td>
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<td></td>
<td>Bio-Cyanidins® – Pine Bark &amp; Grape Seed Antioxidant Formula</td>
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<tr>
<td></td>
<td>Bio-E-Mulsion Forte® – Emulsified Vitamin E (30 IU/5 drops)</td>
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<td></td>
<td>Bio-FCTS™ – Flavonoids, Vitamin C, Thymus, Spleen Antioxidants</td>
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<td></td>
<td>BioProtect™ – Full-Spectrum, Multi-Source Antioxidant Formula</td>
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<td></td>
<td>Cr-Zyme™ – Vegetable Culture Chromium (200 mcg)</td>
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<td></td>
<td>E-200 Hγ® – Vitamin E d-Alpha, Beta, Delta, Gamma Tocopherols</td>
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<td>EFA-Sirt Supreme® – Concentrated EFA Blend of EPA/DHA/GLA</td>
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<td>E-Mulsion 200® – Emulsified Vitamin E with SOD (200 IU)</td>
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<td>Folic Acid 800™ – Folic Acid (800 mcg) w/Vitamin B12 (12 mcg)</td>
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<td>GSH-Plus™ – Amino Acids Glutathione, NAC &amp; Glycine (250 mg)</td>
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<td></td>
<td>Lipoic Acid Plus – Alpha Lipoic Acid Plus Vitamin C (100/50 mg)</td>
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<td>Methylfolate Plus™ – Folate (400 mcg) w/Vitamin B12 (25 mcg)</td>
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<td></td>
<td>Mo-Zyme Forte™ – Vegetable Source Molybdenum (150 mcg)</td>
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<td>MSM – Sulphur-Rich Methylsulfonylmethane (830 mg)</td>
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<td></td>
<td>MSM Powder – Sulphur-Rich Methylsulfonylmethane (3 g/tsp)</td>
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<td>MygranX™ – Neurological Migraine Headache Formula (B2)</td>
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<td>Optic-Plus™ – Broad-Spectrum Eye Support Multiple Formula</td>
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<td></td>
<td>Optimal EFAs® – Balanced Omega-3, 6, 9 EFAs Formula - Liquid</td>
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<td></td>
<td>Optimal EFAs® Caps – Balanced Omega-3, 6, 9 EFAs Formula</td>
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<td></td>
<td>Phosphatidylcholine – Phosphatidylcholine from Soy Lecithin</td>
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<td>R-Lipoate CBG – High-Dose R-Alpha Lipoic Acid Formula</td>
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<td></td>
<td>Selenomethionine – High-Potency Organic Selenium (200 mcg)</td>
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<td></td>
<td>Se-Zyme Forte™ – Vegetable Culture Selenium (25 mcg)</td>
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<td></td>
<td>SunFlax Caps – Sunflower &amp; Flaxseed Oils EFAs (2,000 mg)</td>
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<td></td>
<td>Taurine – Taurine Amino Acid Antioxidant (500 mg)</td>
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<td>Tocotrienols – Vitamin E (35 IU) w/d-Alpha Tocopherol (32 IU)</td>
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<td>Zn-Zyme™ – Zinc as Gluconate &amp; Aspartate (15 mg)</td>
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<td></td>
<td>Zn-Zyme Forte™ – Zinc as Gluconate &amp; Aspartate (25 mg)</td>
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<tr>
<th>Oral-Dental System</th>
<th>Bio-C Plus™ – Balanced Ascorbates w/SOD &amp; Catalase (500 mg)</th>
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<tr>
<td></td>
<td>Bio-C Plus 1000™ – Balanced Ascorbates (850 mg)</td>
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<tr>
<td>General Support</td>
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<tr>
<td><strong>Bio-D-Mulsion</strong>® – Emulsified Vitamin D3 (400 IU/drop)</td>
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<td><strong>Bio-D-Mulsion Forte</strong>® – Emulsified Vitamin D3 (2,000 IU/drop)</td>
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<tr>
<td><strong>Bio-FCTS™</strong> – Flavonoids, Vitamin C, Thymus, Spleen Antioxidants</td>
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<tr>
<td><strong>Bromelain Plus CLA™</strong> – Bromelain Plus Cellulase/Lipase/Amylase</td>
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<tr>
<td><strong>Ca/Mg-Zyme™</strong> – Calcium &amp; Magnesium Tablets (300/60 mg)</td>
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<tr>
<td><strong>Ca/Mg-Zyme Caps™</strong> – Calcium &amp; Magnesium Caps (350/70 mg)</td>
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<tr>
<td><strong>CoQ-Zyme 30™</strong> – Micro-Emulsified Coenzyme Q10 (30 mg)</td>
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<td><strong>CoQ-Zyme 100 Plus™</strong> – Emulsified Coenzyme Q10 (100 mg)</td>
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<td><strong>E-200 Hγ®</strong> – Vitamin E d-Alpha, Beta, Delta, Gamma Tocopherols</td>
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<td><strong>Intenzyme Forte™</strong> – Multiple Proteolytic Enzymes Formulation</td>
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<td><strong>Iodizyme-HP™</strong> – Iodine/Iodide, Trace Mineral Support Formula</td>
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<tr>
<td><strong>Liquid Iodine</strong> – Liquid Iodine as Potassium Iodide (75 mcg/drop)</td>
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<tr>
<td><strong>Liquid Iodine Forte™</strong> – Liquid Potassium Iodide (150 mcg/drop)</td>
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<td><strong>Osteo-B II™</strong> – Broad-Spectrum Bone Support Multiple Formula</td>
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<td><strong>Osteo-B Plus®</strong> – Broad-Spectrum Bone Support Multiple Formula</td>
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<tr>
<td><strong>Purified Chondroitin Sulfates</strong> – Chondroitin Sulfates with SOD</td>
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<td><strong>Parasites, Fungi, Yeast &amp; Bacteria</strong></td>
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<tr>
<td><strong>A.D.P.®</strong> – Emulsified, Sustained Release Oregano Oil (50 mg)</td>
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<td><strong>Berberine HCl</strong> – Antimicrobial, Blood, Lipid, Sugar Support</td>
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<td><strong>BioDoph-7 Plus®</strong> – Broad-Spectrum Prebiotic/Probiotic Formula</td>
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<tr>
<td><strong>Bromelain Plus CLA™</strong> – Bromelain Plus Cellulase/Lipase/Amylase</td>
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<td><strong>Caprin®</strong> – Calcium &amp; Magnesium as Caprylate &amp; Caprilic Acid</td>
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<td><strong>Dysbiocide®</strong> – Botanical Anthelmintic Dysbiosis Formula</td>
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<td><strong>FC-Cidal™</strong> – Anti-Fungal/Candida Dysbiosis Formula</td>
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<td><strong>Lactozyme®</strong> – Lactobacillus Acidophilus &amp; Bifidobacterium</td>
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<td><strong>MSM</strong> – Sulfur-Rich Methylsulfonylmethane (830 mg)</td>
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<td><strong>MSM Powder</strong> – Sulphur-Rich Methylsulfonylmethane (3 g/tsp)</td>
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<tr>
<td><strong>Saccharomyces boulardii</strong> – Viable Yeast for Microbial Balance</td>
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<tr>
<td><strong>Pediatric</strong></td>
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<tr>
<td><strong>5-MTHF Plus Forte®</strong> – Folate 5-methyltetrahydrofolic (2,500 mcg)</td>
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<tr>
<td><strong>Aqueous Multi Plus™</strong> – Liquid Vitamin &amp; Mineral Multiple</td>
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<tr>
<td><strong>B12-2000™ Lozenges</strong> – B12 (2,000 mcg) &amp; Folic Acid (800 mcg)</td>
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<tr>
<td><strong>Bio-D-Mulsion®</strong> – Emulsified Vitamin D3 (400 IU/drop)</td>
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<td><strong>Bio-D-Mulsion Forte®</strong> – Emulsified Vitamin D3 (2,000 IU/drop)</td>
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<td><strong>BioDoph-7 Plus®</strong> – Broad-Spectrum Prebiotic/Probiotic Formula</td>
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<tr>
<td><strong>BioDophilus-FOS™</strong> – Lactobacillus &amp; Fructooligosaccharides</td>
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<tr>
<td><strong>Biomega-3™</strong> – Omega-3 EPA/DHA Marine Lipid Concentrate</td>
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<td><strong>Biomega-3™ Liquid</strong> – Omega-3 EPA/DHA Liquid Lipids</td>
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<tr>
<td><strong>Bio-Trophic Plus™</strong> – Broad-Spectrum, Food-Sourced Multiple</td>
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<tr>
<td><strong>C/Cal/Mag Powder™</strong> – Vitamin C/Calcium/Magnesium Powder</td>
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<tr>
<td><strong>Cytozyme-THY™</strong> – Neonatal Thymus Glandular Concentrate</td>
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<tr>
<td><strong>EFA-Sirt Supreme®</strong> – Concentrated EFA Blend of EPA/DHA/GLA</td>
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<td><strong>IAG™</strong> – Western Larch Tree Arabinogalactans Polysaccharides</td>
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<tr>
<td><strong>Lactozyme®</strong> – Lactobacillus Acidophilus &amp; Bifidobacterium</td>
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</tr>
</tbody>
</table>
| Proprietary Formulations | **Methylfolate Plus™** – Folate (400 mcg) w/Vitamin B12 (25 mcg)  
**Optimal EFAs®** – Balanced Omega-3, 6, 9 EFAs Formula - Liquid  
**Optimal EFAs® Caps** – Balanced Omega-3, 6, 9 EFAs Formula  
**SunFlax Caps** – Sunflower & Flaxseed EFA EFAs (2,000 mg) |
|--------------------------|-------------------------------------------------|
| **Dr. Houston’s Lipid Kit** – Three products:  
Lipid-Sirt®, Red Yeast Rice, Niacin 100™  
**7-Keto-Zyme™** – DHEA Metabolite with SOD & Catalase (5 mg)  
**7-Keto-Zyme Forte™** – Same as above (25 mg)  
**ADBS-Plus™** – Broad-Spectrum Adrenal Support Formula  
**ADHS®** – “Adrenal Hyper Secretion” Botanical Multiple  
**Argizyme™** – Herbal/Glandular/Amino Acid Formula—Arginase  
**Bio-Allay®** – Herbal Analgesic with Boswellia, Devil’s Claw, Willow  
**Bio-Cardio 369®** – Packetized Cardiovascular Products w/EFAs  
**Bio-Cardio Packs®** – Cardiovascular System Support Packets  
**Bio-CardioSirt BP™** – Cardio Formula for Blood Pressure Support  
**Bio-Cardiozyme Forte®** – Cardiovascular Support Multiple  
**Bio-Cyanidins®** – Pine Bark & Grape Seed Antioxidant Formula  
**BioDoph-7 Plus®** – Broad-Spectrum Prebiotic/Probiotic Formula  
**BioDrive®** – Herbal Adaptogen for Enhanced Libido/Energy  
**Bio-FCTS™** – Flavonoids, Vitamin C, Thymus, Spleen Antioxidants  
**Bio-Glycozyme Forte™** – Blood Sugar Handling Multiple  
**Bio-Immunozyme Forte™** – Immune System Support Multiple  
**Bio-Musculoskeletal™** – Musculoskeletal Health Multiple Packets  
**BioPause-AM®** – Herbal Menopausal Support Formula, AM Use  
**BioPause-PM®** – Herbal Menopausal Support Formula, PM Use  
**BioProtect™** – Full-spectrum Antioxidant Formulation  
**Bio-Trophic Plus™** – Broad-Spectrum Food-Sourced Multiple  
**b-VITAL®** – Peruvian MACA & Velvet Deer Antler Formulation  
**Carbamide Plus®** – Urea Plus Nutrients Renal Support Formula  
**Chlorella Caps™** – High-Quality Green Algae Chlorella  
**Cognitive Enhancer** – Neurological Support Amino Acid Formula  
**CoQ-Zyme 30™** – Micro-Emulsified Coenzyme Q10 (30 mg)  
**CoQ-Zyme 100 Plus™** – Emulsified Coenzyme Q10 (100 mg)  
**De-Stress™** – Stress Relief Formula from Anxiolytic Milk Peptide  
**Dysbiocide®** – Botanical Anthelmintic/Antiparasitic Formula  
**EFA-Sirt Supreme®** – Concentrated EFA Blend of EPA/DHA/GLA  
**EGCG-200mg** – High-Dose Catechin from Green Tea (400 mg)  
**Equi-Fem™** – Broad-Spectrum Female Support Formulation  
**Equi-Fem™ (Iron Free)** – Female Support Formula w/o Iron  
**Garlic Plus™** – Organic Garlic Concentrate with Vitamin C  
**Ginkgo Biloba** – Standardized Ginkgo Extract w/SOD & Catalase  
**GlucoBalance®** – Blood Sugar Handling Formula - Hyperglycemia  
**HCl-Ease®** – Proprietary Botanical Blend (820 mg) for GI Health |
HistoPlex® – Broad-Spectrum Botanical Antihistamine Formula
HistoPlex-AB® – “Airborne” Botanical Antihistamine Formulation
IAG™ – Western Larch Tree Arabinogalactans Polysaccharides
KappArest™ – Broad-Spectrum Herbal Anti-Inflammatory Formula
Lipid-Sirt® – Hyperlipidemia High Cholesterol Formulation
Lipid-X® – Magnesium & Vegetable Culture “Fat Blocker” Formula
Lipoic Acid Plus – Alpha Lipoic Acid Plus Vitamin C (110/50 mg)
Livotrit Plus® – Ayurvedic Liver Support Botanical Formula
MCS-2® – Broad-Spectrum Metabolic Clearing Support Formula
Meda-Stim™ – Broad-Spectrum Thyroid Support Formula
Melatonin-B6/Mg – Neurohormone Circadian Rhythm Support
Mood Enhancer – Neurological Support St. John’s Wort, 5-HTP
MygranX™ – Neurological Support, Migraine Headache Formula
Nephra-Zyme™ – Botanical Renal Formula w/o Glandulars
Neuro-5-HTP Plus™ – 5-HTP Plus L-Theanine, Niacin, B6 & SOD
Neutrophil Plus® – Antimicrobial Bacterial Infection Formula
NitroGreens® – Broad-Spectrum Organic Green Food Blend
Nuclezyme-Forte™ – RNA/DNA with Vitamin B Complex & SOD
OOrganic-15™ – Vegetable Culture Methyl Donors & Acceptors
Optic-Plus™ – Broad-Spectrum Eye Support Multiple Formulation
Optimal EFAs® – Balanced Omega-3, 6, 9 EFAs Formula - Liquid
Optimal EFAs® Caps – Balanced Omega-3, 6, 9 EFAs Formula
Osteo-B II™ – Broad-Spectrum Bone Support Multiple
Osteo-B Plus® – Broad-Spectrum Bone Support Multiple
Palmetto-Plus™ – Broad-Spectrum Prostate Support Formula
Palmetto-Plus Forte™ – Prostate Formula with More Lycopene
PCOH-Plus® – Sugar Cane Policosanol/Niacin w/SOD & Catalase
Pea Protein Isolate – Pea Protein Powder (30 g/2 scoops)
PMT™ – Broad-Spectrum Female Support Formula w/o Glandulars
Pneuma-Zyme™ – Neonatal Bovine Lung Glandular Formula
POA-Phytolens® – Cat’s Claw & Vegetable Culture Formula
Porphyra-Zyme™ – Vegetable Porphyrin Concentrate Formula
Pre-Natal Packs™ – Broad-Spectrum Pre-Natal Formula
Purified Chondroitin Sulfates – Chondroitin Sulfates with SOD
ResveraSirt-HP® – High-Dose Trans-Resveratrol (250 mg)
R-Lipoate CBG – High-Dose R-Alpha Lipoic Acid Formula
St. John’s Forte™ – St. John’s Wort w/Vitamins/Minerals/Herbals
SunFlax Caps – Sunflower & Flaxseed Oils EFAs (2,000 mg)
Thyrostim™ – Pituitary/Hypothalamus Glandular Thyroid Support
Tri-Chol™ – Triglycerides-Cholesterol Botanical Formulation
UltraVir-X® – Antimicrobial Viral Infection Formulation
UT Complex™ – Urinary Tract Botanical Formulation (1,095 mg)
VascuSirt® – Broad-Spectrum Vascular Multiple Formulation
V.H.P.™ – Valerian, Hops, Passionflower Botanical Formulation
<table>
<thead>
<tr>
<th>Category</th>
<th>Products</th>
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<tbody>
<tr>
<td><strong>Whey Protein Concentrate</strong></td>
<td>From Organic Milk (26 g/2 scoops)</td>
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<tr>
<td><strong>Whey Protein Isolate</strong></td>
<td>Whey Protein Powder (22 g/2 scoops)</td>
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<tr>
<td><strong>Whey Protein Isolate</strong></td>
<td>Natural Chocolate Flavor</td>
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<td><strong>Whey Protein Isolate</strong></td>
<td>Natural Vanilla Flavor</td>
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<td><strong>General Support</strong></td>
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<tr>
<td>Rehabilitation</td>
<td>Bio-Musculoskeletal™ – Musculoskeletal Health Multiple Packets</td>
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<td>Intenzyme Forte™ – Multiple Proteolytic Enzymes Formulation</td>
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<td>KappArest™ – Broad-Spectrum Herbal Anti-Inflammatory Formula</td>
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<td></td>
<td>Pea Protein Isolate – Pea Protein Powder (30 g/2 scoops)</td>
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<tr>
<td></td>
<td>Whey Protein Concentrate – From Organic Milk (26 g/2 scoops)</td>
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<td>Whey Protein Isolate – Natural Chocolate Flavor</td>
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<td>Whey Protein Isolate – Natural Vanilla Flavor</td>
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<td><strong>Renal System</strong></td>
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<td>Kidney &amp; Bladder</td>
<td>Argizyme™ – Herbal/Glandular/Amino Acid Formula - Arginase</td>
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<td>B6 Phosphate – Vitamin B6 as Pyridoxal-5-phosphate (20 mg)</td>
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<tr>
<td>General Support</td>
<td>Biomega-3™ – Omega-3 EPA/DHA Marine Lipid Concentrate</td>
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<td>Biomega-3™ Liquid – Omega-3 EPA/DHA Liquid Lipids</td>
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<td>Carbamide Plus® – Urea Plus Nutrients Renal Support Formula</td>
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<td>Chlorella Caps™ – High-Quality Green Algae Chlorella</td>
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<td>Chlorocaps™ – Fat &amp; Water-Soluble Chlorophyllins</td>
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<td>Cytozyme-KD™ – Neonatal Kidney Glandular Concentrate</td>
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<td>EFA-Sirt Supreme®, – Concentrated Blend of EPA/DHA/GLA</td>
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<td>Iodizyme-HP™ – Iodine/Iodide, Trace Mineral Support Formula</td>
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<td>L-Arginine – Amino Acid L-Arginine (700 mg)</td>
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<td>Liquid Iodine – Liquid Iodine as Potassium Iodide (75 mcg/drop)</td>
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<td>Liquid Iodine Forte™ – Liquid Potassium Iodide (150 mcg/drop)</td>
</tr>
<tr>
<td></td>
<td>MCS-2® – Broad-Spectrum Metabolic Clearing Support Formula</td>
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<tr>
<td></td>
<td>Mg-Zyme™ – Magnesium as Aspartate, Gluconate &amp; Glycinate</td>
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<tr>
<td></td>
<td>Nephra-Zyme™ – Botanical Renal Formula w/o Glandularans</td>
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<tr>
<td></td>
<td>Optimal EFAs® – Balanced Omega-3, 6, 9 EFAs Formula - Liquid</td>
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<td></td>
<td>Optimal EFAs® Caps – Balanced Omega-3, 6, 9 EFAs Formula</td>
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<tr>
<td></td>
<td>Renal Plus™ – Broad-Spectrum Neonatal Renal Glandular Plus</td>
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<tr>
<td></td>
<td>SunFlax Caps – Sunflower &amp; Flaxseed Oils EFAs (2,000 mg)</td>
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<tr>
<td></td>
<td>Super Phosphozyme™ – Organic Phosphorus, RNA &amp; Inositol</td>
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<td></td>
<td>Super Phosphozyme Liquid™ – Orthophosphoric Acid Liquid</td>
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<tr>
<td></td>
<td>UT Complex™ – Urinary Tract Botanical Formulation (1,095 mg)</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Category</th>
<th>Products</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Reproductive System</strong></td>
<td></td>
</tr>
<tr>
<td>Female Support</td>
<td>5-MTHF Plus Forte® – Folate 5-methyltetrahydrofolic (2,500 mcg)</td>
</tr>
<tr>
<td></td>
<td>B12-2000™ Lozenges – B12 (2,000 mcg) &amp; Folic Acid (800 mcg)</td>
</tr>
<tr>
<td></td>
<td>B12/Folate Plus™ – Vitamin B12 &amp; Folic Acid Plus (4/200 mcg)</td>
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<tr>
<td></td>
<td>Bio-K-Mulsion® – Emulsified Vitamin K1 (500 mcg/drop)</td>
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<tr>
<td></td>
<td>Biomega-3™ – Omega-3 EPA/DHA Marine Lipid Concentrate</td>
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<tr>
<td></td>
<td>Biomega-3™ Liquid – Omega-3 EPA/DHA Liquid Lipids</td>
</tr>
</tbody>
</table>
Reproductive System

Female Support – Menopause

Ca D-Glucarate – Calcium as Calcium D-glucarate (561 mg)
Chlorella Caps™ – High-Quality Green Algae Chlorella Plus
Chlorocaps™ – Fat-Soluble and Water-Soluble Chlorophyllins
Cognitive Enhancer – Neurological Support Amino Acid Formula
Cytozyme-F™ – Female Glandular Combination Formulation
Cytozyme-O™ – Ovarian Glandular Concentrate Formulation
E-200 H4® – Vitamin E d-Alpha, Beta, Delta, Gamma Tocopherols
EFA-Sirt Supreme® – Concentrated EFA Blend of EPA/DHA/GLA
Equi-Fem™ – Broad-Spectrum Female Support Formula
Equi-Fem™ (Iron Free) – Female Support Formula w/o Iron
Gammanol Forte™ – Gamma Oryzanol with FRAC® from Rice
Melatonin-B6/Mg – Neurohormone Circadian Rhythm Support
Methylfolate Plus™ – Folate (400 mcg) w/Vitamin B12 (25 mcg)
Mood Enhancer – Neurological Support, St. John’s Wort, 5-HTP
Optimal EFAs® – Balanced Omega-3, 6, 9 EFAs Formula - Liquid
Optimal EFAs® Caps – Balanced Omega-3, 6, 9 EFAs Formula
PMT™ – Broad-Spectrum Female Support Formula w/o Glandulars
Pregnenolone 25 – Prohormone Hormone Precursor (25 mg)
Pre-Natal Packs™ – Broad-Spectrum Pre-Natal Formula Packs
Selenomethionine – High-Potency Organic Selenium (200 mcg)
Sesame Seed Oil Caps – Organic Virgin Sesame Oil (770 mg)
SunFlax Caps – Sunflower & Flaxseed Oils EFAs (2,000 mg)

5-MTHF Plus Forte® – Folate 5-methyltetrahydrofolic (2,500 mcg)
B12/Folate Plus™ – Vitamin B12 (4 mcg) & Folic Acid (200 mcg)
BioDrive® – Herbal Adaptogen for Enhanced Libido/Energy
BioPause-AM® – Herbal Menopausal Support Formula, AM Use
BioPause-PM® – Herbal Menopausal Support Formula, PM Use
Blackcurrant Seed Oil – Source of Gamma Linolenic Acid (GLA)
b-VITAL® – Peruvian MACA & Velvet Deer Antler Formulation
Ca D-Glucarate – Calcium as Calcium D-glucarate (561 mg)
Cytozyme-F™ – Female Glandular Combination Formulation
Cytozyme-O™ – Ovarian Glandular Concentrate Formulation
EFA-Sirt Supreme® – Concentrated EFA Blend of EPA/DHA/GLA
Equi-Fem™ – Broad-Spectrum Female Support Formula
Equi-Fem™ (Iron Free) – Female Support Formula w/o Iron
Evening Primrose Oil – Source of Gamma-Linolenic Acid (GLA)
Gammanol Forte™ – Gamma Oryzanol and FRAC® from Rice
Iodizyme-HP™ – Iodine/Iodide, Trace Mineral Support Formula
Liquid Iodine – Liquid Iodine as Potassium Iodide (75 mcg/drop)
Liquid Iodine Forte™ – Liquid Potassium Iodide (150 mcg/drop)
Melatonin-B6/Mg – Neurohormone Circadian Rhythm Support
Methylfolate Plus™ – Folate (400 mcg) w/Vitamin B12 (25 mcg)
Mood Enhancer – Neurological Support, St. John’s Wort, 5-HTP
| Reproductive/Sexual System - Female | Beta-TCP™ – Beet Concentrate, Taurine, Vitamin C, Pancrelipase  
| **General Support & Pregnancy** | Bio-E-Mulsion Forte® – Emulsified Vitamin E (30 IU/5 drops)  
| | Biomega-3™ – Omega-3 EPA/DHA Marine Lipid Concentrate  
| | Biomega-3™ Liquid – Omega-3 EPA/DHA Liquid Lipids  
| | Ca/Mg-Zyme™ – Calcium/Magnesium Tablets (300/60 mg)  
| | Ca/Mg-Zyme Caps™ – Calcium/Magnesium Caps (350/70 mg)  
| | Flax Seed Oil – Omega-3 Essential Fatty Acids from Flaxseed  
| | HCl-Plus™ – Betaine HCl, Pepsin, Glutamic Acid & Am. Chloride  
| | Hydro-Zyme™ – Betaine HCl, Pepsin & Pancreatin Formula  
| | Pre-Natal Packs™ – Broad-Spectrum Pre-Natal Formula  
| | SunFlax Caps – Sunflower & Flaxseed Oils EFAs (2,000 mg)  
| | Super Phosphozyme™ – Organic Phosphorus, RNA & Inositol  
| | Super Phosphozyme Liquid™ – Orthophosphoric Acid Liquid  
| Reproductive/Sexual System - Male | 7-Keto-Zyme™ – DHEA Metabolite with SOD & Catalase (5 mg)  
| **General Support** | 7-Keto-Zyme Forte™ – Same as above (25 mg)  
| | Aqueous Zinc™ – Liquid Zinc as Sulfate Heptahydrate (2.3 mg)  
| | Argizyme™ – Arginase Herbal/Glandular/Amino Acid Formula  
| | Biomega-3™ – Omega-3 EPA/DHA Marine Lipid Concentrate  
| | Biomega-3™ Liquid – Omega-3 EPA/DHA Liquid Lipids  
| | Bio-Multi Plus™ (Fe & Cu Free) – Multivitamin w/o Fe or Cu  
| | b-VITAL® – Peruvian MACA & Velvet Deer Antler Formula  
| | Chlorella Caps™ – High-Quality Green Algae Chlorella  
| | Chlorocaps™ – Fat-Soluble and Water-Soluble Chlorophyllins  
| | Cytozyme-M™ – Male Glandular Combination Formulation  
| | Cytozyme-Orchic™ – Orchic Glandular Concentrate with SOD  
| | DHEA-5, -10 mg – Dehydroepiandrosterone Adrenal Hormone  
| | DopaTropic® Powder – L-Dopa Source from Mucuna Prurienis  
| | E-200 H γ® – Vitamin E d-Alpha, Beta, Delta, Gamma Tocopherols  
| | EFA-Sirt Supreme® – Concentrated EFA Blend of EPA/DHA/GLA  
| | L-Arginine – Amino Acid Arginine (500 mg)  
| | Mood Enhancer – Neurological Support, St. John’s Wort, 5-HTP  
| | Optimal EFAs® – Balanced Omega-3, 6, 9 EFAs Formula - Liquid  
| | Optimal EFAs® Caps – Balanced Omega-3, 6, 9 EFAs Formula - Liquid  
| | Palmetto-Plus™ – Broad-Spectrum Prostate Formula with SOD  
| | Palmetto-Plus Forte™ – Prostate Formula with More Lycopene  
| | Pregnenolone 25 – Prohormone Hormone Precursor (25 mg)  
| | ProMulti-Plus® – Broad-Spectrum, High-Potency Multiple
<table>
<thead>
<tr>
<th>Respiratory System</th>
<th>Bio-C Plus 1000™ – High-Potency Balanced Ascorbates (850 mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Upper - Sinuses</td>
<td>BioDoph-7 Plus® – Broad-Spectrum Prebiotic/Probiotic Formula</td>
</tr>
<tr>
<td></td>
<td>Bio-FLX™ – Flavonoids, Vitamin C, Thymus, Spleen Antioxidants</td>
</tr>
<tr>
<td>Allergies/Sinus</td>
<td>Bio-Immunozyme Forte™ – Broad-Spectrum Immune Multiple</td>
</tr>
<tr>
<td>General Support</td>
<td>Bromelain Plus CLA™ – Bromelain Plus Cellulase/Lipase/Amylease</td>
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<tr>
<td></td>
<td>Cytozyme-THY™ – Bovine Thymus Glandular Concentrate</td>
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<td></td>
<td>E-200 Hγ® – Vitamin E d-Alpha, Beta, Delta, Gamma Tocopherols</td>
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<tr>
<td></td>
<td>HistoPlex® – Broad-Spectrum Herbal Immune Support Formula</td>
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<tr>
<td></td>
<td>HistoPlex-AB® – “Airborne” Botanical Antihistamine Formulation</td>
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<tr>
<td></td>
<td>IAG™ – Western Larch Tree Arabinogalactans Polysaccharides</td>
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<td></td>
<td>Iodizyme-HP™ – Iodine/Iodide, Trace Mineral Support Formula</td>
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<td>IPS® – Botanical Intestinal Permeability Support Formula</td>
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<tr>
<td></td>
<td>L-Glutamine – Amino Acid L-Glutamine (500 mg)</td>
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<td></td>
<td>Liquid Iodine – Liquid Iodine as Potassium Iodide (75 mcg/drop)</td>
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<td>Liquid Iodine Forte™ – Liquid Potassium Iodide (150 mcg/drop)</td>
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<td></td>
<td>Mn-Zyme Forte™ – Manganese as Gluconate &amp; Aspartate (10 mg)</td>
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<td></td>
<td>Mo-Zyme™ – Vegetable Source Molybdenum (50 mcg)</td>
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<tr>
<td></td>
<td>Mo-Zyme Forte™ – Vegetable Source Molybdenum (150 mcg)</td>
</tr>
<tr>
<td></td>
<td>Neutrophil Plus® – Bacterial Infection Antimicrobial Formula</td>
</tr>
<tr>
<td>Lower - Lungs</td>
<td>A.D.P.® – Emulsified, Sustained Release Oregano Oil (50 mg)</td>
</tr>
<tr>
<td>General Support</td>
<td>Bio-Ae-Mulsion® – Emulsified Vitamin A (2,000 IU/drop)</td>
</tr>
<tr>
<td></td>
<td>Bio-Ae-Mulsion Forte® – Emulsified Vitamin A (12,500 IU/drop)</td>
</tr>
<tr>
<td></td>
<td>Bio-C Plus 1000™ – High-Potency Balanced Ascorbates (850 mg)</td>
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<tr>
<td></td>
<td>Bio-FLX™ – Flavonoids, Vitamin C, Thymus, Spleen Antioxidants</td>
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<tr>
<td></td>
<td>BioProtect™ – Full-Spectrum, Multi-Source Antioxidant Formula</td>
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<tr>
<td></td>
<td>E-200 Hγ® – Vitamin E d-Alpha, Beta, Delta, Gamma Tocopherols</td>
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<tr>
<td></td>
<td>HistoPlex-AB® – “Airborne” Botanical Antihistamine Formulation</td>
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<tr>
<td></td>
<td>Intenzyme Forte™ – Multiple Proteolytic Enzymes Formulation</td>
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<tr>
<td></td>
<td>Iodizyme-HP™ – Iodine/Iodide, Trace Mineral Support Formula</td>
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<td>Liquid Iodine – Liquid Iodine as Potassium Iodide (75 mcg/drop)</td>
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<td></td>
<td>Liquid Iodine Forte™ – Liquid Potassium Iodide (150 mcg/drop)</td>
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<td>Neutrophil Plus® – Bacterial Infection Antimicrobial Formula</td>
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<td></td>
<td>OOrganic-15™ – Vegetable Culture Methyl Donors &amp; Acceptors</td>
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<tr>
<td></td>
<td>Pneuma-Zyme™ – Neonatal Lung Concentrate Formulation</td>
</tr>
<tr>
<td>Sleep</td>
<td>5-HTP – L-5-Hydroxy-Tryptophan with SOD &amp; Catalase (50 mg)</td>
</tr>
<tr>
<td>General Support</td>
<td>5-HTP Plus Forte® – 5-HTP (150 mg) &amp; Vitamin B6 P5P (20 mg)</td>
</tr>
<tr>
<td></td>
<td>Bio-3B-G® – Special Vitamin B Complex with B1 Emphasis</td>
</tr>
</tbody>
</table>
## Biotics Research Quick Reference Guide

### Vitamins | A

- **Bio-CMPTM** – Calcium, Magnesium, Potassium (200/100/100 mg)
- **Bio-Glycozyme Forte™** – Blood Sugar Handling Multiple Formula
- **BioPause-PM®** – Herbal Menopausal Support Formula, PM Use
- **De-Stress™** – Stress Relief Formula from Anxiolytic Milk Peptide
- **DopaTropic® Powder** – L-Dopa Source from Mucuna Pruriens
- **Inositol** – Rice Source Inositol (650 mg)
- **Inositol Powder** – Rice Source Inositol Powder (5 g)
- **Melatonin-B6/Mg** – Neurohormone Circadian Rhythm Support
- **Mg-Zyme™** – Magnesium as Aspartate, Gluconate, Glycinate
- **Mood Enhancer** – Neurological Support, St. John’s Wort, 5-HTP
- **NeuPerzine®** – Huperzine A (*Huperzia serrata*) Alkaloid (100 mcg)
- **Neuro-5-HTP Plus™** – 5-HTP (50 mg), L-Theanine (50 mg), B3/6
- **PheniTropic™** – GABA-derived Inhibitory Neurotransmitter
- **V.H.P.™** – Valerian, Hops, Passionflower Botanical Formula

### Vitamins | B

- **5-MTHF Plus Forte®** – Folate 5-methyltetrahydrofolinic (2,500 mcg)
- **B6/B1 Plus Zinc** – Coenzymatic Vitamins B1 and B2 Plus Zinc
- **B6 Phosphate** – Vitamin B6 as Pyridoxal-5-phosphate (20 mg)
- **B12-2000™ Lozenges** – B12 (2,000 mcg) & Folic Acid (800 mcg)
- **B12/Folate Plus™** – Vitamin B12 (4 mcg) & Folic Acid (200 mcg)
- **Bio-3B-G®** – Special Vitamin B Complex with B1 Emphasis
- **Bio-B 100™** – Natural Vitamin B Complex Formula with SOD
- **Bio-B3 Plus 250™** – Niacinamide (250 mg) with SOD & Catalase
- **Bio-B Complex™** – Vitamin B Complex with SOD & Catalase
- **Bio-B with C™** – Vitamin B Complex with Vitamin C (100 mg)
- **Bio-GGG-B™** – Vitamin B Complex with B2 Emphasis
- **Folate-5 Plus™** – Folic Acid (5 mg) w/Vitamin B12 (18 mcg)
- **Folic Acid 800™** – Folic Acid (800 mcg) w/Vitamin B12 (12 mcg)
- **Inositol** – Inositol Rice Source Vitamin B Fraction (650 mg)
- **Inositol Powder** – Rice Source Inositol Powder (5 g)
- **Methylfolate Plus™** – Folate (400 mcg) w/Vitamin B12 (25 mcg)
- **MygranX™** – Neurological Migraine Headache Formula (B2)
- **Niacin 100™** – Vitamin B3 or Nicotinic Acid (100 mg)
- **Thiamin-50™** – Vitamin B1 as Mononitrate w/SOD & Catalase

### Vitamins | C

- **Bio-C Plus™** – Balanced Ascorbates w/SOD & Catalase (500 mg)
- **Bio-C Plus 1000™** – Balanced Ascorbates (850 mg)
- **Mixed Ascorbate Powder™** – Vitamin C Powder with Ca & Mg

### Vitamins | D

- **Bio-D-Mulsion®** – Emulsified Vitamin D3 (400 IU/drop)
- **Bio-D-Mulsion Forte®** – Emulsified Vitamin D3 (2,000 IU/drop)
<table>
<thead>
<tr>
<th>Vitamins</th>
<th>E</th>
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</thead>
</table>
| **Bio-E-Mulsion Forte**® – Emulsified Vitamin E (30 IU/5 drops)  
**E-200 Hy®** – Vitamin E d-Alpha, Beta, Delta, Gamma Tocopherols  
**E-Mulsion 200®** – Emulsified Vitamin E with SOD (200 IU)  
**Tocotrienols** – Vitamin E (35 IU) w/d-Alpha Tocopherol (32 IU) |
| Vitamins |
| **Fat-Soluble**  
**Emulsified** |
| **Bio-Ae-Mulsion**® – Emulsified Vitamin A (2,000 IU/drop)  
**Bio-Ae-Mulsion Forte**® – Emulsified Vitamin A (12,500 IU/drop)  
**Bio-D-Mulsion**® – Emulsified Vitamin D (400 IU/drop)  
**Bio-D-Mulsion Forte**® – Emulsified Vitamin D (2,000 IU/drop)  
**Bio-E-Mulsion Forte**® – Emulsified Vitamin E (30 IU/5 drops)  
**Bio-K Forte Caps**® – Vitamin K2 as Menaquinone-7 (550 mcg)  
**Bio-K-Mulsion**® – Emulsified Vitamin K (500 mcg/drop)  
**CoQ-Zyme 30™** – Emulsified Coenzyme-Q10 with SOD (30 mg)  
**E-200 Hy®** – Vitamin E d-Alpha, Beta, Delta, Gamma Tocopherols  
**E-Mulsion 200®** – Emulsified Vitamin E with SOD (200 IU)  
**Tocotrienols** – Vitamin E (35 IU) w/d-Alpha Tocopherol (32 IU) |
| Vitamins | K |
| **Bio-K Forte Caps**® – Vitamin K2 as Menaquinone-7 (550 mcg)  
**Bio-K-Mulsion**® – Emulsified Vitamin K1 (500 mcg/drop) |
| Vitamins |
| **Multiple Formulas** |
| **Aqueous Multi-Plus™** – Liquid Vitamin & Mineral Multiple  
**Bio-Cardio 369®** – Packetized Cardiovascular Products w/EFAs  
**Bio-Cardio Packs®** – 31 Daily Cardiovascular Support Packets  
**Bio-Cardiozyme Forte™** – Broad-Based Cardiovascular Multiple  
**Bio-Multi Plus™** – Broad-Spectrum Vitamin & Mineral Multiple  
**Bio-Multi Plus™ Fe & Cu Free** – Vitamin/Mineral Multiple  
**Bio-Multi Plus™ Fe Free** – Vitamin & Mineral Multiple w/o Iron  
**Bio-Trophic Plus™** – Broad-Spectrum, Food-Sourced Multiple  
**Equi-Fem™** – Broad-Spectrum Female Support Formula  
**Equi-Fem™ (Fe & Cu Free)** – Female Support Formula w/o Iron  
**Optic-Plus™** – Broad-Spectrum Eye Support Multiple Formula  
**PMT™** – Female Support Formula without Glandular Concentrates  
**Pre-Natal Packs™** – Broad-Spectrum Pre-Natal Formula  
**ProMulti-Plus®** – Broad-Spectrum, High-Potency Multiple |
| Weight Management  
**General Support** |
| **ADHS®** – “Adrenal Hyper Secretion” Botanical Formula  
**Beta-TCP™** – Beet Concentrate, Taurine, Vitamin C, Pancrelipase  
**Biomega-3™** – Omega-3 EPA/DHA Marine Lipid Concentrate  
**Biomega-3™ Liquid** – Omega-3 EPA/DHA Liquid Lipids  
**EFA-Sirt Supreme®** – Concentrated EFA Blend of EPA/DHA/GLA  
**CLA** – Conjugated Linoleic Acid from Safflower Oil (800 mg)  
**Colon Plus™** – Broad-Spectrum Fiber Formulation (Powder) |
<table>
<thead>
<tr>
<th>Weight Management</th>
<th>Specific Support</th>
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</thead>
<tbody>
<tr>
<td><strong>Colon-Plus Caps™</strong> – Fiber Formulation in Capsule Form</td>
<td><strong>7-Keto-Zyme™</strong> – DHEA Metabolite with SOD &amp; Catalase (5 mg)</td>
</tr>
<tr>
<td><strong>Cytozyme-PAN™</strong> – Neonatal Bovine Pancreas Concentrate</td>
<td><strong>7-Keto-Zyme Forte™</strong> – Same as above (25 mg)</td>
</tr>
<tr>
<td><strong>Cytozyme-PT/HPT™</strong> – Neonatal Ovine Pituitary/Hypothalamus</td>
<td><strong>Bio-Glycozyme Forte™</strong> – Blood Sugar Handling Multiple Formula</td>
</tr>
<tr>
<td><strong>EGCG-200mg</strong> – High-Dose Catechin from Green Tea (400 mg)</td>
<td><strong>Chromium Picolinate</strong> – Chromium w/Vitamin B6, SOD, Catalase</td>
</tr>
<tr>
<td><strong>GTA®</strong> – Porcine Thyroid Concentrate (5 mg) with Minerals &amp; SOD</td>
<td><strong>CLA</strong> – “Conjugated Linoleic Acid” for Fat/Weight Management</td>
</tr>
<tr>
<td><strong>GTA-Forte®</strong> – Thyroid Concentrate (20 mg) with Minerals &amp; SOD</td>
<td><strong>EGCG-200mg</strong> – High-Dose Catechin from Green Tea (400 mg)</td>
</tr>
<tr>
<td><strong>GTA-Forte IIT®</strong> – Thyroid Concentrate (20 mg) w/Less Copper</td>
<td><strong>Gammanol Forte™</strong> – Gamma Oryzanol and FRAC® from Rice</td>
</tr>
<tr>
<td><strong>Livotrit Plus®</strong> – Ayurvedic Liver Support Formula</td>
<td><strong>GlucoBalance®</strong> – Blood Sugar Handling Formula - Hyperglycemia</td>
</tr>
<tr>
<td><strong>MCS-2®</strong> – Broad-Spectrum Metabolic Clearing Support Formula</td>
<td><strong>Lipid-X®</strong> – Magnesium &amp; Vegetable Culture “Fat Blocker” Formula</td>
</tr>
<tr>
<td><strong>Meda-Stim™</strong> – Broad-Spectrum Thyroid Support Formula</td>
<td><strong>Nutrients</strong></td>
</tr>
<tr>
<td><strong>NutriClear®</strong> – Metabolic Clearing Detoxification Formula (Pea)</td>
<td><strong>Whey Protein Concentrate</strong> – From Organic Milk (26 g/2 scoops)</td>
</tr>
<tr>
<td><strong>Optimal EFAs®</strong> – Balanced Omega-3, 6, 9 EFAs Formula - Liquid</td>
<td><strong>Whey Protein Isolate</strong> – Whey Protein Powder (22 g/2 scoops)</td>
</tr>
<tr>
<td><strong>Optimal EFAs® Caps</strong> – Balanced Omega-3, 6, 9 EFAs Formula</td>
<td><strong>Whey Protein Isolate</strong> – Natural Chocolate Flavor</td>
</tr>
<tr>
<td><strong>Pea Protein Isolate</strong> – Pea Protein Powder (30 g/2 scoops)</td>
<td><strong>Whey Protein Isolate</strong> – Natural Vanilla Flavor</td>
</tr>
<tr>
<td><strong>Sesame Seed Oil Caps</strong> – Organic Virgin Sesame Oil (770 mg)</td>
<td>CAUTION</td>
</tr>
<tr>
<td><strong>SunFlax Caps</strong> – Sunflower &amp; Flaxseed Oils EFAs (2,000 mg)</td>
<td>Products NOT Recommended in Pregnancy and Lactation</td>
</tr>
<tr>
<td><strong>Thyrostim™</strong> – Pituitary/Hypothalamus Glandular Thyroid Support</td>
<td><strong>Dr. Houston’s Lipid Kit</strong> – Three Lipid-Supportive Products:</td>
</tr>
<tr>
<td><strong>Whey Protein Concentrate</strong> – From Organic Milk (26 g/2 scoops)</td>
<td>Lipid-Sirt®, Red Yeast Rice, Niacin 100™</td>
</tr>
<tr>
<td><strong>Whey Protein Isolate</strong> – Whey Protein Powder (22 g/2 scoops)</td>
<td><strong>5-HTP</strong> – Amino Acid L-5-Hydroxy-Tryptophan (50 mg)</td>
</tr>
<tr>
<td><strong>Whey Protein Isolate</strong> – Natural Chocolate Flavor</td>
<td><strong>5-HTP Plus Forte®</strong> – 5-HTP (150 mg) &amp; Vitamin B6 P5P (20 mg)</td>
</tr>
<tr>
<td><strong>Whey Protein Isolate</strong> – Natural Vanilla Flavor</td>
<td><strong>10-Day BioDetoxification Kit (Pea)</strong> – Detoxification Program</td>
</tr>
</tbody>
</table>

*Argizyme™ – Proprietary Blend of Nutrients - Enzyme Arginase
Biotics Research Quick Reference Guide

B12/Folate Plus™ – Vitamin B12 (4 mcg) & Folic Acid (200 mcg)
Berberine HCl – Antimicrobial, Blood, Lipid, Sugar Support
*Bio-Ae-Mulsion® – Emulsified Vitamin A (2,000 IU/drop)
*Bio-Ae-Mulsion Forte® – Emulsified Vitamin A (12500 IU/drop)
Bio-Allay® – Herbal Analgesic with Boswellia, Devil’s Claw, Willow
*Bio-Cardio 369® – Cardiovascular Formula w/Omega 3-6-9s
*Bio-Cardio Packs® – 31 Daily Cardiovascular Support Packets
Bio-Detox Packs™ – Comprehensive Detox Program (7 products)
BioDrive® – Herbal Adaptogen Blend for Enhanced Libido/Energy
Bio-FCTS™ – Flavonoid, Vitamin C, Thymus, Spleen Antioxidants
Bio-HPF™ – “H. Pylori Factor” Antimicrobial Botanical Formula
Bio-Immunozyme Forte™ – Immune System Support Multiple
**Bio-K Forte Caps® – Vitamin K2 as Menaquinone-7 (550 mcg)
**Bio-K-Mulsion® – Emulsified Vitamin K (500 mcg/drop)
*Bio-Musculoskeletal™ – Musculoskeletal Health Multiple Packs
BioPause-AM® – Herbal Menopausal Support Formula, AM Use
BioPause-PM® – Herbal Menopausal Support Formula, PM Use
b-VITAL® – Peruvian MACA & Velvet Deer Antler Formula
Ca D-Glucarate – Calcium D-Glucarate Detox & Female Support
Carbamide Plus® – Urea Plus Nutrients Renal Support Formula
*Chondro-Plus™ – Purified Chondroitin Sulfate, B12, Mn, w/SOD
*ChondroSamine Plus® – Chondroitin and Glucosamine HCl
*ChondroSamine-S™ – Chondroitin and Glucosamine Sulfate
Cognitive Enhancer – Neurological Support Formulation
*Colon Plus™ – Water-Soluble Fiber Blend Powder
*Colon-Plus Caps™ – Encapsulated Broad-Spectrum Fiber Blend
*Cytozyme-Trachea™ – Bovine Trachea Glandular Concentrate
DHEA-5, -10 mg – Dehydroepiandrosterone Adrenal Hormone
DopaTropic® Powder – L-Dopa Source from Mucuna Pruriens
D-Ribose – Naturally Occurring Five-Carbon Simple Sugar
Dysbiocide® – Botanical Anthelmintic/Antiparasitic Formula
EFA-Sirt Supreme® – Concentrated EFA Blend of EPA/DHA/GLA
*Equi-Fem™ – Broad-Spectrum Female Support Formula
*Equi-Fem™ (Iron & Copper Free) – Female Support Formula
*Evening Primrose Oil – Source Omega-6 Gamma Linolenic Acid
FC-Cidal™ – Anti-Fungal/Candida Dysbiosis Formula
GTA® – Porcine Thyroid Concentrate (5 mg)
GTA-Forte® – Porcine Thyroid Concentrate (20 mg)
GTA-Forte II® – Porcine Thyroid Concentrate w/Less Copper
HCl-Ease® – Proprietary Botanical Blend (820 mg) for GI Health
HistoPlex® – Broad-Spectrum Herbal Antihistamine Formulation
HistoPlex AB® – “Airborne” Botanical Antihistamine Formulation
KappArest™ – Broad-Spectrum Herbal Anti-Inflammatory Formula
L-Arginine – L-Arginine Amino Acid (700 mg)
Livotrit Plus® – Ayurvedic Liver Support Botanical Formula
MCS-2® – Broad-Spectrum Metabolic Clearing Support Formula
Meda-Stim™ – Broad-Spectrum Thyroid Support Formula
*Melatonin-B6/Mg – Neurohormone Circadian Rhythm Support
Methionine-200™ – Amino Acids Methionine, Lysine, Cysteine
Methylfolate Plus™ – Folate (400 mcg) w/Vitamin B12 (25 mcg)
Mood Enhancer – Neurological Support, St. John’s Wort, 5-HTP
MygranX™ – Neurological Migraine Headache Formula (B2)
Nephra-Zyme™ – Botanical Renal Formula w/o Glandulars
NeuPerzine® – Huperzine A (Huperzia serrata) Alkaloid (100 mcg)
Neuro-5-HTP Plus™ – 5-HTP (50 mg), L-Theanine (50 mg), B3/6
Neutrophil Plus® – Antimicrobial Bacterial Infection Formulation
Niacin 100™ – Vitamin B3 or Nicotinic Acid (100 mg)
*Optimal EFAs® – Balanced Omega-3, 6, 9 EFAs Formula - Liquid
*Optimal EFAs® Caps – Balanced Omega-3, 6, 9 EFAs Formula
*Osteo-B II™ – Broad-Spectrum Bone Support Multiple
*Osteo-B Plus® – Broad-Spectrum Bone Support Multiple
PheniTropic™ – GABA-derived Inhibitory Neurotransmitter
PMT™ – Broad-Spectrum Female Support Formula w/o Glandulars
POA-Phytolens® – Cat’s Claw & Vegetable Culture Formulation
Pregnenolone 25 – Prohormone Hormone Precursor (25 mg)
ProMulti-Plus® – High-Potency Vitamin/Mineral Multiple
*Purified Chondroitin Sulfates – Chondroitin Sulfates
Red Yeast Rice – Rice-Cultured Monascus Purpureus Yeast
Renal Plus™ – Broad-Spectrum Neonatal Glandular Renal Blend
ResveraSirt-HP® – High-Dose Trans-Resveratrol (250 mg)
Saccharomyces boulardii – Viable Yeast for Microbial Balance
Sculacia® – Herbal Analgesic with Skullcap and Acacia Catechu
St. John’s Forte™ – St. John’s Wort w/Vitamins/Minerals/Herbals
Tri-Chol™ – Triglycerides-Cholesterol Botanical Formula
UltraVir-X® – Viral Infection Antimicrobial Herbal Formula
UT Complex™ – Urinary Tract Botanical Formulation (1,095 mg)
VascoSirt® – Cardiovascular-Specific, Multiple Nutrient Formula
V.H.P.™ – Valerian, Hops, Passionflower Botanical Formula
* NOT contraindicated during lactation
** NOT to exceed RDA (65 mcg) unless physician recommended and monitored
| (Distributor Availability) | HR#7 **Heavy Metal Detox** – Detox of Industrial Pollutants  
HR#8 **Fungal-Yeast Infection** – Detox After Mycotic Infection  
HR#9 **Bacteria Detox** – Detox after Bacterial Infection  
HR#10 **Parasite Detox** – Detox after Parasitic Infection |
### Products

<table>
<thead>
<tr>
<th><strong>10-Day BioDetoxification Kit (Pea)</strong></th>
<th>**Descriptions</th>
<th>Indications</th>
<th>Dosages</th>
<th>Cautions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Detox Program Products</td>
<td>Comprehensive detoxification program kit including the following products: 1 Pea Protein Isolate, 2 NutriClear®, 1 Bio-Detox Packs™ (30 packets), and 1 Blender Bottle formulated for ease-of-use and patient compliance.</td>
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<tr>
<td><strong>General Support</strong></td>
<td><strong>Dosage:</strong> See &quot;Easy 3-Step Bio-Detoxification Practitioners Guide” by Biomedical Institute of Complementary Healthcare, ©2007” for an overview of the 3-stage detoxification process: 1) Decreasing Inflammation, 2) Metabolic Cleansing, and 3) Repair and Regeneration</td>
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<tr>
<td>Anti-Aging</td>
<td><strong>Caution:</strong> Not recommended in pregnancy or lactation</td>
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<tr>
<td>Detoxification</td>
<td>Research: Ever increasing endogenous toxicity is known to adversely impact many physiological systems including Phase I and II liver detoxification, conjugation, and excretion leading to dysbiosis, gut permeability, enzymatic and macro/micronutrient imbalances leading to chronic health conditions often resistant to traditional therapies.</td>
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<tr>
<td>Glucose Metabolism</td>
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<tr>
<td>Weight Management</td>
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<thead>
<tr>
<th><strong>10-Day BioDetoxification Kit (Whey)</strong></th>
<th>**Descriptions</th>
<th>Indications</th>
<th>Dosages</th>
<th>Cautions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Detox Program Products</td>
<td>Comprehensive detoxification program kit including the following products: 1 Whey Protein Isolate, 2 NutriClear®, 1 Bio-Detox Packs™ (30 packs), and 1 Blender Bottle formulated for ease-of-use and patient compliance (also available in Chocolate &amp; Vanilla flavors).</td>
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<tr>
<td><strong>General Support</strong></td>
<td><strong>Dosage:</strong> See &quot;Easy 3-Step Bio-Detoxification Practitioners Guide” by Biomedical Institute of Complementary Healthcare, ©2007” for an overview of the 3-stage detoxification process: 1) Decreasing Inflammation, 2) Metabolic Cleansing, and 3) Repair and Regeneration</td>
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<tr>
<td>Anti-Aging</td>
<td><strong>Caution:</strong> Not recommended in pregnancy or lactation; Whey Protein Isolate not recommended in dairy allergy</td>
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<tr>
<td>Detoxification</td>
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<tr>
<td>Glucose Metabolism</td>
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<td>Weight Management</td>
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<thead>
<tr>
<th><strong>Dr. Houston’s Lipid Kit</strong></th>
<th>**Descriptions</th>
<th>Indications</th>
<th>Dosages</th>
<th>Cautions</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 Lipid-Support Products</td>
<td>Kit includes these three products: Lipid-Sirt®, Red Yeast Rice, and Niacin 100™ (see individual products for label data, dosing and cautions).</td>
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<tr>
<td><strong>General Support</strong></td>
<td><strong>Caution:</strong> Not recommended in pregnancy or lactation</td>
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<tr>
<td>Heart/Vascular</td>
<td>Research: “This highly significant researched combination of nutritional</td>
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</table>
supplements effectively and significantly supports healthy lipids. This includes supporting proper levels of LDL-C, LDL particle number, VLDL and triglyceride, while also supporting an improvement in LDL size, from the dense type-B LDL to the less atherogenic type-A LDL, and by promoting an increase in HDL and protective HDL 2b.”

—Mark Houston, MD, MS, ABAARM, FACP, FAHA

### 5-HTP
**L-5-Hydroxy-Tryptophan**
Amino Acid

**General Support**
- Anxiety/Mood
- Brain
- Glucose Metabolism
- Sleep

Amino acid tryptophan’s metabolic precursor to serotonin (50 mg/cap) with the vegetable culture antioxidant enzymes superoxide dismutase (SOD) and catalase to increase serotonin production for insomnia, anxiety, nervousness, sugar cravings, appetite suppression, headaches, depression, moodiness, and aggressiveness.

**Dosage:** 1 cap twice daily with meals or as directed

**Caution:** Not recommended in pregnancy or lactation, and to be avoided by those with any form of cardiovascular disease

**Warning:** Contraindicated in those taking serotonin 5-HTP or receptor agonists such as naratriptan or sumatriptan (solmatriptan)

### 5-HTP Plus Forte®
**L-5 Hydroxy-Tryptophan**
Amino Acid plus Vitamin B6 Formulation

**General Support**
- Anxiety/Mood
- Brain
- Glucose Metabolism
- Sleep
- Weight Management

Amino acid tryptophan’s metabolic precursor (150 mg/cap) with Vitamin B6 as pyridoxal-5-phosphate (20 mg), and the vegetable culture antioxidant enzymes superoxide dismutase (SOD) and catalase to increase serotonin production for insomnia, anxiety, nervousness, sugar cravings, appetite suppression, headaches, depression, moodiness, and aggressiveness.

**Dosage:** 1 cap twice daily with meals or as directed

**Caution:** Not recommended in pregnancy or lactation, and to be avoided by those with any form of cardiovascular disease

**Warning:** Contraindicated in those taking serotonin 5-HTP or receptor agonists such as naratriptan or sumatriptan (solmatriptan)

### 5-MTHF Plus Forte®
**5-Methyltetrahydrofoleric Acid – Activated Folate plus B12**
Formulation

**General Support**
- Heart/Vascular
- Metabolism

Supplies folate in the active form of (6S)-5-Methyltetrahydrofolic acid, glucosamine salt thereby providing a highly absorbable, activated form of folate, which does not require enzymatic conversion to 5-methylfolate in the body; the glucosamine salt form is more stable than other forms of standard methylfolate. Supplying a higher dose of folate (2,500 mcg) than Methylfolate Plus (400 mcg/half-tablet), the formula contains 25 mcg of Vitamin B12 together with the raw, organic, vegetable culture, antioxidant enzymes superoxide dismutase (SOD) and catalase.
**Note:** Folate deficiency is one of the most common vitamin deficiencies. In individuals with homozygous (TT) or heterozygous (CT) genetic predisposition, eating folate-rich foods may not provide the recommended daily dosage of folate; thus the need for supplementation. By providing 5-methylfolate directly, 5-MTHF Plus Forte® may benefit those who do not produce enough 5-methylfolate in response to standard folic acid supplementation.

**Dosage:** ½ tab daily or as directed

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**7-Keto-Zyme™**

DHEA Metabolite

**General Support**

Adrenal/HPA Axis

**Male**

Metabolism

Weight Management

Dehydroepiandrosterone (DHEA) metabolite (5 mg/tab) with the antioxidant enzymes superoxide dismutase (SOD) and catalase (30 mg each) to modulate cortisol levels without conversion to the sex hormones estrogen and testosterone, thereby maximizing hormonal anabolic properties and minimizing their androgenic properties; also for weight management and poor memory.

**Dosage:** 1 tab 1-2 times daily with meals or as directed

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**7-Keto-Zyme Forte™**

DHEA Metabolite

Same as above at 25 mg/tab

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**Acetyl-L-Carnitine**

Amino Acid

**General Support**

Anti-Aging

Brain

Heart/Vascular

Immune

Amino acid acetyl-L-carnitine hydrochloride (500 mg/cap) serves as a neuroprotectant to retard the aging process, support the cardiovascular, immune and nervous systems, and to enhance metabolism.

**Dosage:** 1-3 caps daily with meals or as directed

**Caution:** Not recommended in pregnancy or lactation

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**ADB5-Plus™**

Adrenal, Vitamin B5 plus Multi Support Formulation

**General Support**

Adrenal/HPA Axis

Anxiety/Mood

Female

Glucose Metabolism

Proprietary, broad-spectrum vitamin, mineral, herbal, glandular, enzyme formula with pantothenic acid (B5) for adrenal support in hypoadrenia, adrenal insufficiency, postural hypotension, ligament laxity, hypoglycemia, reactive hypoglycemia, chronic fatigue, hypotension, immune insufficiency, anxiety and stress.

**Dosage:** 2 tabs daily with meals or as directed

**Caution:** Not recommended in pregnancy or lactation

**Warning:** Accidental overdose of iron-containing products is a
Heart/Vascular
Immune
Male

**Biotics Research Quick Reference Guide**

**ADHS®**
**Adrenal Hyper Secretion**
Vegetarian Adrenal Support Formulation

**Note:** Use with Cytozyme-PT/HPT™ in pituitary hypofunction.

**Dosage:** 4 tabs at breakfast and 2 at lunch or as directed; do not take after mid-afternoon to preclude sleep interference

**Caution:** Not recommended in pregnancy or lactation

**Research:** "Maladaptive neuroendocrine response" resulting from dysregulation of the stress system can adversely impact endocrine, metabolic and immune functions, and induce nutrient depletion.

<table>
<thead>
<tr>
<th>General Support</th>
<th>Immune</th>
<th>Lung/Respiratory Microbiome</th>
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<tbody>
<tr>
<td>Adrenal/HPA Axis</td>
<td>Anxiety/Mood</td>
<td>General Support</td>
</tr>
<tr>
<td>Female Glucose Metabolism</td>
<td></td>
<td>Immune</td>
</tr>
<tr>
<td>Heart/Vascular Male</td>
<td></td>
<td>Lung/Respiratory Microbiome</td>
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</tbody>
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**A.D.P.®**
**Anti-Dysbiosis Product,** Oregano Oil Emulsified for Delayed Release, Enhanced Uptake, and Utilization

**Note:** Use with Neutrophil Plus™, OOrganic-15™ and Liquid Iodine or Liquid Iodine Forte™ or Iodizyme-HP™.

**Dosage:** 5 tabs 3 times daily before meals for 21 days or as directed; after 14 days add BioDoph-7 Plus® and Colon-Plus Caps™; for sore throat crush two tablets in pure water with 2 drops of Bio-D-Mulsion™ and gargle once or twice daily

**Caution:** Not recommended in pregnancy or lactation

**Research:** The *Journal of Medicinal Food* published a study that evaluated the antibacterial activity of oregano oil against five different types of bad
After evaluating the antibacterial characteristics of oil of oregano, it revealed significant antibacterial properties against all five species. The highest activity was observed against E. coli, which suggests that oregano oil should be the standard of care to promote gastrointestinal health, and to prevent deadly food poisoning. In this regard it should be emphasized that emerging new conditions such as “winter vomiting disease” are thought to be the toxic consequence of current “food engineering” or what is now referred to as the resultant “genetically modified organism-disease” (GMO-D’s).

**Amino Acid Quick-Sorb™**
Liquid-Sublingual  
Free-Form Amino Acids Multiple

**General Support**  
Brain  
Glucose Metabolism  
Musculoskeletal

| **Dosage:** 15-20 drops squirted under the tongue 1-3 times daily as required or as directed |

**Amino Sport™**
Broad-Spectrum  
Amino Acids Multiple

**General Support**  
Musculoskeletal

| **Dosage:** 3 caps 2-4 times daily before meals or as directed |

**Research:** Seniors may benefit from essential amino acid supplementation in terms of increasing lean body mass, muscle strength, and physical function.

**N.B. Contains ingredients derived from Milk.**

**Aqua Mag-Cl™**
Liquid Magnesium Chloride

**General Support**  
Heart/Vascular  
Musculoskeletal

| **Dosage:** 1-3 tsp daily in choice of beverage or as directed |

**Caution:** Use only as recommended; while generally well-tolerated, most side effects are due to toxicity; mild hypermagnesemia is also generally well-tolerated, but severe hypermagnesemia can affect the nervous and cardiovascular systems; therefore, the product may be contraindicated with renal impairment or marked myocardial disease

**Aqueous Chromium™**
Liquid Chromium Chloride

| **Dosage:** Liquid, trivalent chromium chloride (150 mcg/drop) for increased or decreased blood glucose, elevated cholesterol with low HDL, increased triglycerides, morning sickness, pancreatic
<table>
<thead>
<tr>
<th><strong>General Support</strong></th>
<th><strong>Glucose Metabolism</strong>&lt;br&gt;<strong>Pancreas</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Note: Use with Amino Acid Quick-Sorb™ for fatigue and reactive hypoglycemia; 20-30 drops or as recommended.</td>
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<tr>
<td><strong>Dosage:</strong> 1-2 drops daily with food or as directed</td>
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<tr>
<th><strong>Aqueous Multi-Plus™</strong>&lt;br&gt;<strong>Liquid Multiple Vitamin/Mineral Formulation</strong></th>
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<tbody>
<tr>
<td>Liquid multivitamin/mineral (calcium, magnesium, potassium, zinc, selenium, copper, manganese, chromium, molybdenum) without iron or folic acid for general nutritional support; especially effective with children, seniors, and those who will not or cannot take tablets or capsules.</td>
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<tr>
<td><strong>Dosage:</strong> 1-2 tbsp daily for adults; 1 tbsp for children 4 or older; ½ tbsp for children under 4 years old with meals or as directed</td>
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<tr>
<th><strong>Aqueous Selenium™</strong>&lt;br&gt;<strong>Liquid Selenium as Sodium Selenate</strong></th>
</tr>
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<tbody>
<tr>
<td>Liquid, inorganic, selenium selenate (95 mcg/drop) for free radical issues, thyroid hypofunction (decreased T-3 uptake), fibroids and cysts, cardiac stress, pancreatic dysfunction, vitamin E synergist, and increased glutathione peroxidase production.</td>
</tr>
<tr>
<td><strong>Dosage:</strong> 1-3 drops 3 times daily with meals or as directed</td>
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<tr>
<th><strong>Aqueous Zinc™</strong>&lt;br&gt;<strong>Liquid Zinc for Zinc Taste Test &amp; Supplementation</strong></th>
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<tbody>
<tr>
<td>Liquid zinc sulfate heptahydrate (2.3 mg/2 tsp) for optimal cellular function, the zinc taste test (ZTT) to determine zinc tissue status, and for general zinc supplementation with immune insufficiency, loss of sense of smell and taste, slow healing cuts, acne, low libido, prostate hypertrophy, hair loss, chronic yeast infections, macular degeneration, premature graying, fingernail white spots, synergist to magnesium, vitamin B6 and chromium.</td>
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<tr>
<td><strong>Dosage:</strong> 2 tsp 2-3 times daily with meals or as directed</td>
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<tr>
<th><strong>Argizyme™</strong>&lt;br&gt;<strong>Arginase Enzyme Source</strong></th>
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<tr>
<td>Proprietary blend of enzymatically processed, organic beet concentrate/culture, tillandsia (Spanish moss), rice bran powder and syrup solids in a vegetable culture base of superoxide dismutase (SOD) and catalase (20 mcg each) with vitamins (A and C), amino acids (L-Leucine, L-Cysteine, L-Valine, L-Alanine), and neonatal animal liver tissue concentrate as a source of the enzyme arginase for general and renal hypertension, benign prostate hypertrophy, kidney/bladder dysfunction, male</td>
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</table>
impotence (nitric oxide precursor), and edema.

**Dosage:** 1 cap 1-3 times daily with meals or as directed  
**Caution:** Not recommended in pregnancy or lactation

**B6 Phosphate**  
Vitamin B6, Natural Form  
Pyridoxal-5-Phosphate (P5P)

Biologically, coenzymatic, active form (pyridoxal-5-phosphate or P5P) of vitamin B6 (20 mg/tab) in a vegetable culture base of the antioxidant enzymes superoxide dismutase (SOD) and catalase (20 mcg each) for support of healthy renal/kidney function, carpal tunnel syndrome, joint pain, trigger finger (use with raw pecans), extremity burning or tingling, light and MSG sensitivity, low liver transaminases, poor dream recall, and as a synergist to magnesium and zinc.

**Note:** P5P is the only form of vitamin B6 assimilable by fetal and neonatal tissue; prescription drugs like oral contraceptives, antidepressants, antibiotics, diuretics and some corticosteroids deplete the body’s B6 reserves; vitamin B6 deficiency is often accompanied by both magnesium and zinc deficiencies as well; consider using Mg-Zyme™ and Zn-Zyme™ or Zn-Zyme Forte™.  
**Dosage:** 1-2 tabs 1-3 times daily with meals or as directed

**Research:** As the coenzyme for over 100 metabolic processes, vitamin B6 is indispensable for the conversion of amino acids, neurotransmitter and hemoglobin production, fatty acid, prostaglandin, carbohydrate and protein metabolism, blood glucose regulation, and overall immune function.

**B6/B1 Plus Zinc**  
Vitamins B6 & B1 plus Zinc

Coenzymatic vitamins B6 (as pyridoxal-5-phosphate or P5P) and B1 (as cocarboxylase chloride) in their active forms plus zinc (as gluconate) for support of brain function, cognitive competence, mood equilibrium, anxiety reduction, and trigger finger.

**Dosage:** 1-3 tabs daily or as directed

**B12-2000™ Lozenges w/High-Potency Levels of Vitamins B12/Folate/B6**

Naturally flavored vitamin B12 (2000 mcg) as hydroxocobalamin, folate (800 mcg) as calcium folinate, and B6 (2 mg) as pyridoxal-5-phosphate (P5P) lozenges for anemia, chronic fatigue and debilitation, hypochlorhydria, homocystinuria, digestive inflammation, diabetes, neuromuscular disorders, elevated MCV/MCH, and vegetarian diet.

**Note:** Especially important for pregnant women and for those who are planning to become pregnant in light of the product’s
**B12/Folate Plus™**  
**Vitamin B12** w/Folate plus Vitamin C  
**General Support**  
**Brain**  
**Female**  
**Male**

Vitamin B12 (4 mcg), folate (200 mcg), vitamin C (30 mg), tillandsia (Spanish moss), the antioxidant enzymes superoxide dismutase (SOD) and catalase from vegetable culture for use as a tonic, in short-term memory loss, for blood quality (iron-to-hemoglobin conversion), and for hormonal production support.

**Dosage:** 1-2 caps 3 times daily with meals or as directed  
**Caution:** Not recommended in pregnancy

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**Basic Nine™**  
9 Vegetable Culture-Based Trace Elements Multiple Formulation  
**General Support**  
**Immune**

Whole food, vegetable culture (plant-bound), primary trace minerals (selenium, chromium, lithium, molybdenum, rubidium, vanadium, germanium) with superoxide dismutase (SOD), catalase, and silicon (*Saccharum officinarum*) for trace element insufficiency, chronic debilitation, glandular hyper and hypo dysfunction, malabsorption, distilled water usage, and synergist with trace element therapy (e.g., rubidium, lithium, etc.).

**Dosage:** 1-2 tabs 3 times daily with meals or as directed

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**Berberine HCl**  
Plant Alkaloid Formula from Barberry [Berberis] Hydrochloride  
**General Support**  
**Gastrointestinal**  
**Glucose Metabolism**  
**Heart/Vascular**  
**Immune**  
**Intestinal/Stomach**  
**Microbiome**

Plant (roots, rhizomes, stem barks) alkaloid purified from Barberry (*Berberis vulgaris*) at 500 mg/cap for supporting gastrointestinal function, immunostimulatory/antimicrobial activity (bacteria, viruses, yeasts, fungi, protozoans, helminths, chlamydia), blood pressure (antihypertensive) and blood sugar modulation (antihyperglycemic), blood glucose (HbA1c, fasting, and postprandial) and blood lipid levels (total/LDL cholesterol, triglycerides) reduction, and other actions such as sedative, anticonvulsant, uterotonic, choleretic, and carminative.

**Dosage:** 1 cap daily and up to 1 cap t.i.d. (2g/day for 8 weeks)  
**Caution:** Not recommended in pregnancy and lactation, for children, or for those with congestive heart failure (CHF)

**Research:** As an antibacterial compound, berberine has demonstrated effectiveness against a broad spectrum of bacteria, yeasts, fungi and parasites. Bacterial susceptibility to Berberine includes *Staphylococcus aureus*, *Streptococcus pyogenes*, *Eschericha coli*, *Shigella boydii*, *Vibrio cholerae*, and *Mycobacterium tuberculosis*. Yeasts and fungal susceptibility includes *Candida albicans*, *Candida tropicalis*, *Trichophyton mentagrophytes*, *Microsporum gypseum*, *Cryptococcus neoformans*, and *Sporotrichum*.  

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**high level of folate; in addition it should be noted that the product "also contains mannitol, sorbitol, natural flavor, stearic acid and magnesium".**

**Dosage:** 1-3 lozenges daily between meals or as directed
*schenkii*; while parasitic susceptibility includes *Entamoeba histolytica*, and *Giardia lamblia*. Its mechanism of action is thought to result in part due its characteristic structure, that of a planar cationic molecule. This structural arrangement enables it to intercalate the DNA structure, similar in fashion to the mechanism of ethidium bromide.

### Betaine Plus HP™

#### High-Potency Betaine Hydrochloride plus Pepsin Formulation

**General Support**  
**Intestinal/Stomach Microbiome**

- **N.B. One (1) Betaine Plus HP tablet equals five (5) Hydro-Zyme tablets.**

High-potency (almost five times the strength of Hydro-Zyme™), betaine hydrochloric acid (700 mg/cap) and pepsin (10 mg) in capsule form for gastrointestinal upset, chronic indigestion, heartburn, achlorhydria, chronic hypochlorhydria (gas, bloating, halitosis, body odor, loss of taste for meat), anemia, pregnancy, low mineral values per TMA testing, food allergies, yeast overgrowth, bacterial and parasitic infection, and bowel dysfunction (constipation or diarrhea).

**Note:** Hydrochloric acid is required in sufficient amounts to maintain a gastric juice pH between 1.5 and 2.5 for the proper absorption of protein, vitamins (B1, folic acid, B12, D), and minerals (calcium, phosphorus, zinc, iron).

**Dosage:** 1 cap per meal to start or as directed; increase by another every 7 days until symptom-free or to gastric distress, then reduce by 1

**Research:** Betaine HCl is not only a potential methyl donor, but also may be beneficial for the production of 2-methoxyestradiol and its function as a metabolite in the inhibition of extraneous cellular proliferation.

### Beta Plus™

#### Beet Concentrate plus Bile Salts & Pancrelipase

**General Support**  
**Detoxification**  
**Liver/Gallbladder Microbiome**

Organic, whole beet concentrate (100 mg/tab), pancrelipase (50 mg), and ox bile extract or purified bile salts (100 mg) together with the vegetable culture, antioxidant enzymes superoxide dismutase (SOD) and catalase (20 mg each) for *biliary insufficiency* as evidenced by light- or clay-colored stools, greasy or floating stools, constipation, intolerance of fatty foods, and for cholecystectomized patients without a gallbladder, etc.

**Dosage:** 1-3 tabs per meal daily on a "cycled" basis to prevent biliary dependence or as directed

**Research:** In addition to supporting the efficient uptake of oily nutrients, bile acids also enhance the digestion and assimilation of dietary proteins (whey, casein and egg albumen) by pancreatic proteases accelerating hydrolysis.

### Beta-TCP™

#### Beet-Taurine, Vitamin C, Pancrelipase Beet Concentrate Formula

Organic, whole beet concentrate (100 mg/tab) with the amino acid taurine, beet source vitamin C, pancrelipase, and the vegetable culture antioxidant enzymes superoxide dismutase (SOD) and catalase for proper gallbladder function; fat
metabolism and detoxification through biliary support, including cholesterol-to-bile acid conversion, but without purified bile salts, for *biliary stasis* without constipation or light colored stools but with a gallbladder, reducing homocysteine, increasing S-adenosyl-L-methionine (SAMe), need for methyl donors from betaine (trimethylglycine), fatty or fried food intolerance, gas, bloating, constipation, postprandial referred pain to the scapula, pain over eyes, and in the webbing between the right thumb and forefinger, history of gallbladder attacks, and stone suspicion.

**Note:** Use with Liquid Iodine, Mg-Zyme™, B6 Phosphate and Phosphatidylcholine for gallstones (known or suspected).

**Dosage:** 2-3 tabs 3 times daily with meals or as directed

**Research:** Cholecystectomy (gallbladder removal) following biliary lithogenesis (gallstone generation) and associated intestinal dysbiosis and inflammation has resulted in progressive deterioration in intestinal microecology leading to inflammation and atrophy of the intestinal mucosa as well as an increased frequency of colon polyps.

**Bio-3B-G®**
Phosphorylated B Vitamins with Thiamine
B1 Emphasis

**General Support**
Adrenal/HPA Axis
Glucose Metabolism
Pancreas
Sleep

Multiple B vitamin formula with biologically active, phosphorylated forms of B1 (4.5 mg), B2 (1.7 mg), and B6 (2 mg) at 3 times the RDA for the B1 thiamine component and the RDA for all the other B vitamin fractions (B3, folate, B5, biotin B7, B12) in an antioxidant enzyme, vegetable culture base with superoxide dismutase (SOD) and catalase; use for thiamine B1 need as in hypotension, psychological stress, hypoglycemia, adrenal cortical hypofunction, and acute fatigue.

**Dosage:** 1-3 tabs 3 times daily with meals or as directed

**Bio-6-Plus™**
Pancreatic Enzymes plus SOD & Catalase

**General Support**
Intestinal/Stomach Microbiome
Pancreas

Raw, porcine, pancreatic, enzyme concentrate (250 mg) including amylase (50,000 NF Units), lipase (9,300 NF Units), and protease (50,000 NF Units) with the antioxidant enzymes superoxide dismutase (SOD) and catalase *enterically coated* for medial or distal small intestine application in pancreatic dysfunction, hyperglycemia, and intestinal mucus.

**Dosage:** 3 tabs 3 times daily before meals or as directed
### **Bio-Ae-Mulsion®**
**Vitamin A & Emulsion for Enhanced Uptake & Utilization**

<table>
<thead>
<tr>
<th>General Support</th>
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<tbody>
<tr>
<td><strong>Eyes</strong></td>
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<tr>
<td><strong>Immune</strong></td>
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<tr>
<td><strong>Kidney/Bladder</strong></td>
</tr>
<tr>
<td><strong>Lung/Respiratory</strong></td>
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<tr>
<td><strong>Thyroid</strong></td>
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<tr>
<td><strong>Sleep</strong></td>
</tr>
</tbody>
</table>

Liquid, micro-emulsified (oil-in-water) vitamin A as palmitate (2,000 IU/drop) with some vitamin E to prevent oxidation for free radical issues, immune depletion, renal and bladder dysfunction, viral and bacterial infections, colds and flu, environmental allergies, acne, night blindness, skin disorders, vaginal douche for candidiasis and vaginitis, and tinnitus.

**Dosage:** 1-2 drops in pure water 1-3 times daily before meals or as directed

**Caution:** Not recommended in pregnancy or lactation

**Warning:** For adult use only; keep out of reach of children; use only as recommended; excessive consumption has been shown to cause serious health problems

### **Bio-Ae-Mulsion Forte®**
**Vitamins A & Emulsion Fortified Dosage**

<table>
<thead>
<tr>
<th>General Support</th>
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<tbody>
<tr>
<td><strong>Same as above</strong></td>
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</table>

Same as Bio-Ae-Mulsion® but at 12,500 IU/drop for all immune conditions (bacterial and viral infections, colds, flu, etc.), ocular health, and as a vaginal douche for candidiasis and vaginitis.

**Note:** For douche use 10 drops in pure water with ½ teaspoon of BioDophilus-FOS™ and 10 drops of Liquid Iodine; for onset of cold or flu use 6 drops in pure water twice daily with Bio-Immunozyme Forte™ (2 tabs 3 times daily with meals) and Bio-C Plus 1000™ (1 tab every 2 hours for 48 hours).

**Dosage:** 1 drop daily with meals or as directed

**Caution:** Not recommended in pregnancy

**Warning:** For adult use only; keep out of reach of children; use only as recommended; excessive consumption of vitamin A has been shown to cause serious health problems

### **Bio-Allay®**
**Botanical “Pain Relief” Analgesic Formulation**

<table>
<thead>
<tr>
<th>General Support</th>
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<tbody>
<tr>
<td><strong>Immune</strong></td>
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<tr>
<td><strong>Inflammation</strong></td>
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<tr>
<td><strong>Musculoskeletal</strong></td>
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</table>

Proprietary botanical formulation (950 mg/2 caps) of three standardized, classic, herbal extracts known for their analgesic properties: White Willow (*Salix alba*) bark (acetylsalicylic acid) for inhibition of pro-inflammatory COX-2 transcription, Devil’s Claw (*Harpagophytum procumbens*) for musculoskeletal support, and Boswellia (*Boswellia serrata*) a.k.a. Frankincense for anti-inflammatory inhibition of 5-lipoxygenase, for inducing musculoskeletal comfort by alleviating pain, reducing swelling, enhancing joint flexion, and for support of neurological function in the modulation—the downregulation of pro-inflammatory compounds—of inflammation.

**Dosage:** 2 caps twice daily or as directed

**Caution:** Not recommended in pregnancy or lactation
| **Bio-Anabolic Pack™**  
Body Building Multiple For **Anabolic** Support  
(31 Packets - 5 Products) | Multiple vitamin/glandular formulation to support both male and female anabolic activity by increasing lean body mass for the athlete, elderly, hospitalized, surgical patient recovery, and wasting conditions.  
**Note:** For bodybuilding add Amino Sport™ (1 cap 3 times daily with meals), Gammanol Forte™ (2 tabs 3 times daily with meals), and Multi-Mins™ (1 tab twice daily with meals).  
**Dosage:** 1 packet daily or as directed for bodybuilders  
**Warning:** Contains the amino acid L-Phenylalanine; therefore, contraindicated in Phenylketonuria (PKU) |
| --- | --- |
| **Bio-B 100™**  
Vitamin B-Complex with Phosphorlated B Vitamin Fractions | Low-dose, naturally occurring, yeast-free, B vitamin complex multiple including thiamine B1 (the “B” factor), riboflavin B2 (the “G” factor), and B6 pyridoxine in their biologically active, phosphorylated forms for sensitivity to light, sound and smell, night sweats, chronic HCl insufficiency, burning feet, red or swollen tongue, redness of hands or eyes, cracks at the corner of the mouth, adrenal dysfunction, glycemic dysfunction, lack of energy, and synergist to magnesium and zinc.  
**Dosage:** 1–4 tabs 3 times daily with meals or as directed |
| **Bio-B Complex™**  
High-Potency Vitamin B-Complex Formulation | High-potency B vitamin complex (25-50 mg/B vitamin fraction) with antioxidant enzymes superoxide dismutase (SOD) and catalase from vegetable culture for short-term use (up to 30 days) with recovery from serious debilitation, alcoholism, and homocystinuria.  
**Dosage:** 1-2 tabs 3 times daily with meals or as directed |
| **Bio-B with C™**  
Vitamin B-Complex with Vitamin C & Probiotics | Same as Bio-B Complex™ but with vitamin C (100 mg/tab), Neonatal Liver Concentrate (bovine), Inositol, Choline, L-Lysine, Pancrelipase, and a probiotic complex (Lactobacillus acidophilus DDS-1 and Bifidobacterium bifidum organisms) together with the vegetable culture, antioxidant enzymes SOD and catalase for digestive and hepatic support.  
**Note:** In addition to the clinically standard, water-soluble form of vitamin C (ascorbic acid or ascorbate), both its fat-soluble form, Ascorbyl Palmitate, and its phospholipid encapsulated, molecule-soluble form, Liposomal C, may be added to any |
fermentation of probiotic ingredients. typical, clinical protocol, which includes vitamin C for total body saturation with this vital vitamin. **Dosage:** 1-2 tabs 3 times daily with meals or as directed

<table>
<thead>
<tr>
<th><strong>Bio-Cardio 369</strong>&lt;sup&gt;®&lt;/sup&gt; Cardiovascular EFAs 3, 6, 9 Formulation (31 Packets - 8 Products)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>General Support Heart/Vascular</strong></td>
</tr>
<tr>
<td>N.B. Contains ingredients derived from Sardine, Anchovy or Tuna.</td>
</tr>
<tr>
<td><strong>Dosage:</strong> 1 pack daily with a meal or as directed</td>
</tr>
<tr>
<td><strong>Caution:</strong> Not recommended in pregnancy</td>
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</tbody>
</table>

Broad-spectrum, multiple nutrient packet (8 supplements each) containing essentially the same constituents as Bio-Cardio Packs<sup>®</sup> with the Optimal EFAs Caps<sup>®</sup> (Omega-3, 6, 9) essential fatty acids from flaxseed, fish, and borage oils for long-term, prophylactic support of cardiovascular function and cardiac-specific conditions.

<table>
<thead>
<tr>
<th><strong>Bio-Cardio Packs</strong>&lt;sup&gt;®&lt;/sup&gt; Cardiovascular Formula (31 Packets - 8 Products)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>General Support Heart/Vascular</strong></td>
</tr>
<tr>
<td><strong>Dosage:</strong> 1 pack daily with a meal or as directed</td>
</tr>
<tr>
<td><strong>Caution:</strong> Not recommended in pregnancy</td>
</tr>
</tbody>
</table>

Broad-spectrum, multiple nutrient packet containing essentially the same constituents as Bio-Cardiozyme Forte<sup>®</sup> with additional CoQ10, purified chondroitin sulfate, flaxseed oil, vitamin E, and the biologically active phosphorylated forms of B1, B2, and B6 for long-term, preventive support of cardiovascular function and cardiac-specific conditions.

<table>
<thead>
<tr>
<th><strong>Bio-CardioSirt BP™ Cardiovascular Blood Pressure Formulation</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>General Support Heart/Vascular</strong></td>
</tr>
<tr>
<td><strong>Formulated by Mark Houston, MD</strong></td>
</tr>
<tr>
<td>Cardiovascular formula comprised of 7 key micronutrients clinically documented to modulate blood pressure thereby providing normal, healthy BP levels especially important with increasing age: Vitamins C (1,000 mg), D (2,000 IU), B6 (100 mg), Biotin B7 (2,000 mcg), Magnesium (87 mg) and a proprietary blend of Taurine and MegaNatural&lt;sup&gt;®&lt;/sup&gt;-BP Grape Seed Extract (6,150 mg) per one rounded scoop.</td>
</tr>
<tr>
<td><strong>Dosage:</strong> 1 rounded scoop (about 7.8 g) with 6 to 8 ounces of water or beverage of choice daily or as directed</td>
</tr>
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</table>

**Research:** A placebo-controlled, double-blind, human clinical trial of 42 adult patients with hypertension was conducted at the Hypertension Institute (Nashville, TN) by Dr. Mark Houston. Its purpose was to evaluate the effects of Bio-CardioSirt BP™ on hypertensive patients (systolic BP >140 mmHg and/or diastolic BP >90 mmHg). Excluded were those with clinical angina, myocardial infarction, or known cancer within the past 5 years, history of cerebrovascular accident, liver disease (creatinine >2.5 mg%), and congestive heart failure. 22 patients took Bio-CardioSirt BP™, while 20 were on the placebo. Results? The active group lowered SBP 13.24 at week 2 and 15.96
Conclusion: *Bio-CardioSirt BP™* works.

<table>
<thead>
<tr>
<th><strong>Bio-Cardiozyme Forte®</strong>&lt;br&gt;Cardiovascular Fortified Formulation</th>
<th>Broad-spectrum, multiple nutrient formulation for cardiovascular support including neonatal glandulars (heart, adrenal, pancreas, pituitary/hypothalamus complex), vegetable culture trace elements, the biologically active, phosphorylated forms of B1, B2, B6, amino acids (taurine, carnitine, methionine, lysine, NAC), Hawthorn berries, and the vegetable culture antioxidant enzymes SOD and catalase for cardiac fatigue, muscle atrophy and weakness, angina, elevated blood pressure, and for long-term preventive support.</th>
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<tbody>
<tr>
<td><strong>Note:</strong> Add CoQ-Zyme 30™, L-Carnitine in severe cardiac stress. <strong>Dosage:</strong> 4 caps daily with meals or as directed</td>
<td></td>
</tr>
<tr>
<td><strong>Bio-CMP™</strong>&lt;br&gt;Calcium, Magnesium, and Potassium Major Minerals Formulation</td>
<td>Alkaline ash, electrolyte minerals calcium as gluconate (18 mg), magnesium as gluconate (5 mg), and potassium as chloride (52 mg) for muscle and menstrual cramping, adrenal fatigue, bursitis, edema, tendonitis, radiation exposure, food or environmental sensitivity, low salt diets, systemic acidosis, and inflammation.</td>
</tr>
<tr>
<td><strong>General Support</strong>&lt;br&gt;Adrenal/HPA Axis Female Inflammation Musculoskeletal Sleep</td>
<td><strong>Note:</strong> For bursitis or tendonitis use 2 tabs/hr with E-Mulsion 200™ and Bio-C Plus™ at 1 each/hr. <strong>Dosage:</strong> 1-2 tabs 1-3 times daily before meals or as directed; with acute cramping 4 tabs immediately, then 3/hr for up to 4 hours</td>
</tr>
<tr>
<td><strong>Bio-C Plus™</strong>&lt;br&gt;Vitamin C plus Mixed Ascorbates with Bioflavonoids</td>
<td>Buffered vitamin C with mixed ascorbates (500 mg), citrus bioflavonoids (100 mg), and vegetable culture, antioxidant enzymes superoxide dismutase (SOD) and catalase for colds, flu, fever, fatigue, adrenal stress, inflammation, healing, and for long-term vitamin C supplementation.</td>
</tr>
<tr>
<td><strong>General Support</strong>&lt;br&gt;Adrenal/HPA Axis Immune Inflammation Oral/Dental</td>
<td><strong>Note:</strong> In addition to the clinically standard, water-soluble form of vitamin C (ascorbic acid or ascorbate), both its fat-soluble form, Ascorbyl Palmitate, and its phospholipid encapsulated, molecule-soluble form, Liposomal C, may be added to any typical, clinical protocol, which includes vitamin C for total body saturation with this vital vitamin. <strong>Dosage:</strong> 1-2 tabs 3 times daily with meals or as directed</td>
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<p>| <strong>Bio-C Plus 1000™</strong> | Same as Bio-C Plus™ but with more mixed ascorbates (850 |</p>
<table>
<thead>
<tr>
<th><strong>Vitamin C plus Mixed Ascorbates with Bioflavonoids</strong></th>
<th>mg) plus calcium (50 mg) and magnesium (32 mg).</th>
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<tbody>
<tr>
<td><strong>General Support</strong></td>
<td><strong>Note:</strong> In addition to the clinically standard, water-soluble form of vitamin C (ascorbic acid or ascorbate), both its fat-soluble form, Ascorbyl Palmitate, and its phospholipid encapsulated, molecule-soluble form, Liposomal C, may be added to any typical, clinical protocol, which includes vitamin C for total body saturation with this vital vitamin. <strong>Dosage:</strong> 1-2 tabs 3 times daily with meals or as directed</td>
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<thead>
<tr>
<th><strong>Bioctasol Forte®</strong></th>
<th>Octacosanol (Rice Bran Extract) Fortified with SOD &amp; Catalase</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>General Support</strong></td>
<td><strong>Dosage:</strong> 1-3 tabs 3 times daily with meals or as directed</td>
</tr>
<tr>
<td>Adrenal/HPA Axis</td>
<td>Octacosanol—a natural waxy substance found in some plant oils and the primary component of the sugar cane extract called policosanol—(6,000 mcg) formula from rice bran extract, together with the antioxidant enzymes superoxide dismutase (SOD) and catalase (20 mcg each) from raw, organic vegetable culture for increased oxygen utilization by muscle and nerve tissue, neuromuscular degeneration, adrenal fatigue, and for those who cannot maintain manipulative adjustment.</td>
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<tr>
<td>Lung/Respiratory Musculoskeletal</td>
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<tr>
<th><strong>Bio-Cyanidins®</strong></th>
<th>Proanthocyanidins Antioxidant Formula</th>
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<tbody>
<tr>
<td><strong>General Support</strong></td>
<td><strong>Dosage:</strong> 1 tab 1-2 times daily with meals or as directed</td>
</tr>
<tr>
<td>Eyes</td>
<td>Proanthocyanidins (most bioavailable of all the polyphenols) formulation of Pycnogenol® (French maritime) pine bark (15 mg) and grape seed extract (35 mg at 95% OPCs) for metabolic antioxidant activity, viral conditions, retinopathy (macular degeneration), capillary fragility (bruising), joint problems, blood thinning, and for cardiovascular and immune support.</td>
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<tr>
<td>Heart/Vascular Immune</td>
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<tr>
<th><strong>Bio-Detox Packs™</strong></th>
<th>Detoxification Program (30 Packets-12 Products)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>General Support</strong></td>
<td><strong>Dosage:</strong> 1 packet 3 times daily or as directed</td>
</tr>
<tr>
<td>Detoxification</td>
<td>Comprehensive detoxification program comprised of seven separate products providing antimicrobial, proteolytic enzyme, hepatobiliary, antioxidant, essential fatty acid, and metabolic clearing support respectively: A.D.P.® (2), Bromelain Plus CLA™ (2), Livotrit Plus® (1), Beta-TCP™ (3), BioProtect™ (1), Optimal EFAs Caps® (2), MCS-2® (1).</td>
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<tr>
<th><strong>Bio-D-Mulsion®</strong></th>
<th>Vitamin D Emulsion for Enhanced Uptake</th>
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<tbody>
<tr>
<td><strong>N.B. Contains ingredients derived from Sardine, Anchovy or Tuna.</strong></td>
<td>Liquid, micro-emulsified vitamin D-3 as cholecalciferol (400 IU per drop) for hypovitaminosis D, osteoporosis, osteoarthritis, parathyroid dysfunction, diastolic hypotension, calcium and</td>
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and Utilization

<table>
<thead>
<tr>
<th>General Support</th>
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<tbody>
<tr>
<td>Children</td>
</tr>
<tr>
<td>Female</td>
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<tr>
<td>Heart/Vascular</td>
</tr>
<tr>
<td>Immune</td>
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<tr>
<td>Inflammation</td>
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<tr>
<td>Male</td>
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<tr>
<td>Musculoskeletal</td>
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<td>Oral/Dental</td>
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</table>

magnesium synergist, free radical issues, bone healing, neuromuscular disease, those who avoid sunshine or are house-bound, inflammatory, and autoimmune diseases.

**Note:** Product contains no artificial colorants or flavorings and no propylene glycol, especially important for those with malabsorption issues.

**Dosage:** 1-10 drops in pure water 2-3 times daily with meals or as directed; apply topically for psoriasis

**Warning:** Intended for use under the direction and supervision of a healthcare professional; use only as recommended; excessive consumption may cause serious health problems

**Research:** Studies have shown that vitamin D supplementation 1) during pregnancy may enhance placental immunity and afford infection protection, and 2) in multiple sclerosis (MS) may enhance immune modulating effects such as improved regulatory T cell function. **Low serum levels of 25-hydroxyvitamin D are strongly associated with increased risk of myocardial infarction (MI), coronary artery disease (CAD), peripheral arterial disease (PAD), many cancers, fibromyalgia, anxiety, and depression.**

<table>
<thead>
<tr>
<th>Bio-D-Mulsion Forte®</th>
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<tbody>
<tr>
<td>Vitamin D Emulsion</td>
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<tr>
<td>Fortified (2000 IU/ Drop)</td>
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</table>

Same as Bio-D-Mulsion® but at 2000 IU per drop for hypovitaminosis D, free radical conditions, hypertension, insulin resistance, epilepsy, polycystic ovary syndrome (PCOS), osteoarthritis, inflammatory and autoimmune diseases (Grave’s, systemic lupus erythematosus (SLE) & rheumatoid arthritis (RA).

**Note:** Product contains no artificial colorants or flavorings and no propylene glycol, especially important for those with malabsorption issues.

**Dosage:** 1-4 drops daily with meals or as directed

**Warning:** Intended for use under the direction and supervision of a healthcare professional; use only as recommended unless otherwise directed; excessive consumption has been shown to cause serious health problems

**Research:** Recent scientific study has demonstrated that the physiologic requirement for this foundational vitamin (more properly understood to be in fact a steroid hormone) may be as high as 4,000 IU or more (some say twice that amount) for adults. The peripheral and central nervous systems display receptor sites for vitamin D activity as do brain, breast, and prostate tissues as well. It is thought that vitamin D modulates serotonin and melatonin synthesis and metabolism. Therefore, it can be readily understood why a micro-emulsified D is critical for those with malabsorption challenges. Finally, **it should be noted that published clinical studies have shown and demonstrated significant improvement in 25-hydroxyvitamin D [25(OH)D] concentrations (202% increase) in as little as six weeks**
**BioDoph-7 Plus**

*7 Probiotics/3 Prebiotics plus Botanicals Formula*

**General Support**
*Children Intestinal/Stomach Microbiome*

**Formulated by**
*Gary Lasneski, DC*

N.B. Contains ultra-trace amount (<0.3 ppm) of milk constituents, which are used in the fermentation of probiotic ingredients.

Proprietary, broad-spectrum, prebiotics (3 ea) and probiotics (7 ea) formula, 400 mg blend of Inulin (from Chicory Root), Arabinogalactans (from Larch), Marshmallow (*Althaea officinalis*) root extract, Bifidobacterium (bifidum, lactis, breve), Lactobacillus (paracasei, plantarum, salivarius), Streptococcus thermophilus (inhibits growth of bad bacteria) providing more than 20 billion viable organisms for support of immune intestinal health, improved digestion, gastrointestinal disease (bowel flora imbalance) including parasite/fungal/yeast overgrowth, constipation, diarrhea, gastric inflammation, and post-antibiotic therapy.

*Note:* Probiotics are classically defined as "a preparation of, or a product containing viable, defined microorganisms in sufficient numbers, which alter the microbiota (typically by colonization) in a compartment of the host." In humans the organ considered to be the most diverse and the most metabolically active is the gastrointestinal tract and its microbial community.

**Dosage:** 1-3 (vegetarian) caps daily or as directed; long-term viability of probiotic organisms is enhanced by refrigeration.

---

**BioDophilus Caps™**

*Lactobacillus Acidophilus and Bifidobacterium Probiotic with FOS (Fructooligosaccharides)*

**General Support**
*Immune Intestinal/Stomach Microbiome*

N.B. Contains ultra-trace amount (<0.02 ppm) of milk constituents, which used in the fermentation of probiotic ingredients.

Lactobacillus acidophilus (DDS-1), Bifidobacterium bifidum (1 billion/cap), and beet source fructooligosaccharides (FOS) (1,200 mg/cap) for inhibition of detrimental bacteria, restoration of normal bowel flora as in post-antibiotic therapy, diarrhea, constipation, gastric inflammation, intestinal parasites, and fungal/yeast overgrowth.

*Note:* Use after two weeks of A.D.P.® anti-dysbiosis therapy with emulsified oil of oregano.

**Dosage:** 3-6 caps 2-3 times daily before meals or as directed; long-term viability of organisms enhanced by refrigeration.

---

**BioDophilus-FOS™**

*Powder Form of Above*

**General Support**
*Same as above*

Same as BioDophilus™ Caps, but in powder form (3 billion/½ tsp) in a base of beet source fructooligosaccharides (FOS) (1,200 mg/½ tsp).

**Dosage:** ½-1 tsp (about 1.5 g) 1-2 times daily before meals or...
<table>
<thead>
<tr>
<th>Product</th>
<th>Description</th>
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<tbody>
<tr>
<td>BioDrive® Herbal Adaptogen Formula for Drive, Libido &amp; Energy Support</td>
<td>Botanical, adaptogenic formulation (800 mg/2 caps) of Rhodiola (<em>Rhodiola rosea</em>), Damiana (<em>Turnera diffusa</em>), Ginkgo (<em>Ginkgo biloba</em>), American Panax Ginseng (<em>Panax quinquefolius</em>), and Stinging Nettle (<em>Urtica dioica</em>) for hormonal modulation and libido enhancement as well as for support of the immune, musculoskeletal, nervous, cellular, metabolism, vision, and respiratory systems.</td>
</tr>
<tr>
<td><strong>Dosage:</strong></td>
<td>2 caps in the morning or as directed</td>
</tr>
<tr>
<td><strong>Caution:</strong></td>
<td>Not recommended in pregnancy or lactation</td>
</tr>
<tr>
<td><strong>Warning:</strong></td>
<td>For adult use only</td>
</tr>
</tbody>
</table>

| Bio-E-Mulsion Forte® Vitamin E Emulsion for Enhanced Uptake and Utilization | Liquid, micro-emulsified, natural vitamin E (30 IU/5 drops) for muscle and ligament weakness, chronic bacterial and viral infections, cardiac stress, angina, topically for skin lesions, and to prevent scarring from burns, abrasions, or acne.                                                                                           |
| **Dosage:**                                  | 5 drops (about 0.2 ml) in pure water daily before meals or as directed                                                                                                                                                                                                                                                                    |

| Bio-FCTS™ Flavonoids/Vitamin C/Thymus/Spleen Antioxidant Bioflavonoids Formulation | Broad-spectrum, antioxidant formula blend of bioflavonoids from buckwheat, green tea (EGCG), and citrus (440 mg) together with vitamin C (75 mg), quercetin (100 mg), neonatal thymus, and spleen, for immune dysfunction, bacterial and viral infections, vascular headaches, hemorrhoids, capillary fragility, inflammation, hypertension, atherosclerosis, and prevention of viral reverse transcription. |
| **Dosage:**                                  | 1-2 caps 3 times daily before meals or as directed                                                                                                                                                                                                                                                                                        |
| **Caution:**                                 | Not recommended in pregnancy or lactation                                                                                                                                                                                                                                                                                                |
| **Research:**                                | Regular consumption of green tea with its polyphenols may contribute to a modest reduction in the incidence of breast cancer.                                                                                                                                                                                                                 |

N.B. Contains ultra-trace amount (<0.03 ppm) of milk constituents, used in the fermentation of probiotic ingredients. **as directed; long-term viability of probiotic organisms enhanced by refrigeration**
<table>
<thead>
<tr>
<th><strong>Bio-GGG-B™</strong></th>
<th>Vitamin B-Complex Formula with Vitamin B2 “G” Factors Emphasis</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>General Support</strong></td>
<td>Brain</td>
</tr>
<tr>
<td></td>
<td>Heart/Vascular</td>
</tr>
<tr>
<td></td>
<td>Inflammation</td>
</tr>
<tr>
<td></td>
<td>Musculoskeletal</td>
</tr>
<tr>
<td><strong>Dosage:</strong></td>
<td>2 caps 3 times daily before meals or as directed</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Bio-Glycozyme Forte™</strong></th>
<th>Broad-Spectrum Glycolytic Formula</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>General Support</strong></td>
<td>Adrenal/HPA Axis</td>
</tr>
<tr>
<td></td>
<td>Anxiety/Mood</td>
</tr>
<tr>
<td></td>
<td>Glucose Metabolism</td>
</tr>
<tr>
<td></td>
<td>Pituitary/HPA Axis</td>
</tr>
<tr>
<td></td>
<td>Sleep</td>
</tr>
<tr>
<td><strong>Dosage:</strong></td>
<td>1-2 tabs 3 times daily at 10 am, 3 pm, and 2 hours after dinner or as directed; add 3 tabs before bedtime for those who are able to fall asleep, but cannot remain asleep.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Bio-HPF®</strong></th>
<th>Helicobacter Pylori Bacterium Herbal Blend Formulation</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>General Support</strong></td>
<td>Intestinal/Stomach Microbiome</td>
</tr>
<tr>
<td><strong>Dosage:</strong></td>
<td>2 caps 2-3 times daily or as directed</td>
</tr>
<tr>
<td><strong>Caution:</strong></td>
<td>Not recommended in pregnancy or lactation</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Bio-Immunozyme Forte™</strong></th>
<th>Broad-Spectrum Immune Support</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Dosage:</strong></td>
<td>2 caps 3 times daily before meals or as directed</td>
</tr>
</tbody>
</table>

Vitamin B-Complex with 300% of the RDI “G” factors (riboflavin B2) and 100% of the RDI other “B” factors (thiamine B1) in their biologically active forms together with a proprietary blend (550mg) of inositol, choline, brain and liver glandulars, para-aminobenzoic acid (PABA) and trimethylglycine (TMG) for increased need of riboflavin in hypertension, hyperlipidemia, night sweats, palm or sole of feet redness, edema, indigestion, non-toxic goiter, inflammation, muscle spasms, and migraines.

Broad-spectrum, multiple nutrient, glycemic support formulation including vitamins (phosphorylated forms of B1, B2, B6), minerals (zinc, magnesium), trace elements (chromium, vanadium), neonatal glandulars (adrenal, liver, pancreas, pituitary/hypothalamus, brain), and amino acids (lysine, methionine) in an antioxidant, vegetable culture base of SOD and catalase for sugar handling issues including reactive hypoglycemia, vitamin B complex insufficiency, adrenal/general fatigue, stress, refined diets, and carbohydrate sensitivity.

Broad-spectrum, proprietary herbal blend of Licorice (Glycyrrhiza glabra), Bentonite Clay, Slippery Elm (Ulmus rubra), Myrrh (Commiphora molmol), Bismuth Citrate, Clove (Syzygium aromaticum), Berberine HCl, Anise (Pimpinella anisum), Barberry (Berberis vulgaris), Oregon Grape (Mahonia aquafolium), and Wild Indigo (Baptisia tinctoria) for an upset stomach caused by acidic foods, indigestion, heartburn, nausea, and for ulcers caused by H. pylori bacterium, gastric inflammation, gastrointestinal bacterial and parasitic infections, and toxic bowel.

Note: Use with Gastrazyme™.

Note: Not recommended in pregnancy or lactation.

Broad-spectrum, immunomodulating formulation comprised of vitamins (A, B1, B2, B3, B5, B6, C, E), minerals (zinc, copper, manganese), trace elements (selenium), neonatal glandulars (adrenal, thymus, spleen, liver, pancreas, parotid, lymph,
Formulation

General Support
Immune
Lymph

N.B. Contains an ultra-trace amount (<0.001 ppm) of milk constituents, which are used in the fermentation of probiotic ingredients.

placenta), herbal blend of Echinacea (*Echinacea angustifolia*) and Cayenne Pepper (*Capsicum annuum*), proteolytic enzymes (trypsin, alpha chymotrypsin), bioflavonoids, chlorophyllins, probiotics (Lactobacillus), and the vegetable culture, antioxidant enzymes superoxide dismutase (SOD) and catalase to support immune function and for chronic immune conditions such as hepatitis.

**Note:** May be used in lieu of a general vitamin/mineral multiple during the winter and flu season; with Hepatitis (A, B or C) add the following three times daily with meals or as directed: Cytozyme-THY™ (4), Livotrit Plus® (2), BioProtect™ (1), Dismuzyme Plus™ Granules (1 tsp), and Cytozyme-LV™ (2).

**Dosage:** In acute phase, 2-3 tabs 3 times daily with meals; in chronic phase, 1 cap 3 times daily with meals or as directed

**Caution:** Not recommended in pregnancy or lactation

**Research:** Bioflavonoids support the immunological activity of leucocytes, interferon and inflammatory response; thymus tissue concentrate supports neutrophil production and cell-mediated immunity; zinc is an essential cofactor of over 70 enzymes, and vital in supporting monocyte and macrophage function as well as the number and activity of natural killer (NK) cells; vitamins A and E afford protective effects on the gastric mucosa and improve immune responsiveness.

| Bio-K Forte Caps® | Essential, fat-soluble vitamin K2 as menaquinone-7 and vitamin K1 as phytonadione in a 1:10 ratio (550 mcg/cap) with superoxide dismutase and catalase (60 mcg each) from raw, organic, vegetable culture for fat malabsorption issues, increasing bone density by enhancing carboxylation of calcitonin, reversing bone loss, and for musculoskeletal (osteoporosis), immune (cancer inhibition), cardiovascular (atherosclerosis), blood clotting disorders, capillary fragility support and for protection against tooth decay. |
| Vitamins K2 and K1 Fortified with SOD and Catalase | **Note:** Vitamin C (Bio-C Plus 1000™), magnesium (Mg-Zyme™), and zinc (Zn-Zyme™) are also correlated to bone mineral density |
| General Support | **Dosage:** 1 cap daily with meals or as directed |
| Heart/Vascular | **Caution:** To be avoided by those taking warfarin (Coumadin®) unless physician recommended and monitored; not to exceed the RDA (65 mcg) in pregnancy or lactation unless physician recommended and monitored |
| Immune | |
| Musculoskeletal | |
| Oral/Dental | |

| Bio-K-Mulsion® | Liquid, emulsified form of essential, fat-soluble vitamin K1 (phytonadione @ 500 mcg/drop) for fat malabsorption issues, |
| Vitamin K1 Emulsion | |
increasing bone density by enhancing carboxylation of calcitonin, reversing bone loss, and for musculoskeletal (osteoporosis), immune (cancer inhibition), cardiovascular (atherosclerosis), blood clotting disorders, capillary fragility support and for protection against tooth decay.

**Note:** Vitamin C (Bio-C Plus 1000™), magnesium (Mg-Zyme™), and zinc (Zn-Zyme™) are also correlated to bone mineral density

**Dosage:** 2-3 drops 3 times daily with meals or as directed

**Caution:** To be avoided by those taking warfarin (Coumadin®) unless physician recommended and monitored; not to exceed the RDA (65 mcg) in pregnancy or lactation unless physician recommended and monitored

**Research:** Several in vivo studies over the past two decades have correlated the risk of osteoporotic fractures with vitamin K insufficiency to the extent that higher intakes of vitamin K (10 mg/day) are required to support the carboxylation of osteocalcin for optimal bone health and maintenance.

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**Bio-MCT™**
**Medium Chain (Caprylic)**
**Triglycerides Saturated Fatty Acid Product**

**General Support**
**Anti-Aging**
**Brain**
**Glucose Metabolism**
**Intestinal/Stomach**
**Liver/Gallbladder**
**Weight Management**

A liquid, medium-chain, triglyceride product containing 100% Caprylic Triglycerides from coconut/palm kernel (about 15 ml per tablespoon); current research focused on the effect of MCTs on blood glucose levels (decreases insulin resistance), cognitive function protection in significant blood sugar dysregulation, appetite control, and life expectancy.

**Dosage:** 1 tbsp (about 15 ml) taken alone, mixed with other liquids or foods, or as directed

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**Biomega-3™**
**Marine Lipid Formula**
**Omega-3 EPA & DHA Essential Fatty Acids**

**General Support**
**Adrenal/HPA Axis**
**Children**
**Glucose Metabolism**
**Heart/Vascular**
**Inflammation**
**Kidney/Bladder**
**Pituitary/HPA Axis**

Omega-3 essential fatty acids EPA (180 mg) and DHA (120 mg) from a natural marine lipid concentrate (1,000 mg/cap) for systemic inflammation (e.g., rheumatoid arthritis), atherosclerosis, arthritis, elevated blood lipids, and platelet adhesion by decreasing blood viscosity due to increased fibrinogen.

**Dosage:** 1 cap 3 times daily with meals or as directed

**Research:** Fish oil supplementation may reduce the frequency and intensity of hot flashes in menopausal women, and reduce the intake of NSAIDs in rheumatoid arthritis (RA) patients, thereby decreasing the risks of adverse gastrointestinal and cardiovascular effects associated with drug therapy.
Thyroid

Weight Management

N.B. Contains ingredients derived from Anchovy and Sardine.

**Biomega-3™ Liquid**
Marine Lipid Formula
**Omega-3** EPA & DHA
Essential Fatty Acids

General Support
Same as above

N.B. Contains ingredients derived from Anchovy and Sardine.

Marine lipid concentrate derived from anchovies and sardines, sourced in accordance with the strict standards of the European Union (EU)—a formulation which supplies omega-3 fatty acids (1400 mg), including EPA (740 mg) and DHA (460 mg), beneficial compounds for cognitive, cardiovascular, and dermal functions, and downregulation of pro-inflammatory mediators.

*Note:* Product initially formulated as a component of the Control-IT™ Weight Management Program due to the high-dose of omega-3 fatty acids necessary for weight management.

**Dosage:** 1 tsp (about 5 ml) daily or as directed

**Caution:** For optimal shelf life refrigerate after opening

**Bio-Multi Plus™**
Multivitamin/Mineral Formulation plus Bioflavonoids & Amino Acids

General Support
Immune
Multivitamin

Broad-spectrum, balanced, multiple, micronutrient, vitamin, mineral, vegetable culture trace element, amino acid, bioflavonoid formula in an antioxidant, phytonutrient, enzyme-rich, vegetable culture base for long-term, general preventive support and well-being, and as a multi-faceted synergist for condition-specific protocols.

*Note:* Supplies the same mineral profile as Multi-Mins™.

**Dosage:** For long-term prophylactic support 1 tab twice daily with meals or as directed; for short-term synergistic support with an issue-specific protocol 2 tabs 3 times daily with meals for 30 days or as directed

**Warning:** Keep out of reach of children; accidental overdose of iron-containing products is a leading cause of poisoning in children under 6; in case of accidental overdose, call a doctor or a poison control center immediately

**Bio-Multi Plus™ (Iron Free)**
Multivitamin/Mineral Multiple w/o Iron

General Support
Same as above

Same as Bio-Multi Plus™ but without iron for use with chelation therapy and by adult males and postmenopausal females.

**Dosage:** Same as above or as directed

**Warning:** Same as above
| **Bio-Multi Plus™**<br>(Iron & Copper Free)<br>Multivitamin/Mineral Multiple w/o Iron/Copper | Same as Bio-Multi Plus™ but without iron or copper for chelation therapy and by adult males and postmenopausal females.<br><br>**Dosage:** Same as above or as directed<br>**Warning:** Same as above |
| --- |
| **Bio-Musculoskeletal™**<br>Musculoskeletal Formula | Multiple nutrient, formula pack including neonatal glandular concentrates; 6 supplements per pack for the musculoskeletal health of those in contact sports (both male and female) and patient rehabilitation.<br><br>**Dosage:** 1 pack daily with a meal or as directed<br>**Caution:** Not recommended in pregnancy<br>**Warning:** Contains L-Phenylalanine, therefore contraindicated in Phenylketonuria (PKU) |
| **BioPause-AM®**<br>Botanical Menopause Modulation Formulation | Hormone and menopausal-modulating, botanical formulation (1,000 mg/2 caps) of Rhodiola (*Rhodiola rosea*), Black Cohosh (*Actaea racemosa*), Motherwort (*Leonurus cardiaca*), Chaste Tree (*Vitex agnus-castus*) berry for hot flashes and associated palpitations, night sweats, insomnia, sleeplessness, low sex drive, decreased energy, fatigue, and musculoskeletal health.<br><br>**Note:** Clinically reported that supplementation results in less anxiety, more energy, and better mental clarity on a daily basis.<br>**Dosage:** 2 caps in the morning or as directed<br>**Caution:** For adult use only; not recommended in pregnancy or lactation |
| **BioPause-PM®**<br>Botanical Menopause Modulation Formulation | Hormone and menopausal-modulating botanical formula (700 mg/2 caps) of Black Cohosh (*Actaea racemosa*), Passionflower (*Passiflora incarnata*), Lemon Balm (*Melissa officinalis*) for hot flashes, night sweats, insomnia, moodiness, less energy, musculoskeletal health, insomnia, and low sex drive.<br><br>**Dosage:** 2 caps taken 1 hour before bedtime or as directed<br>**Caution:** For adult use only; not recommended in pregnancy or lactation |
| **Bio-Musculoskeletal™**<br>Musculoskeletal Formula | Last row is repeated from the previous entry. |
### BioProtect™
**Broad-Spectrum Antioxidant Protection Formulation**

- **General Support**
- **Adrenal/HPA Axis**
- **Anti-Aging**
- **Lung/Respiratory**
- **Musculoskeletal**

Broad-spectrum vitamin (A, C, E), mineral (zinc, selenium), enzyme (CoQ10, SOD, catalase), amino acid (glutathione, methionine, taurine, NAC), antioxidant formulation to prevent free radical damage from pollution, chemicals, and smoke, psychological and physical stress, electromagnetic radiation, and muscle soreness from exercise-induced lactic acid.

**Note:** Use with GSH-Plus™ at 1 cap 3 times daily with meals for a higher level of antioxidant protection.

**Dosage:** 1-2 caps 3 times daily with meals or as directed

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### BioProtect™ Plus
**Antioxidant Protection Formula plus Additional Support Factors**

- **General Support**
- **Same as above**

Same as above plus additional vitamins (D3, K), green tea extract (50% ECGC), quercetin, grape seed (95% OPCs), and olive extract.

**Note:** Use with GSH-Plus™ at 1 cap 3 times daily with meals for a higher level of antioxidant protection.

**Dosage:** 3 caps daily with meals or as directed

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### Bio-Trophic Plus™
**Broad-Spectrum Trophic (Food-Form) Multi plus Minerals/Trace Elements/Glandulars Formulation**

- **General Support**
- **Anti-Aging**
- **Multivitamin**
- **Musculoskeletal**

- **N.B. This low-potency multiple is designed to mimic the amount of vitamins and minerals found naturally in foods, and to provide non-hormone producing neonatal glandulars (heart, kidney, liver, spleen) for organ tissue support.**

Broad-spectrum, food-sourced formula (3 tabs/serving) for increased energy production and specific organ support including: B complex vitamins (phosphorylated forms of B2, B6, plus niacin, folic acid, biotin B7, pantothenic acid, and B12) for increased energy production, vitamin A (mixed carotenoids), vitamin C and D3 (cholecalciferol), vitamin E (mixed tocopherols), minerals (calcium, magnesium, manganese, zinc), biologically active vegetable culture (food-form) trace minerals (chromium, selenium) and a proprietary blend (705 mg/3 tabs) of vegetable culture trace elements (lithium, molybdenum, rubidium, vanadium), neonatal/organ tissue concentrates (heart, kidney, liver, spleen), natural betaine from organic, whole beet concentrate, and citrus bioflavonoids, buckwheat culture, and antioxidant synergists quercetin, green tea extract (EGCG), gamma oryzanol, FRAC®, and the vegetable culture, antioxidant enzymes superoxide dismutase (SOD) and catalase.

**Dosage:** 3 tabs daily with meals or as directed

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### Blackcurrant Seed Oil
**Omega-6 Essential Fatty Acids (EFAs)**

- **General Support**

Blackcurrant seed source (535 mg/softgel cap) of omega-6 EFA providing gamma linolenic acid (GLA - 80 mg), alpha linolenic acid (ALA - 55 mg), linolenic acid (LA - 235 mg), oleic acid (55 mg), and palmitic/stearic acid (35 mg) for inflammation, hypertension from vasoconstriction, muscle and menstrual
<table>
<thead>
<tr>
<th><strong>Female</strong>&lt;br&gt;Heart/Vascular Inflammation Musculoskeletal</th>
<th>cramping, uterine spasms or constriction, skin issues such as eczema, and as a synergist to zinc, vitamin B6, and magnesium.&lt;br&gt;&lt;br&gt;<strong>Dosage:</strong> 1-3 softgel caps daily with meals; increase to 4 caps 3 times daily for acute menstrual cramping or as directed</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Bromelain Plus™</strong>&lt;br&gt;Bromelain Proteolytic Enzyme plus Supportive Nutrients</td>
<td>Lactose-free bromelain (100 mg) with papain (10 mg), inositol (10 mg), and cysteine (5 mg) for inflammation and infant digestive support.&lt;br&gt;&lt;br&gt;<strong>Note:</strong> Use with vegetarians as an alternative to Intenzyme Forte™ and/or Bio-6-Plus™ for inflammation, and Hydro-Zyme™ for hypochlorhydria.&lt;br&gt;<strong>Dosage:</strong> 3 tabs 3 times daily on an empty stomach or as directed; increase to 5 tabs 3 times daily on an empty stomach with acute inflammation; for infant digestive distress, 1 tab twice daily with meals</td>
</tr>
<tr>
<td><strong>Bromelain Plus CLA™</strong>&lt;br&gt;Bromelain Proteolytic Enzyme Formula with Cellulase, Lipase, and Amylase</td>
<td>Same as Bromelain Plus™ but with cellulase (10 mg), lipase (10 mg), amylase (10 mg), and ficin (10 mg) for intestinal parasites, mucus, pancreatic dysfunction, tissue trauma or inflammation.&lt;br&gt;&lt;br&gt;<strong>Note:</strong> Use as a vegetarian alternative to Intenzyme Forte™ and/or Bio-6-Plus™.&lt;br&gt;<strong>Dosage:</strong> 3 tabs 3 times daily on an empty stomach or as directed; increase to 5 tabs in acute cases</td>
</tr>
<tr>
<td><strong>Butyric-Cal-Mag™</strong>&lt;br&gt;Butyric Acid Calcium and Magnesium Butyrate Formulation</td>
<td>Butyric acid (1,033 mg), vitamin, and mineral formula for colon conditions (Crohn’s, diverticulitis, colitis), for butyric acid deficiency indicated by CSDA testing, and for bowel health including repair of the large intestine, and prevention of abnormal cell growth as in colorectal cancer.&lt;br&gt;&lt;br&gt;<strong>Note:</strong> Use with probiotic formulas Colon Plus™, Lactozyme®, BioDophilus-FOS™, and Biodoph-7 Plus®.&lt;br&gt;<strong>Dosage:</strong> 2 caps 3 times daily with meals or as directed</td>
</tr>
<tr>
<td><strong>b-VITAL® Vital</strong> Hormonal/Libido Testosterone Support Formulation</td>
<td>Peruvian MACA (750 mg) and Velvet Deer Antler (50 mg) from live elk for testicular hypofunction, decreased testosterone levels, male and female libido enhancement, sterility, infertility, menopause, energy improvement, and in some cases of adrenal cortical hypofunction.</td>
</tr>
</tbody>
</table>
### General Support
**Adrenal/HPA Axis**

**Female**

**Dosage:** 2 caps 3 times daily with meals or as directed

**Caution:** For adult use only; not recommended for women in pregnancy, lactation, with breast cancer history, other hormone related cancers; not recommended for men with elevated prostate PSA, prostate cancer history, and for those subject to testing of anabolic aids

**Research:** Testosterone is the vital key to overall male health including normal cardiovascular function. Its increasing decline with age results in significant metabolic dysfunction. A preliminary study of men 45-55 years of age concluded that b-VITAL® supplementation for only 30 days resulted in increased salivary-free testosterone in every one of the test subjects.

### C/Cal/Mag Powder™
**Vitamin C/Calcium/Magnesium Formulation**

**Dosage:** 2 tsp with 6-8 ounces of water or beverage of choice or as directed

Highly absorbable vitamin C (190 mg), calcium (400 mg), and magnesium (200 mg) powder for immune support and fever reduction, muscle cramps, high blood pressure, cold sores; exceptionally suitable for children and the elderly.

### Ca D-Glucarate
**Calcium D-Glucarate**

**Form of D-Glucaric Acid**

**Dosage:** 1 cap twice daily with meals or as directed

**Caution:** Not recommended in pregnancy or lactation

Calcium as Calcium D-Glucarate (561 mg/cap), a form of D-Glucaric Acid, for support of the body’s major detoxification pathway, i.e., glucuronidation and hormonal modulation; detoxifies carcinogens and steroid hormones by B-glucuronidase enzyme inhibition and estrogen reabsorption.

**Research:** Studies suggest that pre-menopausal women with the highest intake of both calcium and vitamin D3 may lower their risk of developing breast cancer by nearly 40%.

### Ca/Mg-Plus™
**Calcium/Magnesium plus Parathyroid Glandular Formulation**

**Dosage:** Same as Ca/Mg-Zyme™ but with neonatal, bovine parathyroid tissue (1 mg) for parathyroid dysfunction, blood calcium-phosphorus ratio imbalance weighted to the phosphorus side, chronic joint and neck stiffness, upper respiratory mucus, chronic digestive dysfunction, hoarseness, and severe muscle cramping.
<table>
<thead>
<tr>
<th>Intestinal/Stomach</th>
<th>Lung/Respiratory</th>
<th>Musculoskeletal</th>
<th>Oral/Dental</th>
<th>Pituitary/HPA Axis</th>
<th>Thyroid</th>
</tr>
</thead>
</table>

**Dosage:** 1-2 tabs 3 times daily before meals or as directed

<table>
<thead>
<tr>
<th><strong>Ca/Mg-Zyme™</strong></th>
<th><strong>Calcium/Magnesium with Antioxidant Enzymes</strong></th>
<th><strong>Formulation</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>General Support</strong></td>
<td>Same as above</td>
<td></td>
</tr>
</tbody>
</table>

Calcium citrate (300 mg) and magnesium citrate (60 mg) in a ratio of five parts to one (per 6 tablets) together with the vegetable culture, antioxidant enzymes superoxide dismutase (SOD) and catalase for muscle cramps, fever, autonomic imbalance, low blood calcium, skin issues (itching, lesions), heavy bleeding (nosebleed, menorrhagia), increased secretions, endocrine hyperactivity, and long-term supplementation.

**Dosage:** 2-3 tabs 3 times daily on an empty stomach or as directed; increase to 3-6 tabs/hour until issue begins to abate, then reduce accordingly; dose per hour with acute cramping

<table>
<thead>
<tr>
<th><strong>Ca/Mg-Zyme Caps™</strong></th>
<th><strong>Calcium/Magnesium with Antioxidant Enzymes</strong></th>
<th><strong>Formulation</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>General Support</strong></td>
<td>Same as above</td>
<td></td>
</tr>
</tbody>
</table>

Same as Ca/Mg-Zyme™ but with calcium (350 mg/3 caps) and magnesium (70 mg/3 caps), and without the vegetable culture, antioxidant enzymes superoxide dismutase (SOD) and catalase.

**Dosage:** 1-3 caps 3 times daily on an empty stomach

<table>
<thead>
<tr>
<th><strong>Ca-Zyme™</strong></th>
<th><strong>Calcium with Antioxidant Enzymes</strong></th>
<th><strong>Formulation</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>General Support</strong></td>
<td>Musculoskeletal</td>
<td></td>
</tr>
</tbody>
</table>

Calcium citrate (200 mg/tab) with the antioxidant enzymes superoxide dismutase (SOD) and catalase for calcium deficiency.

**Note:** Use with Mg-Zyme™ (100 mg) for a 2:1 cal-mag ratio.

**Dosage:** 2 tabs 3 times daily on an empty stomach

| **Research:** A combination of calcium with vitamin D3 (Bio-D-Mulsion® or Bio-D-Mulsion Forte®) has been shown to provide long-term, bone mineral density benefits for senior men still evident 18 months after cessation of supplementation. |

<table>
<thead>
<tr>
<th><strong>Caprin™</strong></th>
<th><strong>Calcium and Magnesium Caprylate</strong></th>
<th><strong>Formulation</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>General Support</strong></td>
<td>Immune</td>
<td></td>
</tr>
</tbody>
</table>

Caprylic acid (1,200 mg/3 caps), calcium (100 mg), and magnesium (50 mg) caprylate formula for candidiasis and fungal/yeast overgrowth.

**Note:** Use with FC-Cidal™ and A.D.P.® in difficult chronic fungal/yeast cases.
<table>
<thead>
<tr>
<th><strong>Intestinal/Stomach Microbiome</strong></th>
<th><strong>Dosage:</strong> 1-3 caps 3 times daily with meals or as directed</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Carbamide Plus®</strong>&lt;br&gt;Urea plus Multi-Nutrient Complex Biliary/Renal Support Formulation</td>
<td>Proprietary blend (1,913 mg/3 caps) of carbamide (urea), organic beet concentrate (<em>Beta vulgaris</em>), superoxide dismutase (SOD) and catalase from raw vegetable culture, Celery seed and extract (<em>Apium graveolens</em>), Uva-ursi (<em>Arctostaphylos uva-ursi</em>), Marshmallow (<em>Althaea officinalis</em>), Rice Syrup solids, Neonatal Liver (bovine), Spanish Moss (<em>Tillandsia usneoides</em>), L-Leucine, L-Cysteine HCl, L-Valine, L-Alanine, and Vitamin A (333 IU), Vitamin C (5 mg), and Vitamin B6/P5P (2 mg)—special dietary support for healthy biliary/renal (kidney and bladder) function, that enhances the osmotic transfer of tissue fluids, supports the physiological elimination of water-soluble waste products, and promotes a healthy fluid balance in the body.&lt;br&gt;&lt;br&gt;<strong>Dosage:</strong> 3 caps daily&lt;br&gt;<strong>Caution:</strong> Not recommended in pregnancy or lactation</td>
</tr>
<tr>
<td><strong>Chlorella Caps™</strong>&lt;br&gt;100% All-Natural Cracked-Cell Chlorella Formulation</td>
<td>Vitamin (B2, D, K, folate), chlorophyll-rich (1.35 g/3 caps) immune enhancer for detoxification, anemia, acid pH alkalizer, gut cleansing, and in megadoses for free radical pathology.&lt;br&gt;&lt;br&gt;<strong>Dosage:</strong> 3 caps daily away from meals or as directed&lt;br&gt;<strong>Warning:</strong> Accidental overdose of iron-containing products is a leading cause of poisoning in children under 6; in case of accidental overdose, call a doctor or a poison control center immediately</td>
</tr>
<tr>
<td><strong>Chlorocaps™</strong>&lt;br&gt;Natural Chlorophyll Complex Formulation</td>
<td>Lipid-soluble vitamins (A, E, K), lipid- and water-soluble chlorophyllins (mulberry leaf, spinach, and vegetable culture) together with the plant source, plant-based, antioxidant enzymes superoxide dismutase (SOD) and catalase for intestinal toxemia, internal healing, inflammation, anemia, arthritis, ileocecal valve (ICV) dysfunction, and dental pain reduction.&lt;br&gt;&lt;br&gt;<strong>Dosage:</strong> 1 cap 2-3 times daily with or away from meals or as directed; 1 cap in 1 ounce of water as a lavage for sinusitis</td>
</tr>
<tr>
<td><strong>Chondro-Plus™</strong>&lt;br&gt;Purified Chondroitin</td>
<td>Source of purified chondroitin sulfate (200 mg/tab), vitamin B12 (18 mcg), and manganese (10 mg) for joint, disc, ligament, and</td>
</tr>
<tr>
<td>Product</td>
<td>Description</td>
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<td>----------------------------------------------</td>
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</tbody>
</table>
| Sulfate plus Chondro-                       | cartilage support, athletic injuries, as well as for long-term protective support for athletes or those engaged in strenuous activity. | **Dosage:** 1-2 tabs 3 times daily with meals or as directed; increase to 4 tabs 4 times daily for acute care  
**Caution:** Not recommended in pregnancy |                                                                                               |
| Protective Nutrients Formulation             |                                                                                                 |                                                                                              |                                                                                                |
| **General Support**                          |                                                                                                 | **General Support**                                                                          |                                                                                                |
| **Musculoskeletal**                          |                                                                                                 | **Inflammation**                                                                             |                                                                                                |
| **Musculoskeletal**                          |                                                                                                 | **Musculoskeletal**                                                                           |                                                                                                |
| **General Support**                          |                                                                                                 | **General Support**                                                                          |                                                                                                |
| **Inflammation**                             |                                                                                                 | **General Support**                                                                          |                                                                                                |
| **Musculoskeletal**                          |                                                                                                 | **General Support**                                                                          |                                                                                                |
| **N.B. Contains ingredients derived from Shrimp and Crab Shell.** |                                                                                                 | **N.B. Contains ingredients derived from Shrimp and Crab Shell.**                           |                                                                                                |
| **ChondroSamine Plus® Chondroitin Sulfate and Glucosamine HCl plus Joint Cartilage Protective Nutrients Support Formula** | Purified bovine chondroitin sulfate (500 mg), MSM (100 mg), glucosamine HCl (1,000 mg), and manganese (6 mg), per 3 caps with vitamin B12 and C, niacin, folic and pantothenic acid, silica from raw sugar cane, and vegetable source, antioxidant enzymes superoxide dismutase (SOD) and catalase, plus other factors for osteo and rheumatoid arthritis, degenerative and inflammatory joint disease, and cartilage and soft tissue repair. | **Note:** Joint connective tissues require the input of adequate nutrient factors to assure the maintenance of their integrity.  
**Dosage:** 1 cap 2-3 times daily between meals or as directed  
**Caution:** Not recommended in pregnancy or lactation |                                                                                                |
| **ChondroSamine-S™ Chondroitin Sulfate and Glucosamine Sulfate Joint Support Formulation** | Same as ChondroSamine Plus® except the glucosamine is in the sulfate form for conditions needing increased sulphur such as adrenal cortical dysfunction and intestinal parasitic infestation. | **Dosage:** 1 cap 2-3 times daily between meals or as directed  
**Caution:** Not recommended in pregnancy |                                                                                                |
| **Chromium Picolinate**                      | Chromium picolinate (200 mcg/cap) and biologically active vitamin B6 (pyridoxal-5 phosphate @ 2 mg) in a vegetable culture, antioxidant enzyme base of superoxide dismutase (SOD) and catalase for blood sugar modulation, weight management, bodybuilding, morning sickness, and psoriasis. | **Dosage:** 1-2 caps 3 times daily with meals or as directed | **Caution:** Not recommended in pregnancy                                                                 |
| **Chromium Picolinate**                      |                                                                                                 |                                                                                              |                                                                                                |
| **Chelated Chromium with Natural Vitamin B6** |                                                                                                 |                                                                                              |                                                                                                |
| **General Support**                          |                                                                                                 | **Glucose Metabolism**                                                                        |                                                                                                |
| **Musculoskeletal**                          |                                                                                                 | **Musculoskeletal**                                                                           |                                                                                                |
| **Pancreas**                                 |                                                                                                 | **Pancreas**                                                                                 |                                                                                                |
| **Weight Management**                        |                                                                                                 | **Weight Management**                                                                         |                                                                                                |
### CLA
**Conjugated Omega-6 Linoleic Acid with B6**

**General Support**
- Anti-Aging
- Immune
- Inflammation
- Musculoskeletal
- Weight Management

Conjugated omega-6 linoleic acid extract (800 mg/cap) from safflower oil to support cellular metabolism, antioxidant activity, free radical pathology, insulin resistance, anti-aging, weight management (lipogenesis prevention), and to increase lean muscle mass.

**Dosage:** 3-4 caps daily with meals or as directed

### Cognitive Enhancer™
**Neurological Neurotransmitters Support Formulation**

**General Support**
- Anti-Aging
- Brain

Cognition enhancement formula comprised of Acetyl-L-Carnitine HCl (100 mg), GPC Choline at 50% glycerophosphorylcholine (100 mg), Ginkgo Biloba extract (25 mg), and Huperzia serrata (5 mg) addresses acetylcholine need, and provides the brain the nutrients needed to function at a higher level. Optimal brain/body function requires the physiological balance of four primary neurotransmitters: Acetylcholine, Dopamine, GABA, and Serotonin to preclude such common complaints as brain fog, memory lapse, impaired concentration, etc.

**Note:** Ability to learn and remember are two of the most important brain functions; factors such as genetics, stress, trauma (physical or emotional), and aging often account for forgetting things, misplacing items, concentration challenges, and brain fog all of which may greatly benefit from increased acetylcholine intake.

**Dosage:** 1 cap before breakfast and 1 cap before lunch or dinner or as directed

**Caution:** Not recommended in pregnancy or lactation

### Colon Plus™ (Powder)
**Colon Fiber plus GI Supportive Nutrients Gastrointestinal Formula**

**General Support**
- Intestinal/Stomach

Water-soluble, high-fiber proprietary blend (7.5 gm/3 tsp) formulation from Psyllium (*Plantago ovata*) seed powder, Flaxseed (*Linum usitatissimum*) for its laxative properties, Apple Pectin (plant fiber) for digestive balance, Kelgin (*Sodium alginate*) from seaweed, Mannitol for sweetness, vitamin C (175 mg), Aloe vera (*Aloe barbadensis*) for peristalsis stimulation, Celery (*Apium graveolens*), Peppermint (*Mentha piperita*) leaf, Bromelain from pineapple, Anise (*Pimpinella anisum*) seed, Prune (*Prunus domestica*) powder, and DDS-1 Lactobacillus acidophilus to normalize bowel flora and colon function by providing bulk to promote gentle detoxification, bowel regularity, and natural elimination; useful for gastrointestinal distress as in constipation, diarrhea, gas, bloating, and non-
obstructive bowel issues.

**Note:** May help provide a smoothing effect and the bulk necessary to promote regular natural elimination; does not include cathartic laxative herbs such as Cascara sagrada, Senna, Rheum officinale, or Buckthorn, which can be highly irritating and even addictive.

**Dosage:** 3 tsp in cold, pure water or juice daily or as directed

**Caution:** Not recommended in pregnancy or with difficulty swallowing; may cause allergic reaction in those sensitive to inhaled or ingested psyllium; discontinue use with any chest pain, vomiting, or difficulty breathing; with constipation for more than one week consult a healthcare professional

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**Colon-Plus Caps™**

Broad-Spectrum Fiber Gastrointestinal Formula

- **General Support**
  - Same as above

- **N.B.** Contains an ultra-trace amount (<0.001 ppm) of milk constituents, which are used in the fermentation of probiotic ingredients.

**Virtually the same as Colon Plus™ powder but in capsule form.**

**Note:** May help provide a smoothing effect and the bulk necessary to promote regular natural elimination.

**Dosage:** 4 caps 1-3 times daily before meals or as directed

**Caution:** Not recommended in pregnancy or with difficulty swallowing; may cause allergic reaction in those sensitive to inhaled or ingested psyllium; discontinue use with any chest pain, vomiting, or difficulty breathing; with constipation for more than one week consult a healthcare professional

**Research:** An Australian study has shown that postprandial use of psyllium may reduce the risk of cardiovascular disease as evidenced by positive changes in serum markers in overweight and obese men.

**CoQ-Zyme 30™**

Coenzyme Q10 Emulsified Mitochondrial Support Formula (30mg)

- **General Support**
  - Glucose Metabolism
  - Heart/Vascular
  - Immune
  - Lung/Respiratory
  - Musculoskeletal
  - Oral/Dental

- **Micro-emulsified, lipid-soluble antioxidant, coenzyme Q-10 (30 mg/tab)** with the plant source, antioxidant enzymes superoxide dismutase (SOD) and catalase (30 mcg each) for increased energy production (heart and skeletal muscle), oxygenation need in cardiac stress or insufficiency, immune dysfunction, high blood pressure, allergies, asthma, diabetes, ulcers, viral infections, periodontal disease, and multiple sclerosis (MS).

- **Dosage:** 1 tab 3 times daily with meals or as directed

**Research:** Based on a double-blind clinical study, one tablet of this product daily for four weeks was shown to increase plasma CoQ10 levels by 210%, equivalent to 90-100 mg of dry Q10, which increased serum levels in only 57% of subjects, while this product resulted in a serum increase in 80% of the subjects.

**CoQ-Zyme 100 Plus™**

Micro-emulsified, lipid-soluble antioxidant, coenzyme Q-10 (100
<table>
<thead>
<tr>
<th><strong>Coenzyme Q10 (100mg)</strong></th>
<th>Emulsified Mitochondrial Support plus B-Complex</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>General Support</strong></td>
<td>Same as above</td>
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</tbody>
</table>

mg/cap) with the plant source, antioxidant, enzymes superoxide dismutase (SOD) and catalase (80 mcg each) plus a vitamin B complex (B1, B2, B3, B6, folate, B12, biotin B7, pantothentic acid) for ATP energy production and antioxidant activity, for increased oxygenation need in cardiac stress or insufficiency, immune dysfunction, high blood pressure, allergies, asthma, diabetes, ulcers, viral infections, periodontal disease, and multiple sclerosis (MS).

**Dosage:** 1 cap daily or as directed

**Caution:** Not recommended in pregnancy or lactation

**Research:** CoQ10 supplementation has been shown to favorably affect cognitive and immune functions as well as to support healthy aging; also athletes have been shown to reduce the frequency of muscle injury as compared to a placebo.

<table>
<thead>
<tr>
<th><strong>Cr-Zyme™ Chromium Whole Food Source Product</strong></th>
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<tbody>
<tr>
<td><strong>General Support</strong></td>
<td>Glucose Metabolism</td>
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<tr>
<td></td>
<td>Heart/Vascular</td>
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<tr>
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<td>Pancreas</td>
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</table>

Non-yeast, vegetable culture, Glucose Tolerance Factor (GTF) chromium (200 mcg/tab) from a vegetable culture concentrate for modulating blood glucose levels, morning sickness, elevated cholesterol with low HDL, hyperlipidemia, pancreatic dysfunction, and as a co-factor with zinc and vanadium.

**Note:** Increased chromium excretion may be attributable to excessive dietary carbohydrates, infection, intense exercise, pregnancy, lactation, trauma, and common stress; additionally, some medications such as antacids, corticosteroids, H2 blockers, and proton-pump inhibitors alter stomach acidity (increase pH), and thereby impair absorption or enhance excretion.

**Dosage:** 1-2 tabs 1-3 times daily with meals or as directed

**Research:** Chromium has been shown to be an essential element in insulin function and metabolism as evidenced by low tissue levels in diabetics, especially those with existing cardiovascular disease.

<table>
<thead>
<tr>
<th><strong>Cu-Zyme™ Copper Gluconate &amp; Citrate Product</strong></th>
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<tbody>
<tr>
<td><strong>General Support</strong></td>
<td>Female</td>
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<tr>
<td></td>
<td>Inflammation</td>
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<td></td>
<td>Intestinal/Stomach Microbiome</td>
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</tbody>
</table>

Protein-complexed, copper gluconate and citrate (2 mg/tab) for copper deficiency, inflammation, parasitic infestation, low HDL, and ovarian dysfunction due to copper insufficiency; use Fe-Zyme™ for long-term usage.

**Note:** With concurrent zinc supplementation, take at a different time to avoid competition for absorption; if used by women for over 60 days, substitute Fe-Zyme™, a balanced zinc/copper/iron formula.
<table>
<thead>
<tr>
<th><strong>Cytozyme-AD™</strong></th>
<th>Dosage: 1-2 tabs daily with meals or as directed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adrenal, Raw Neonatal Glandular Concentrate</td>
<td>Neonatal, bovine, adrenal concentrate (80 mg/tab) in an antioxidant enzyme, vegetable culture base of the antioxidant enzymes superoxide dismutase (SOD) and catalase (20 mcg each) for chronic fatigue, hypoadrenia (salt craving, bright light sensitivity, lowered resistance to colds), hypoglycemia, asthma, inflammation, allergies, sensitivity to foods or environmental toxins, ligamental laxity, ridged fingernails, and those easily enraged or unable to work under pressure.</td>
</tr>
<tr>
<td><strong>General Support</strong></td>
<td><strong>Note:</strong> Use with Bio-Glycozyme Forte™ or Bio-B 100™ for hypertension. <strong>Dosage:</strong> 1-2 tabs 3 times daily with meals or as directed</td>
</tr>
<tr>
<td>Adrenal/HPA Axis</td>
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<tr>
<td>Immune</td>
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<tr>
<td>Inflammation</td>
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<tr>
<td>Lung/Respiratory</td>
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<tr>
<td>Musculoskeletal</td>
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<tr>
<th><strong>Cytozyme-B™</strong></th>
<th>Dosage: 1-2 tabs 3 times daily with meals or as directed</th>
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<tbody>
<tr>
<td>Brain, Raw Lamb Glandular Concentrate</td>
<td>Raw, brain, ovine concentrate (200 mg/tab) with pineal, pituitary, and hypothalamus in an antioxidant-rich, vegetable culture enzymes base of superoxide dismutase (SOD) and catalase (20 mcg each) for brain injury, memory loss, stress, nightmares, dementia, epilepsy, psychological stress, and fatigue.</td>
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<tr>
<td><strong>General Support</strong></td>
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<tr>
<td>Anti-Aging</td>
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<tr>
<td>Anxiety/Mood</td>
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<tr>
<td>Brain</td>
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<tr>
<td>Sleep</td>
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<thead>
<tr>
<th><strong>Cytozyme-F™</strong></th>
<th>Dosage: 1-2 tabs 3 times daily with meals or as directed</th>
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</thead>
<tbody>
<tr>
<td>Female, Raw Bovine Glandular Combination Formulation</td>
<td>Adult, bovine, female, tissue concentrate (40 mg/tab) with ovary, neonatal bovine adrenal (20 mg), thymus (20 mg), and spleen (20 mg) tissue concentrates, together with the vegetable culture, antioxidant enzymes SOD and catalase (20 mcg each) for general, female endocrine support, and as a synergist for more specific endocrine protocols.</td>
</tr>
<tr>
<td><strong>General Support</strong></td>
<td></td>
</tr>
<tr>
<td>Adrenal/HPA Axis</td>
<td></td>
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<tr>
<td>Female</td>
<td></td>
</tr>
<tr>
<td>Pituitary/HPA Axis</td>
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<tr>
<td>Thyroid</td>
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<tr>
<th><strong>Cytozyme-H™</strong></th>
<th>Dosage: 1-2 tabs 3 times daily with meals or as directed</th>
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<tbody>
<tr>
<td>Heart, Raw Neonatal Bovine Tissue Glandular Concentrate</td>
<td>Neonatal, bovine, heart, tissue concentrate (150 mg/tab) in a vegetable culture, antioxidant enzyme base of superoxide dismutase (SOD) and catalase (20 mcg each) for cardiac stress, fatigue, muscle atonicity, muscle glucose demand, and some cases of fibromyalgia.</td>
</tr>
<tr>
<td><strong>General Support</strong></td>
<td><strong>Note:</strong> With fibromyalgia inflammation take up to 20 tablets/day. <strong>Dosage:</strong> 1-2 tabs 3 times daily with meals or as directed</td>
</tr>
<tr>
<td>Heart/Vascular</td>
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<tr>
<td>Musculoskeletal</td>
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<tr>
<td><strong>Cytozyme-KD™</strong>&lt;br&gt;Kidney, Raw Neonatal Bovine Tissue Glandular Concentrate</td>
<td>Neonatal, bovine, kidney, tissue concentrate (250 mg/tab) in a vegetable culture, antioxidant enzyme base of superoxide dismutase (SOD) and catalase (20 mcg each) for renal dysfunction, edema, hypertension, diastolic hypotension, toxemia, increased blood urea nitrogen (BUN) and creatinine.&lt;br&gt;&lt;br&gt;<strong>Dosage:</strong> 1-2 tabs 3 times daily with meals or as directed</td>
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<tr>
<td><strong>Cytozyme-LV™</strong>&lt;br&gt;Liver, Raw Neonatal Bovine Tissue Glandular Concentrate</td>
<td>Neonatal, bovine, liver, tissue concentrate (300 mg/tab) in a vegetable culture, antioxidant enzyme base of superoxide dismutase (SOD) and catalase (20 mcg each) for general hepatic dysfunction, hepatitis, portal congestion, edema, decreased serum albumin, viral conditions, and for B vitamin and iron needs.&lt;br&gt;&lt;br&gt;<strong>Dosage:</strong> 1-2 tabs 3 times daily with meals or as directed</td>
</tr>
<tr>
<td><strong>Cytozyme-M™</strong>&lt;br&gt;Male, Raw Bovine Glandular Combination Formulation</td>
<td>Adult, bovine, orchic, tissue concentrate (40 mg/tab) with neonatal bovine adrenal (20 mg), thymus (20 mg), and spleen (20 mg) together with the vegetable culture, antioxidant enzymes superoxide dismutase (SOD) and catalase (20 mcg each) for general male endocrine support and as a synergist for more specific endocrine protocols.&lt;br&gt;&lt;br&gt;<strong>Dosage:</strong> 1-2 tabs 3 times daily with meals or as directed</td>
</tr>
<tr>
<td><strong>Cytozyme-O™</strong>&lt;br&gt;Ovary, Raw Adult Bovine Glandular Concentrate</td>
<td>Adult, bovine, ovarian, tissue concentrate (150 mg/tab) with the vegetable culture, antioxidant enzymes superoxide dismutase (SOD) and catalase (20 mcg each) for menstrual amenorrhea or menorrhagia, cramps, hot flashes, and delayed puberty.&lt;br&gt;&lt;br&gt;<strong>Dosage:</strong> 1 tab 3 times daily with meals or as directed</td>
</tr>
<tr>
<td><strong>Cytozyme-Orchic™</strong>&lt;br&gt;Orchic, Raw Adult Bovine Glandular Concentrate</td>
<td>Adult, bovine, orchic, tissue concentrate (180 mg/tab) in the vegetable culture, antioxidant enzyme base of superoxide dismutase (SOD) and catalase (20 mcg each) for orchitis, infertility, testicular atrophy, and gynecomastia.&lt;br&gt;&lt;br&gt;<strong>Note:</strong> Use with Bio-Immunozyme Forte™ for low libido and sperm count.</td>
</tr>
</tbody>
</table>
### Cytozyme-PAN™
**Pancreas, Raw Neonatal Bovine Glandular Concentrate**

**Dosage:** 1 tab 3 times daily with meals or as directed

- Neonatal, bovine, pancreas, tissue concentrate (250 mg/tab) in a vegetable culture, antioxidant enzyme base of superoxide dismutase (SOD) and catalase (20 mcg each) for diabetes, ulcers, pancreatitis, dysinsulinism, cachexia, and carb sensitivity.

### Cytozyme-Parotid-TS™
**Thymus/ Spleen, Bovine Raw Parotid Glandular Concentrate**

**Dosage:** 1-2 tabs 3 times daily with meals or as directed

- Bovine parotid (200 mg/tab), thymus (10 mg), and spleen (10 mg) tissue concentrates in a vegetable culture, antioxidant enzyme base of superoxide dismutase (SOD) and catalase (20 mcg each) for saliva deficit, chemical sensitivity and toxicity, reduced sperm count, undescended testicles, pesticide exposure, iodine sensitivity, non-toxic goiter, heavy metal burdens, and parotid and lymphatic congestion.

### Cytozyme-PT/HPT™
**Pituitary/Hypothalamus, Raw Lamb Glandular Concentrate**

**Dosage:** 1-2 tabs 3 times daily with meals or as directed

- Neonatal, ovine, pituitary/hypothalamus (40 mg/tab) complex concentrate in a vegetable culture, antioxidant enzyme base of superoxide dismutase (SOD) and catalase (30 mcg each) for pituitary and/or hypothalamus dysfunction, adrenal hyperfunction, thyroid hypofunction secondary to anterior pituitary hypofunction and adrenal hyperfunction, neuromuscular disorders, insomnia, inability to gain/lose weight, anorexia, gastric hyperacidity, and epilepsy.

### Cytozyme-SP™
**Spleen, Raw Neonatal Bovine Glandular Concentrate**

**Dosage:** 1-2 tabs 3 times daily with meals or as directed

- Neonatal, bovine, spleen, tissue concentrate (200 mg/tab) in a vegetable culture, antioxidant enzyme base of superoxide dismutase (SOD) and catalase (20 mcg each) for free radical issues, spleen dysfunction, immune insufficiency, increased or decreased red blood cell values and serum iron.
### Cytozyme-THY™
**Thymus, Raw Neonatal**
**Bovine Glandular Concentrate**

**General Support**
- **Children**
- **Immune**
- **Inflammation**
- **Lymph**
- **Thyroid**

Neonatal, bovine, thymus, tissue concentrate (125 mg/tab) in a vegetable culture, antioxidant enzyme base of superoxide dismutase (SOD) and catalase (20 mcg each) for bacterial and viral infections, immune insufficiency, thyroid hyperfunction, healing, low gamma globulin, croup, inflammation, lymph edema, and myasthenia gravis.

**Note:** Thymic function plays a vital role in immunity; its functional decline with age begins following birth.

**Dosage:** 1-2 tabs 3 times daily with meals or as directed; increase to 4 tabs 4 times daily with meals during the acute infection phase and with hepatitis (A, B, or C)

### Cytozyme-Trachea™
**Trachea, Raw Neonatal**
**Bovine Glandular Concentrate**

**General Support**
- **Immune**
- **Lung/Respiratory**
- **Musculoskeletal**

Neonatal, bovine, trachea, tissue concentrate (1,400 mg/2 caps) for immune support, chondro protection, free radical pathology, arthritis, allergies, unresolved cough, herpes, and as a shark cartilage alternative.

**Dosage:** 1-2 tabs 3 times daily with meals or as directed

**Caution:** Not recommended in pregnancy or lactation

### D-Ribose
**Natural Sugar (Pentose Monosaccharide) for Mitochondrial Support**

**General Support**
- **Heart/Vascular**

This five-carbon simple sugar (5 gm/2 tsp), a constituent of every cell in the body with its nucleic acids (DNA/RNA), for facilitating increased ATP energy production, improving stamina and athletic performance, supporting the cardiovascular system in terms of increased cardiac muscle energy production, and decreased deleterious effect of ischemia in atherosclerosis.

**Dosage:** 2 tsp daily with 6-8 ounces of water or beverage

**Caution:** Not recommended in pregnancy or lactation

**Warning:** Do not use in insulin-dependent diabetes unless physician-approved

### De-Stress™
**Anxiolytic Stress and Anxiety Relief Formula**

**General Support**
- **Adrenal/HPA Axis**
- **Anxiety/Mood**
- **Sleep**

European-researched, patented, all-natural, milk protein hydrolysate (hydrolyzed casein concentrate) with significant anxiolytic activity through its peptides (150 mg/cap) to reduce stress, anxiety, insomnia, adrenal hyperfunction, and stress-related disorders such as panic attack and phobias.

**Note:** Significant clinical results are often seen within 24-48 hours of supplementation.

**Dosage:** 1 cap daily at bedtime for those under 110 lbs; 2-3
N.B. Contains ingredients derived from Milk.

**Research:** This natural, bio-active "decapeptide" has been tested for three major side effects generally attributed to benzodiazepines such as Valium®: dependence, memory loss and tolerance, and was confirmed as showing a satisfactory safety profile.

| DHEA-5 mg  
Dehydroepiandrosterone Hormone Precursor (5mg) | Dehydroepiandrosterone, a hormonal precursor to testosterone, progesterone and estrogen, (2.5 mg per ½ scored tablet) for postmenopausal issues, adjunctive support in clinical, adrenal cortical hypofunction, decreased ovarian and testicular function, and general fatigue. |
|--------------|--------------------------------------------------------------------------------------------------|
| **General Support**  
Adrenal/HPA Axis  
Female  
Male |  |
| **Dosage:** ½ tab daily or as directed  
**Caution:** For adult use only; not recommended in pregnancy or lactation |

| DHEA-10 mg  
Dehydroepiandrosterone (10mg) | Same as DHEA-5 mg above, but at a dose of 10 mg per tablet. |
|-----------------|---------------------------------------------------------------|
| **General Support**  
Same as above |  |
| **Dosage:** 1 tab daily or as directed  
**Caution:** For adult use only; not recommended in pregnancy or lactation |

| Dismuzyme Plus™  
Vegetable Source Superoxide Dismutase (SOD) and Catalase Enzyme Formula | Vegetable culture source of the antioxidant enzymes superoxide dismutase (SOD) and catalase (50 mcg each) for chronic pain, free radical pathology, viral and bacterial infections, systemic inflammation, immune insufficiency, spinal cord and cervical disc injury, and arthritis. |
|---------------------------------|--------------------------------------------------------------------------------------------------|
| **General Support**  
Immune  
Inflammation  
Musculoskeletal |  |
| **Dosage:** 2-3 tabs 3 times daily on an empty stomach |

| Dismuzyme Plus™ Granules  
Vegetable Source Superoxide Dismutase (SOD) and Catalase Enzyme Granule Form | Vegetable culture source of superoxide dismutase (SOD) and catalase (1,200 mcg/tbsp each) granules per serving (1 tbsp) together with associated biologically active phytonutrients for those conditions requiring higher doses of SOD as in Hepatitis B or C, Epstein-Barr Virus (EBV), and Cytomegalovirus (CMV). |
|-----------------------------|--------------------------------------------------------------------------------------------------|
| **General Support**  
Same as above |  |
| **Dosage:** 1 tbsp (about 8 g) daily or as directed |
| **Dismuzyme Plus 5000™** | Vegetable culture and bovine liver sources of superoxide dismutase (SOD) and peroxidases as catalase and glutathione peroxidase (both at 5,000 units/tab) plus the minerals zinc, selenium, copper, and manganese for serious systemic inflammation and infection.  
**Dosage:** 1-2 tabs 3 times daily with meals or as directed |
| **Vegetable Source** | **Superoxide Dismutase (SOD) and Catalase Enzyme (5000 Units)** |
| **General Support** | **Same as above** |

| **DL-Phenylalanine** | Non-hydrolyzed, naturally produced, free-form DL-amino acid phenylalanine (600 mg/cap) can be utilized for acute and chronic arthritic pain, depression, and appetite suppression.  
**Dosage:** 1 cap every 2 hours for acute pain; 2 caps daily with meals for chronic pain or depression or as directed  
**Warning:** Contains L-Phenylalanine, therefore contraindicated in Phenylketonuria (PKU) |
| **Free-Form Amino Acid** |
| **General Support** | **Anxiety/Mood** |
| | **Brain** |
| | **Inflammation** |

| **DopaTropic® Powder** | Naturally occurring, amino acid source of L-dopa from the Mucuna pruriens plant, which when converted to the catecholamine neurotransmitter dopamine, is largely responsible for regulating physical movement, emotion, and the pleasure and motivation centers of the brain; serves in a neurocognitive role with memory, motivation, learning, focus and problem-solving; acts on the sympathetic nervous system by impacting heart rate and blood pressure; positively affects mood, increases libido; enhances male reproductive health; and offers an antihyperglycemic action.  
**Note:** Dopamine assists neuronal transmission among brain neurons, so that a dopamine deficit results in a reduction of cellular communication in the substantia nigra (midbrain)—the area of the brain associated with reward, addiction, and movement.  
**Dosage:** 1 rounded tsp (4.4 g) in 6-8 ounces of water or choice of beverage; dosing early in the day recommended to avoid sleep disturbances  
**Caution:** Not recommended in pregnancy or lactation; to be avoided with those diagnosed with psychosis and schizophrenia; do not use with diabetics or those taking anticoagulants, antidiabetics, or monoamine oxidase inhibitors (MAOIs); use with caution and under physician supervision in Parkinson’s |
| **L-dopa Source Amino Acid for Cognition Function Support** |
| **General Support** | **Anxiety/Mood** |
| | **Brain** |
| | **Sleep** |
| **Dysbiocide®**<br>Broad-Spectrum Botanical Anti-Dysbiosis Formula | Proprietary, broad-spectrum, botanical antiparasitic, anthelmintic formula (950 mg) including Dill (*Anethum graveolens*), Stemona (*Stemona sessilifolia*), Wormwood (*Artemisia absinthium*), Java Brucea (*Brucea javanica*), Chinese Pulsatilla (*Pulsatilla chinensis*), Quassia (*Picrasma excelsa*), Cutch Tree (*Acacia catechu*), Hedyotis (*Hedyotis diffusa*), and Yarrow (*Achillea millefolium*) for dysbiosis, intestinal parasites, and microbiome support. **Note:** May cause mild constipation in sensitive individuals; with its persistence, discontinue use, and contact a healthcare professional. **Dosage:** 2 caps twice daily or as directed **Caution:** Not recommended in pregnancy or lactation **Warning:** Wormwood is not recommended for use with blood thinning and stomach acid reducing drugs or with drugs that prevent or lessen seizures; may intensify the effects and side-effects of alcohol |
| **E-200 Hγ®**<br>Vitamin E High Gamma Tocopherol with Mixed Tocopherols/Tocotrienols | Anti-inflammatory formula with the vitamin E complex providing high d-Gamma tocopherol (200 mg) and mixed tocopherols d-alpha (200 IU), d-delta and d-beta (50 mg) for increasing intracellular defense against free radical, mediated damage, decreasing arterial peroxidation, LDL cholesterol and phospholipid oxidation, increasing endogenous superoxide dismutase (SOD), and reducing inflammation by downregulating the synthesis of prostaglandin E2 (PGE2). **Note:** The unique biological and chemical properties of the tocopherols have been correlated to their vital roles in the intracellular defense against free radical damage. **Dosage:** 1 cap daily or as directed **Research:** Unlike alpha-tocopherol, the anti-inflammatory properties of gamma-tocopherol inhibit the synthesis of prostaglandin E2 (PGE2) via inhibition of its catalyst cyclooxygenase-2 (COX2); cellular damage is known to be minimized with the production of endogenous nitrous oxide (NO). |
| **EFA-Sirt Supreme®**<br>Essential Fatty Acids EPA/DHA/GLA/LA/Oleic Blend & Sirtuin Enzymes Formulation | Highly concentrated, Omega-3,-6,-9 essential fatty acids (EFA), blend formula providing per 6 softgels: EPA-Eicosapentaenoic (900 mg/cap), DHA-Docosahexaenoic Acid (600 mg), and GLA-Gamma-Linolenic Acid (750 mg) with natural mixed tocopherols (high gamma) for coronary heart disease, increased membrane |
fluidity in platelet aggregation, blood viscosity, capillary flow, and plasma fibrinogen; support of healthy blood lipid profiles, nitric oxide (NO) production, fatty acid oxidation, and normal blood pressure, blood sugar and insulin levels.

**Note:** Use as a synergistic adjunct to VasculoSirt®, ResveraSirt-HP®, and CoQ-Zyme 30™.

**Dosage:** 6 softgel caps daily or as directed

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**Research:** "Sirtuins (SIRTs) deacetylate, activate and potentiate the activity of both mitochondrial and cytoplasmic acetyl CoA synthetases (ACES-1 and ACES-2). ACES are key enzymes that produce acetyl CoA, the key molecule generated from the breakdown of carbohydrates, lipids and amino acids form acetate. EFAs and insulin also potentiate the activity of ACES and thus are additive or synergistic with SIRTs in these metabolic pathways. The EFAs, SIRTs and insulin will therefore increase FA and AA synthesis, cell membrane and receptor function, increase gluconeogenesis, stimulate caloric restriction and increase life expectancy in experimental animals."

—Mark Houston, MD, MS, FACP, FAHA

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**EGCG-200mg**

*EpiGallocatechin Gallate* High-Dose Green Tea Polyphenol Catechin Extract

**General Support**

Anti-Aging
Female
Glucose Metabolism
Heart/Vascular
Inflammation
Male

**Formulated by**

Mark Houston, MD

**N.B. Contains ingredients derived from Sardine and Anchovy.**

Green Tea (*Camellia sinensis*) leaf extract (400 mg), supplying the 200 mg of EGCG, with an antioxidant, enzyme base of superoxide dismutase (SOD) and catalase (10 mcg each) from raw, organic vegetable culture. Epigallocatechin Gallate has been proven to be the most active, broad-spectrum, antioxidant, green tea constituent—a flavonoid which addresses the metabolic pathways associated with the pathological phenomena of such diseases as Alzheimer’s and Parkinson’s, multiples cancers, cardiovascular dysfunction, and diabetes. Green tea and its EGCG extract, therefore, are truly important anti-aging factors for greater longevity.

**Dosage:** 1-2 caps daily or as directed

**Caution:** Not recommended for those suffering from liver disease or related disorders; do not exceed the recommendation unless healthcare professional directed; each capsule contains <8 mg caffeine

**Research:** EGCG delivers cardiovascular support via its free radical scavenging property, the modulator of redox-sensitive transcription factors (including NFkB and AP-1), the reduction of STAT-1 activation and Fas receptor (FasR) expression, and an increase in nitric oxide (NO) production. EGCG’s neuroprotective action is associated with its antioxidant properties, since oxidative stress can dramatically alter neuronal function and trigger neurochemical changes. In addition, EGCG demonstrates a strong protective effect against hippocampal, neuronal, oxidative stress and cell death both *in vitro* and *in vivo*. Immune system support includes: stimulation of the production of several types of immune cells; targeting multiple signaling and
<table>
<thead>
<tr>
<th><strong>Inflammatory pathways; suppressing the inflammatory cytokine IL-17 and inducing the IL-10 anti-inflammatory cytokine; concerning glucose metabolism, Green Tea’s effect on glucose levels is due in part to its ability to increase expression of glucose transporter IV (GLUT IV).</strong></th>
</tr>
</thead>
</table>
| **E-Mulsion 200®**  
**Vitamin E Emulsion** for Enhanced Uptake & Utilization (200mg)  
| Vitamin E (as d-alpha-tocopheryl acetate and mixed tocopherols) (200 IU/cap) with the vegetable culture, antioxidant enzymes superoxide dismutase (SOD) and catalase (20 mcg each) for antioxidant activity (potentiates glutathione peroxidase’s action as a free radical scavenger), protection of cellular membrane integrity by preventing lipid degradation, muscular weakness, muscle cramps on exertion, ligament weakness, cardiac stress, fibroids, chronic bacterial or viral infections, benign cysts or fibroids, and intermittent claudication.  
**Dosage:** 1-2 caps 3 times daily with meals or as directed |
| **Equi-Fem™**  
**Broad-Spectrum Female** Vitamin/Mineral Multiple  
**General Support**  
**Heart/Vascular**  
**Immune**  
**Musculoskeletal**  
**Thyroid**  
| Exceptionally broad-spectrum vitamin, mineral, glandular (adrenal, pituitary/hypothalamus, ovary, uterus), herbal (Dong Quai and Black Cohosh) formula with porcine proteolytic and vegetable culture, antioxidant enzymes superoxide dismutase (SOS) and catalase (150 mcg each) to support female endocrine function, alternative hormone replacement therapy (HRT), premenstrual syndrome (PMS), perimenopause, and common menopausal symptoms including hot flashes.  
**Note:** Use the glandular-free PMT™ with those clients on hormone replacement therapy (HRT).  
**Dosage:** 2 tabs 3 times daily with meals or as directed; use with B12/Folate Plus™ and Blackcurrant Seed Oil for hot flashes; add Liquid Iodine with hot flash severity  
**Caution:** Not recommended in pregnancy or lactation  
**Warning:** Accidental overdose of iron-containing products is a leading cause of poisoning in children under 6; keep out of the reach of children; in case of accidental overdose, call a doctor or poison control center ASAP  
**Research:** Prenatal vitamin/mineral supplementation during the second and third trimesters of pregnancy has been shown to result in the delivery of babies significantly bigger and heavier and healthier than those mothers who received only iron and folic acid supplementation.  
**Note:** use with B12/Folate Plus™, Blackcurrant Seed Oil, and |
| **Equi-Fem™**  
**(Iron & Copper Free)**  
**Broad-Spectrum Female**  
| Same as Equi-Fem™ but without iron and copper for hot flashes.  
**Note:** use with B12/Folate Plus™, Blackcurrant Seed Oil, and |
### Vitamin/Mineral Multiple w/o Iron & Copper

**General Support**  
*Same as above*

### Liquid Iodine

**Dosage:** Same as above or as directed  
**Caution:** Not recommended in pregnancy  
**Warning:** Accidental overdose of iron-containing products is a leading cause of poisoning in children under 6; in case of accidental overdose, call 911 or poison control center ASAP

### Evening Primrose Oil

**Dosage:** 2 caps 3 times daily with meals or as directed  
**Research:** GLA (gamma-linolenic acid), the omega-6 essential fatty acid, functions to reduce the inflammatory cascade of arachidonic acid. In addition to evening primrose oil (EPO), high GLA content oils include blackcurrant seed and borage oils, the latter of which is thought to be its richest source.

**General Support**  
*Anxiety/Mood  
Female  
Heart/Vascular  
Inflammation*

### Evening Primrose Oil

**Dosage:** Same as above or as directed  
**Caution:** Not recommended in pregnancy  
**Warning:** Accidental overdose of iron-containing products is a leading cause of poisoning in children under 6; in case of accidental overdose, call 911 or poison control center ASAP

### Evenings Primrose Oil

**Dosage:** Same as above or as directed  
**Caution:** Not recommended in pregnancy

**Warning:** Accidental overdose of iron-containing products is a leading cause of poisoning in children under 6; in case of accidental overdose, call 911 or poison control center ASAP

### FC-Cidal™

**Dosage:** 2-3 caps 3 times daily before meals or as directed  
**Caution:** Not recommended in pregnancy or lactation

**Research:** Herbs, spices and botanical formulations have been shown to often exhibit antimicrobial properties given their wide array of terpenoid and polyphenolic compounds. Culinary herbs alone have been used for pest control, food-borne yeasts and molds to assure food safety. For example, thyme is an aromatic oil rich in monoterpenes, which supply thymol and carvacrol, both of which provide antimicrobial and antiviral properties.

**General Support**  
*Immune  
Intestinal/Stomach  
Microbiome*

### Fe-Zyme™

**Dosage:** 1 tab 1-2 times daily with meals or as directed  
**Warning:** Accidental overdose of iron-containing products is a leading cause of poisoning in children under 6; keep out of the reach of children; in case of accidental overdose, call a doctor or poison control center ASAP

**General Support**  
*Female  
Heart/Vascular  
Immune*
<table>
<thead>
<tr>
<th><strong>Flax Seed Oil</strong></th>
<th>Cold-pressed, organic, omega-3, flaxseed oil (1,000 mg/softgel cap) providing natural alpha linolenic (440 mg), linoleic (120 mg), and oleic (140 mg) acids for immune insufficiency, increased or decreased blood fats, calcium synergest, benign prostate hypertrophy (BPH), cardiovascular support, and genetic predisposition to free radical issues.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>General Support</strong></td>
<td><strong>Dosage:</strong> 1-2 caps 3 times daily with meals of as directed</td>
</tr>
<tr>
<td><strong>Anti-Aging</strong></td>
<td><strong>Research:</strong> Flaxseed oil is the primary dietary source of ALA (alpha-linolenic acid), delivering 57% ALA, which has been demonstrated to significantly reduce the markers of inflammation. The oleic acid of flaxseed oil also delivers anti-inflammatory factors, and has been associated with alleviating both oxidative stress and inflammatory mediators as well as promoting antioxidant defenses.</td>
</tr>
<tr>
<td><strong>Female</strong></td>
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</tr>
<tr>
<td><strong>Heart/Vascular</strong></td>
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<tr>
<td><strong>Immune</strong></td>
<td>---</td>
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<tr>
<td><strong>Inflammation</strong></td>
<td>---</td>
</tr>
<tr>
<td><strong>Male</strong></td>
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</tr>
<tr>
<td><strong>N.B. Latin name</strong> “<em>Linum usitatissimum</em>” translates to “Linen (Flaxseed) Most Useful.”</td>
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</tr>
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</table>

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<thead>
<tr>
<th><strong>Folate-5 Plus™</strong></th>
<th>Folate as calcium folinate with vitamin B12 as methylcobalamin (18 mcg), and the antioxidant enzymes superoxide dismutase (SOD) and catalase (20 mcg each) from vegetable culture for anemia, chronic fatigue, digestive inflammation, elevated or reduced uric acid in gout, elevated MCV/MCH (red blood indices), and nerve degeneration or inflammation.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>High-Potency Folate plus Vitamin B12 (5mg)</strong></td>
<td><strong>Dosage:</strong> 1 tab daily with meals or as directed</td>
</tr>
<tr>
<td><strong>General Support</strong></td>
<td><strong>Research:</strong> High folic acid intake has long been known for prevention of fetal developmental anomalies, but is also now known for its association with decreased levels of DNA/chromosomal abnormalities in male sperm.</td>
</tr>
<tr>
<td><strong>Heart/Vascular</strong></td>
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<tr>
<td><strong>Immune</strong></td>
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<tr>
<td><strong>Inflammation</strong></td>
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<tr>
<td><strong>Intestinal/Stomach</strong></td>
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<tr>
<th><strong>Folic Acid 800™</strong></th>
<th>Folate as folic acid (800 mcg/tab) with vitamin B12 as methylcobalamin (12 mcg) together with the antioxidant enzymes superoxide dismutase (SOD) and catalase (20 mcg each) from vegetable culture for anemia, chronic fatigue, digestive inflammation, elevated uric acid (gout), and nerve damage.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Folic Acid &amp; Vitamin B12 (800mcg)</strong></td>
<td><strong>Dosage:</strong> 1 tab daily with meals or as directed</td>
</tr>
<tr>
<td><strong>General Support</strong></td>
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<tr>
<td><strong>Heart/Vascular</strong></td>
<td>---</td>
</tr>
<tr>
<td><strong>Immune</strong></td>
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<tr>
<td><strong>Inflammation</strong></td>
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<table>
<thead>
<tr>
<th><strong>Gammanol Forte™</strong></th>
<th>Source of gamma oryzanol (25 mg/tab) with free transferulic acid (FRAC®) from rice bran extract (50 mg) and plant sterols for the natural production and release of growth hormone, bodybuilding, increasing lean muscle mass, muscle soreness,</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Gamma Oryzanol Fortified with Free Transferulic Acid (FRAC®)</strong></td>
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</tbody>
</table>
for Athletic Performance

General Support
Adrenal/HPA Axis
Female
Heart/Vascular
Intestinal/Stomach
Musculoskeletal
Pituitary/HPA Axis

Original Research by
David Brownstein, MD

primary thyroid and adrenal hypofunction, to normalize pituitary function, menopausal hot flashes, PMS, amenorrhea, elevated blood lipids, low blood pressure, angina, antioxidant support, and an alternative to human growth hormone (HGH) injections.

Note: Use as a viable alternative to HGH therapy by injection, since gamma oryzanol has been shown to increase insulin growth factor (IGF-1) in women.

Dosage: 1-2 tabs 3 times daily with meals or as directed; 2-4 tabs before and after a workout, and 2 tabs at bedtime for athletes; 4 tabs after each meal for elevated blood lipids

Research: In addition to its best known property of increasing lean muscle mass and enhancing endorphin release, its sterol constituent affects modified sterols such as dehydroepiandrosterone (DHEA), testosterone, estrogen, and progesterone. Several studies suggest that gamma oryzanol with FRAC® can provide nutritional support for increased synthesis of growth hormone (GH) and possibly endorphins. In one small study, a significant increase in serum IGF-1 was seen in 8 out of 10 women following supplementation (2 tabs t.i.d. for 3 to 5 weeks), with an average increase of 45%. Athletes have been shown to reduce body fat, increase lean body mass, and increase strength over control groups.

Garlic Plus™
Garlic plus Vitamin C and Chlorophyllins

Garlic (Allium sativum) concentrate (500 mg/tab) from cloves with vitamin C (180 mg) and chlorophyllins (10 mg) from mulberry leaves to lower cholesterol, enhance immunity, for antimicrobial action with colds and flu, for hypertension, and fungal and yeast conditions.

Dosage: 1 tab 3 times daily with meals or as directed

Research: In vitro lab studies have shown that garlic (Allium sativum) and its fresh-crushed allicin component is a potent, natural, antibiotic agent against a multitude of bacterial microbes including E. Coli, Staphylococcus aureus (MRSA), Klebsiella, Salmonella, Enterobacter, and even Bacillus anthracis (anthrax). Big Pharma’s manmade meds such as Ampicillin, Penicillin, Erythromycin and others simply do not begin to measure up to garlic’s therapeutic efficacy in inhibiting bacterial growth.

Gastrazyme™
Broad-Spectrum Gastro-intestinal Enzyme Formula with “Vitamin U Complex”

Gastric/intestinal cooling and gut-healing, vitamin A (3,500 IU/tab) from natural mixed carotenoids for healing epithelial tissue, gamma oryzanol from rice bran oil (100 mg) for increased tissue healing and repair by increasing growth hormone production, chlorophyllins from mulberry (20 mg) for pain reduction and healing support, vitamin U complex (originally from cabbage leaf extract)—a potent, tissue-healing agent, and the biologically active, vegetable culture antioxidant
| Immune Microbiome Pancreas | enzymes superoxide dismutase (SOD) and catalase (15 mcg each) formula for ulcers, hiatal hernia, heartburn, acid reflux, gastric inflammation, general gastric distress, for promotion of GI tract healing, and general microbiome support.  

**Note:** When gastric pain is caused by acid reflux, chew the tablets with sufficient water, thereby allowing the remedy to drip down the throat to soothe the inflamed esophagus and heal the cardiac sphincter.  

**Dosage:** 1 tab 1-3 times daily as needed before meals or as directed; 9 tabs 3 times daily with meals for ulcers for 30 days, or until inflammation resolves, and lesions heal.

**Research:** Raw cabbage juice in terms of its glutamine and methionine (Smethylmethionine sulfonium or SMMS in the chlorinated form) derivatives has been shown to be effective in normalizing gastric and intestinal function including the stimulation of the gastric mucosa, acting as a methyl donor for a variety of receptors, serving as an antioxidant, and supporting the healing process following exposure to NSAIDS. Studies have demonstrated that SMMS supports the natural healing process of the gastric dimension following exposure to nonsteroidal, anti-inflammatory agents (NSAIDS). This vital compound traditionally has been designated as “vitamin U,” although it technically is not categorized as a “vitamin” per se. |

| Ginkgo Biloba Standardized Ginkgo Biloba Extract | Standardized (24% extract providing flavonoid glycosides and ginkgolides) gingko (40 mg/tab) together with the vegetable culture, antioxidant enzymes superoxide dismutase (SOD) and catalase (30 mcg each) for cerebral vascular insufficiency as in vertigo, poor memory, senile dementia, tinnitus, foggy thinking, headaches, and Alzheimer’s (AD).  

**Dosage:** 1-2 tabs 3 times daily with meals or as directed |

| GlucoBalance® Glycolytic Balance Support Formulation | Broad-spectrum, blood glucose, metabolism formula including vitamins (A, B1, B2, B3 [niacin and niacinamide], B6, B12, C, D, E), minerals (calcium, magnesium, zinc, copper, manganese), trace elements (selenium, vanadium, 1000 mcg GTF chromium), and other nutrients for hyperglycemia (Type I & II Diabetes), elevated triglycerides and LDL cholesterol, decreased HDL cholesterol, dysinsulinism, and Syndrome X.  

**Note:** Use with ADHS® and Flax Seed Oil.  

**Dosage:** 2 caps 3 times daily with meals or as directed  

**Warning:** Medical supervision required with insulin-dependent diabetics; blood sugar levels must be monitored frequently, since this product will often dramatically reduce blood glucose |

| General Support Anti-Aging Brain Heart/Vascular | General Support Adrenal/HPA Axis Glucose Metabolism Weight Management  

**Formulated by Jonathan Wright, MD & Alan Gaby, MD |
<table>
<thead>
<tr>
<th><strong>Gluco-Syn-Amine®</strong>&lt;br&gt;Glucoamine Joint Support Formula</th>
<th>Glucosamine HCl (500 mg), B vitamins (B3, B5, and B6), methylsulfonylmethane or MSM (30 mg), manganese, and silica from sugarcane (Saccharum officinarum) extract for issues such as osteoarthritis, soft tissue injuries, and for chondro/joint protection and repair.&lt;br&gt;&lt;br&gt;<strong>Dosage:</strong> 3-6 caps daily with meals or as directed</th>
</tr>
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<tr>
<td><strong>N.B. Contains ingredients derived from Shrimp and Crab Shell.</strong></td>
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</tr>
<tr>
<td><strong>GSH-Plus™</strong>&lt;br&gt;Amino Acids Glutathione (GSH), NAC and Glycine Formulation</td>
<td>Potent, amino acid antioxidants L-Glutathione (150 mg/cap), N-Acetyl-L-Cysteine (50 mg), and Glycine (50 mg) function to downregulate upper respiratory and digestive inflammation.&lt;br&gt;&lt;br&gt;<strong>Note:</strong> Provides greater antioxidant protection than that afforded by BioProtect™ alone.&lt;br&gt;<strong>Dosage:</strong> 1 cap 3 times daily with meals or as directed</td>
</tr>
<tr>
<td><strong>GTA®</strong>&lt;br&gt;Thyroid Glandular and Trace Minerals Formula</td>
<td>Porcine thyroid glandular concentrate (5 mg/cap) with vegetable culture rubidium (5 mcg), selenium (5 mcg), and the vegetable culture, antioxidant enzymes superoxide dismutase (SOD) and catalase (30 mcg each) for primary thyroid hypofunction (TSH above 4.0).&lt;br&gt;&lt;br&gt;<strong>Note:</strong> Use with Meda-Stim™ to support T-4 to T-3 conversion.&lt;br&gt;<strong>Dosage:</strong> 1-3 caps daily away from meals or as directed&lt;br&gt;<strong>Caution:</strong> Not recommended in pregnancy or lactation</td>
</tr>
<tr>
<td><strong>GTA-Forte™</strong>&lt;br&gt;Thyroid Glandular and Trace Minerals Formula Fortified (20mg)</td>
<td>Same as GTA® but fortified to 20 mg/cap of porcine glandular concentrate with zinc gluconate (10 mg), copper gluconate (1 mg), and a greater quantity of vegetable source selenium (26 mcg).&lt;br&gt;&lt;br&gt;<strong>Dosage:</strong> 1-3 caps daily away from meals or as directed&lt;br&gt;<strong>Caution:</strong> Not recommended in pregnancy or lactation</td>
</tr>
<tr>
<td><strong>GTA-Forte II™</strong>&lt;br&gt;Thyroid Glandular and</td>
<td>Same as GTA® but with 250 mcg of copper in lieu of the 1 mg of copper in GTA-Forte®.</td>
</tr>
<tr>
<td><strong>Trace Minerals Formula</strong></td>
<td><strong>Biotics Research Quick Reference Guide</strong></td>
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<tr>
<td><strong>Fortified (Cu 250mcg)</strong></td>
<td><strong>Guide</strong></td>
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<td></td>
<td><strong>Caution:</strong> Not recommended in pregnancy or lactation</td>
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</tbody>
</table>

**General Support**

**Same as above**

<table>
<thead>
<tr>
<th><strong>HCl-Ease®</strong></th>
<th>Hydrochloric Acid and Botanical Support Formula for Gastric Reflux</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>General Support</strong></td>
<td><strong>Intestinal/Stomach Microbiome</strong></td>
</tr>
<tr>
<td><strong>Formulated with</strong></td>
<td><strong>Gary Lasneski, DC</strong></td>
</tr>
<tr>
<td><strong>N.B.</strong></td>
<td>This product is both gluten and diary-free.</td>
</tr>
</tbody>
</table>

This proprietary blend (820 mg) of botanicals including Meadowsweet (*Filipendula ulmaria*), Okra (*Abelmoschus esculentus*), Eyebright (*Euphrasia officinalis*), Marshmallow (*Althaea officinalis*), Asian Plantain (*Plantago asiatica*) and the proteolytic enzyme Pepsin—designed to specifically support gastroesophageal health—provides highly effective, targeted, nutritional support with its combination of five herbs, along with pepsin, to aide in the digestive degradation of food proteins into peptides.

**Note:** Supports proper function of the lower esophageal sphincter (LES), the gastric muscle ring at the stomach’s entrance; with improper closure, highly acidic gastric acid may move up into the esophagus potentially resulting in serious discomfort and even tissue damage.

**Dosage:** 2 caps twice daily or as directed

**Caution:** Not recommended in pregnancy or lactation

**Warning:** Not recommended for those with salicylate intolerance

<table>
<thead>
<tr>
<th><strong>HCl-Plus™</strong></th>
<th>Hydrochloric Acid plus Glutamic Acid/Ammonium Chloride Digestive Support Formula w/o Pancreatin</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>General Support</strong></td>
<td><strong>Inflammation</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Intestinal/Stomach Microbiome</strong></td>
</tr>
</tbody>
</table>

Betaine HCl (115 mg/tab), glutamic acid (50 mg), ammonium chloride (35 mg), pepsin (10 mg), and vitamin B6, but without pancreatin for digestive system support, hypochlorhydria (gas, bloating, loss of taste for meat, halitosis, body odor, anemia, pregnancy, low mineral values (per TMA testing), and systemic acidification (bursitis, tendonitis, environmental sensitivities).

**Note:** Chronic HCl insufficiency may indicate a thiamine or zinc deficiency.

**Dosage:** Begin with 2 tabs with each meal, increase by 1 tab every 3 days until symptoms abate, then decrease or as directed

<table>
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<tr>
<th><strong>Histoplex®</strong></th>
<th>Antihistamine Herbal Complex Food Allergy Support Formula</th>
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</thead>
<tbody>
<tr>
<td><strong>General Support</strong></td>
<td><strong>Inflammation</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Intestinal/Stomach Microbiome</strong></td>
</tr>
</tbody>
</table>

Proprietary, broad-spectrum, natural antihistamine, botanical blend (1,200 mg or 1.2 gm/2 caps) including Osha (*Ligusticum porteri*), Olive (*Olea europaea*), Hydrangea (*Hydrangea arborescens*), Hesperidin (citrus fruit), Olive (*Olea europaea*), Black Walnut (*Juglans nigra*), Andrographis (*A. paniculata*), Picrorhiza (*Picrorhiza kurrooa*), Calcium borogluconate, Turkey
### Immune Lung/Respiratory

Tail (*Trametes versicolor*), and Dimethylglycine (DIM) formulated for endogenous food allergies and sensitivities, as well as for general immune support.

**Dosage:** 2-3 caps twice daily as required or as directed

**Caution:** Not recommended in pregnancy or lactation

### Histoplex-AB®

**Antihistamine Herbal Complex Airborne Allergy Support Formula**

Proprietary, broad-spectrum, natural antihistamine, standardized botanical blend (1,080 mg/2 caps) including Chekiang Fritillary (*Fritillaria thunbergii*) for antitussive, astringent, expectorant support, European Goldenrod (*Solidago virgaurea*) and Baikal Skullcap (*Scutellaria baicalensis*) for anti-inflammatory modulation, Eyebright (*Euphrasia officinalis*) for eye support, Platycodon (*Platycodon grandiflorum*) for anti-inflammatory and expectorant support, Silk Tree (*Albizia julibrissin*) for antioxidant support, White Mulberry (*Morus alba*) for anti-oxidative and anti-atherogenic protection—a formulation for its immunomodulating effects in exogenous airborne allergies and sensitivities as evidenced by respiratory distress, sinus congestion, nasal drainage, post-nasal drip, coughing, red and watery eyes, dark under-eye circles, and eye syndromes such as pressure, itchiness, swelling, drainage, and light sensitivity.

**Dosage:** 2 caps taken twice daily or as directed

**Caution:** Not recommended in pregnancy or lactation, for children under 12, and for those with autoimmune disease, compromised immune system, or acute infection

### Hydro-Zyme™

**Betaine Hydrochloride w/ Pancreatic Enzymes**

Same as HCl-Plus™ but with porcine pancreatin (10 mg/tab) and pepsin (10 mg/tab) for chronic indigestion, gastrointestinal issues, hypochlorhydria (bloating, gas, halitosis, body odor, anemia, etc.), bowel dysfunction (diarrhea or constipation), acid replacement in acid reflux (gastric acid in the esophagus) resulting in such symptomatology as nausea, heartburn, burping, difficulty swallowing, sore throat, etc.), to recover normal stomach pH, support the gastric environment, and for general digestive support.

**Successful digestion** often requires as many as 15-20 tabs in which case substitute Betaine Plus HP (high-potency) at 700 mg of HCl vs. Hydro-Zyme’s 235 mg of acid, but only after starting therapy with Hydro-Zyme.

**Note:** Hydro-Zyme can be used to stimulate hunger in the case of sluggish appetite by taking 1-2 tabs 10-15 minutes before...
**IAG™**
Western Larch Tree
Immune
Arabinogalactans
Polysaccharides Formula

**General Support**
Children
Immune
Lymph
Pancreas

Up to 99% pure arabinogalactans (long, densely branched, high-molecular mucopolysaccharides) powder from the Western larch tree to modulate and optimize immune function, and to increase natural killer (NK) cells for chronic bacterial and viral infections.

**Note:** Reformulation accounts for slight change in powder color.

**Dosage:** 1-2 tsp daily in choice of beverage or as directed

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**Immu**no-**gG**®
Immunoglobulin G from Bovine Colostrum

**General Support**
Immune
Intestinal/Stomach Microbiome

N.B. Contains dairy-sourced ingredients; not recommended for those allergic to Milk.

Immunoglobulin G (240 mg/2 caps) from bovine colostrum with the amino acids lysine (120 mg) and arginine (60 mg) for immune function support and enhancement, decreased gamma globulin, chronic viral conditions, Leaky Gut Syndrome, and stomach ulcers.

**Dosage:** 2 caps 3 times daily before meals or as directed

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**Inositol**
Vitamin B Complex Fraction from Rice

**General Support**
Adrenal/HPA Axis
Anxiety/Mood
Brain
Eyes
Glucose Metabolism

Rice-derived inositol (325 mg) is employed clinically for a multitude of common issues including the following: blood sugar dysregulation, nerve pain, diabetes, elevated blood lipids (cholesterol), psoriasis and skin lesions, hair loss (non-genetic), pesticide poisoning, slow growth, lymph edema, insomnia, depression, Alzheimer’s, schizophrenia, ADHD, autism, and cancer.

**Note:** Formerly available at 650 mg/tablet.

**Dosage:** 2 tabs 3 times daily with meals or as directed

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mealtime.

**Dosage:** Begin with 1-3 tabs per meal, increase by 1 tab every 3 days, until symptoms abate or burning sensation, then reduce dosage or as directed; can be taken before, during, or after a meal; with sensitive patients, or when gastritis and/or an ulcer is suspected, start with a single tab during the meal; with no discomfort, increase by a one tab daily per meal until digestion improves
<table>
<thead>
<tr>
<th>Condition</th>
<th>Supplement</th>
<th>Description</th>
<th>Dosage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kidney/Bladder</td>
<td>Inositol Powder</td>
<td>Same as above with 100% caprylic triglycerides from coconut/palm kernel oil in powder form with each 5 g serving (about 1 ½ tsp) supplying 5 g of inositol from rice.</td>
<td>1 ½ tsp mixed with water or juice daily or as directed</td>
</tr>
<tr>
<td></td>
<td>Intenzyme Forte™</td>
<td>Broad-spectrum, proteolytic enzyme formulation from animal and plant sources including porcine pancreatin (100 mg/tab), bromelain (50 mg), papain (50 mg), trypsin and alpha chymotrypsin (100 mg), lipase (10 mg), amylase (10 mg) and the vegetable culture, antioxidant enzymes superoxide dismutase (SOD) and catalase (10 mcg each) for a variety of physiological and biochemical processes including protein metabolism, systemic inflammation, tissue damage, arthritis, atherosclerosis, phlebitis, free radical conditions, food sensitivities, and poor circulation due to inflammation or atherosclerosis.</td>
<td>Use with Porphyra-Zyme™ for inflammation and atherosclerosis. 10 tabs immediately on an empty stomach with acute injury or as directed, then 5 tabs 4 times daily in between meals or on an empty stomach for 3 days, then reduce to 4 tabs 3 times daily on an empty stomach, until inflammation and swelling abates or as directed; for chronic cases, 3-4 tabs 3 times daily on an empty stomach or as directed</td>
</tr>
<tr>
<td></td>
<td>Iodizyme-HP™</td>
<td>Highly bioavailable source of supplemental iodine in convenient, scored, tablet form (6.25 mg per ½ tab, 2.5 mg iodine and 3.75 mg iodide) for support of thyroid production of thyroxine (T4) and other tissue (salivary glands, gastric mucosa, choroid plexus, mammary glands, ovaries), for iodine deficiency, and the maintenance of healthy hydroxyl estrogen ratios.</td>
<td>One-half tab daily or as directed</td>
</tr>
</tbody>
</table>
**Caution:** Not recommended in pregnancy or lactation  
**Warning:** High-dose iodine products should be used only under the direct supervision of a licensed healthcare professional, who should monitor their usage.

| **IPS®** |  
| **Intestinal Permeability Support Gastrointestinal Formulation** |  
| **General Support** |  
| **Detoxification** |  
| **Immune** |  
| **Intestinal/Stomach Microbiome** |  

N.B. Contains ingredients derived from Shrimp and Crab Shell.

Proprietary, broad-spectrum, intestinal permeability support formula (600 mg/cap) including Jerusalem Artichoke (*Helianthus tuberosus*) for fructooligo-saccharides, L-Glutamine for epithelium support, Lamb Intestine Concentrate, Spanish Moss (*Tillandsia usneoides*) for vitamins, minerals, coumarin, and resins, Glucosamine Sulfate from shrimp and crab shell for connective tissue and base membrane support, Gamma Oryzanol from rice for GI tract integrity, L-Glutathione for inhibition of pro-inflammatory cytokines, and Cellulase for use with Irritable Bowel Syndrome (IBS), Leaky Gut Syndrome, colitis, Crohn’s disease, allergies, gastric and intestinal mucosa repair, and gut detoxification.

**Note:** Imbalanced immune function can alter intestinal permeability due to inflammation, decreased sIgA, stress, and decreased nutritional status.  
**Dosage:** 2-4 caps in the morning and 4 at bedtime on an empty stomach or as directed.

**Research:** It has become increasingly apparent that the gut and the immune system are inseparably interconnected in that the intestine secretes large amounts of the antibody IgA (sIgA), which binds to antigens and microorganisms to prevent their attachment and uptake by the gut mucosa.

| **KappArest™** |  
| **NF-KappaB Nuclear Factor Downregulator Herbal Formulation** |  
| **General Support** |  
| **Inflammation** |  
| **Musculoskeletal** |  

Proprietary, broad-spectrum, anti-inflammatory formula (1,150 mg/3 caps) including Curcuminoids (*Turmeric rhizome*), Boswellia (*Boswellia serrata*) a.k.a. Frankincense, Propolis, Green Tea (*Camellia sinensis*), Ginger (*Zingiber officinale*), Rosemary (*Rosmarinus officinalis*), Celery (*Apium graveolens*), Trans-Resveratrol (*Polygonum cuspidatum*), Alpha-Lipoic Acid, Silicon (*Saccharum officinarum*), Phytolens® (*Lens esculenta*), and BioPerine® (*Piper nigrum*) to modify inflammatory pathways and “arrest” the pro-inflammatory cascade by inhibiting the activation and transcription of the Nuclear Factor KappaB (NF-KappaB).

**Dosage:** 3 caps twice daily or as directed  
**Caution:** Not recommended in pregnancy or lactation.

**Research:** Studies have demonstrated that the antioxidant and...
phytonutrient components of this formulation suppress the activation of NF-kappaB and associated kinases including AP-1. **Phytolens®, a Biotics Research patented lentil extract**, manifests broad antioxidant properties, and displays potent free radical scavenging competence, all of which results in demonstrable downregulation of the inflammatory process.

<table>
<thead>
<tr>
<th>K-Zyme™</th>
<th>Potassium (99 mg/tab) as gluconate, chloride, and citrate together with the vegetable culture, antioxidant enzymes superoxide dismutase (SOD) and catalase (15 mcg each) for ANS sympathetic dominance, dry mouth, breathlessness, frequent sighing, increased gag reflex, tachycardia, and endocrine hyperfunction.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Chelated Potassium (Gluconate, Chloride, Asparate) &amp; Antioxidant Enzymes</strong></td>
<td><strong>Dosage</strong>: 1 tab 3 times daily with meals or as directed</td>
</tr>
<tr>
<td><strong>General Support</strong></td>
<td><strong>Research</strong>: Probiotic supplementation by those with hepatic, alcoholic cirrhosis has been shown to improve immune response in terms of neutrophil (WBC) function and cytokine response.</td>
</tr>
<tr>
<td><strong>Adrenal/HPA Axis</strong></td>
<td><strong>Note</strong>: Refrigerate after opening. <strong>Dosage</strong>: 3 tabs 3 times daily after meals or as directed</td>
</tr>
<tr>
<td><strong>Heart/Vascular</strong></td>
<td><strong>Research</strong>: Probiotic supplementation by those with hepatic, alcoholic cirrhosis has been shown to improve immune response in terms of neutrophil (WBC) function and cytokine response.</td>
</tr>
<tr>
<td><strong>Musculoskeletal</strong></td>
<td><strong>Note</strong>: Refrigerate after opening. <strong>Dosage</strong>: 3 tabs 3 times daily after meals or as directed</td>
</tr>
<tr>
<td><strong>Pituitary/HPA Axis</strong></td>
<td><strong>Research</strong>: Probiotic supplementation by those with hepatic, alcoholic cirrhosis has been shown to improve immune response in terms of neutrophil (WBC) function and cytokine response.</td>
</tr>
<tr>
<td><strong>Thyroid</strong></td>
<td><strong>Research</strong>: Probiotic supplementation by those with hepatic, alcoholic cirrhosis has been shown to improve immune response in terms of neutrophil (WBC) function and cytokine response.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Lactozyme® Lactobacillus Acidophilus and Bifidobacterium Formula</th>
<th>Proprietary blend (148 mg/tab) of dairy-free DDS-1 Lactobacillus acidophilus and Bifidobacterium bifidum (50 million organisms per tablet when packaged) for bowel flora balance, intestinal distress, bowel mucus, constipation, fungal/yeast infections, and post-antibiotic treatment.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Lactobacillus Acidophilus and Bifidobacterium Formula</strong></td>
<td><strong>Note</strong>: Refrigerate after opening. <strong>Dosage</strong>: 3 tabs 3 times daily after meals or as directed</td>
</tr>
<tr>
<td><strong>General Support</strong></td>
<td><strong>Research</strong>: Probiotic supplementation by those with hepatic, alcoholic cirrhosis has been shown to improve immune response in terms of neutrophil (WBC) function and cytokine response.</td>
</tr>
<tr>
<td><strong>Immune</strong></td>
<td><strong>Research</strong>: Probiotic supplementation by those with hepatic, alcoholic cirrhosis has been shown to improve immune response in terms of neutrophil (WBC) function and cytokine response.</td>
</tr>
<tr>
<td><strong>Intestinal/Stomach</strong></td>
<td><strong>Research</strong>: Probiotic supplementation by those with hepatic, alcoholic cirrhosis has been shown to improve immune response in terms of neutrophil (WBC) function and cytokine response.</td>
</tr>
<tr>
<td><strong>Microbiome</strong></td>
<td><strong>Research</strong>: Probiotic supplementation by those with hepatic, alcoholic cirrhosis has been shown to improve immune response in terms of neutrophil (WBC) function and cytokine response.</td>
</tr>
<tr>
<td><strong>N.B. Contains an ultra-trace amount (&lt;0.007 ppm) of milk constituents, which are used in the fermentation of probiotic ingredients.</strong></td>
<td><strong>Research</strong>: Probiotic supplementation by those with hepatic, alcoholic cirrhosis has been shown to improve immune response in terms of neutrophil (WBC) function and cytokine response.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>L-Arginine Free-Form Amino Acid</th>
<th>Amino acid L-Arginine HCl (700 mg/cap) works for free radical issues, wound healing, cystic fibrosis, male infertility and erectile dysfunction (nitric oxide or NO precursor), high cholesterol, liver dysfunction/degeneration, angina, and thymus function support.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Free-Form Amino Acid</strong></td>
<td><strong>Note</strong>: Use with Amino Sport™ in angina <strong>Dosage</strong>: 2 caps 2-3 times daily with meals or as directed; 8 caps or higher daily to stimulate thymus function</td>
</tr>
<tr>
<td><strong>General Support</strong></td>
<td><strong>Note</strong>: Use with Amino Sport™ in angina <strong>Dosage</strong>: 2 caps 2-3 times daily with meals or as directed; 8 caps or higher daily to stimulate thymus function</td>
</tr>
<tr>
<td><strong>Heart/Vascular</strong></td>
<td><strong>Note</strong>: Use with Amino Sport™ in angina <strong>Dosage</strong>: 2 caps 2-3 times daily with meals or as directed; 8 caps or higher daily to stimulate thymus function</td>
</tr>
<tr>
<td><strong>Immune</strong></td>
<td><strong>Note</strong>: Use with Amino Sport™ in angina <strong>Dosage</strong>: 2 caps 2-3 times daily with meals or as directed; 8 caps or higher daily to stimulate thymus function</td>
</tr>
<tr>
<td><strong>Liver/Gallbladder</strong></td>
<td><strong>Note</strong>: Use with Amino Sport™ in angina <strong>Dosage</strong>: 2 caps 2-3 times daily with meals or as directed; 8 caps or higher daily to stimulate thymus function</td>
</tr>
<tr>
<td><strong>Male Metabolism</strong></td>
<td><strong>Note</strong>: Use with Amino Sport™ in angina <strong>Dosage</strong>: 2 caps 2-3 times daily with meals or as directed; 8 caps or higher daily to stimulate thymus function</td>
</tr>
</tbody>
</table>
| **L-Carnitine Powder** | Amino acid L-Carnitine (as L-Carnitine fumarate) at (about 3 g/tsp) supports ATP energy production by enhancing lipid oxidation in cell mitochondria for elevated blood lipids, cardiac stress, muscle fatigue, hepatic degeneration (cirrhosis), senile dementia, reduced muscle mass, low sperm motility, low carb diets, inability to lose weight, and to enhance antioxidant effect of vitamins C and E; also used for inducing ketosis with low carbohydrate diets.  

**Dosage:** 1 tsp (about 3 g) daily in choice of beverage or as directed; with low carb dieters who do not go into ketosis on 60 grams or less of carbohydrates, 2 tsp daily until ketosis |
| -------- | --- |
| **L-Glutamine** | Amino acid L-Glutamine, a nonhydrolyzed, naturally produced, free-form L-Amino HCl (500 mg/cap) supports metabolism for alcoholism, sugar cravings, impotence, fatigue, epilepsy, gastric inflammation, schizophrenia, peptic ulcer, and mental retardation.  

**Dosage:** 1-3 caps daily with meals or as directed |
| **L-Glutamine Powder** | Same as L-Glutamine in powder form (3 g/tsp); also used for general cognitive support and mental retardation.  

**Dosage:** 1 tsp (about 3 g) daily in beverage of choice or as directed |
| **Lipid-Sirt®** | Hyperlipidemia formulation providing pantethine, the disulfide and coenzyme form of vitamin B5 (450 mg/4 caps), for increasing the beta oxidation of fatty acids and decreasing hepatic cholesterol synthesis inhibiting HMG-Co reductase, plant sterols (400 mg) from soybean for reducing intestinal cholesterol absorption, EGCG Green Tea (*Camellia sinensis*) extract (300 mg) for its potent antioxidant properties, Delta-tocotrienol from annatto seed to inhibit atherosclerosis, and the polymeric proanthocyanidin Phytolens® (2.5 mg) to increase endothelial nitric oxide (NO) synthesis.  

**Dosage:** 4 caps twice daily with meals or as directed  

**Research:** Studies have shown that pantethine appears to be a safe,
effective and affordable lipid-altering substance; foods and dietary supplements containing at least 400 mg per serving of free phytosterols, taken twice daily as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease.

<table>
<thead>
<tr>
<th><strong>Lipid-X®</strong></th>
<th>Magnesium (200 mg/tab) as oxide and citrate and a vegetable culture “fat blocker” (dietary fat absorption inhibitor) formulation to complex dietary fats (up to 20 mg of dietary fat complexed by a single tablet); also to reduce dietary cholesterol and triglyceride absorption.</th>
</tr>
</thead>
</table>
| **Lipid (Fat) -X (Blocker)** | General Support  
Intestinal/Stomach  
Microbiome  
Weight Management |

**Note:** Not a constipation-causing fiber product  
**Dosage:** 1 tab with each meal or as directed

<table>
<thead>
<tr>
<th><strong>Lipoic Acid Plus</strong></th>
<th>High-quality, alpha-lipoic acid (100 mg/cap) plus Vitamin C as calcium and magnesium ascorbates (50 mg) for general antioxidant and metabolism support, and more specifically for carbohydrate metabolism (Kreb’s cycle pyruvic acid oxidation), diabetes, fibromyalgia, inflammation, superoxide radical quenching, liver dysfunction, myelin sheath degeneration, peripheral neuropathy, mild heavy metal chelator, memory, chronic fatigue, eye conditions (cataracts, glaucoma), HIV/AIDS, cancer, and vitamins C &amp; E recycling.</th>
</tr>
</thead>
</table>
| **Alpha Lipoic Acid plus** | General Support  
Anti-Aging  
Brain  
Detoxification  
Eyes  
Glucose Metabolism  
Heart/Vascular  
Immune  
Inflammation  
Liver/Gallbladder |

**Note:** BRC uses only the highest quality lipoic acid in its formulation with no consideration to commonly used third world-sourced materials of questionable methods and lower prices; quality, purity, safety and efficacy are the primary considerations  
**Dosage:** 1-2 caps daily with meals or as directed

<table>
<thead>
<tr>
<th><strong>Liquid Iodine</strong></th>
<th>Highly bioavailable source of the essential trace mineral potassium iodide (75 mcg/drop) in aqueous form to support thyroid and ovary function, thyroxine T-4 and T-3 production from tyrosine, and for skin cracks, mucus, sinus infections, menopausal hot flashes, ovarian dysfunction, benign uterine and breast cysts/fibroids, infertility, topically for acne and boils, and seasonal emotional changes.</th>
</tr>
</thead>
</table>
| **Potassium Iodide (75 mcg)** | General Support  
Anxiety/Mood  
Female  
Immune  
Kidney/Bladder  
Lung/Respiratory  
Oral/Dental  
Thyroid |

**Note:** Use with Bio-Immunozyme Forte™ and Neutrophil Plus™ for sinus infections.  
**Dosage:** 5-20 drops daily in pure water or as directed; increase to 30 drops daily short-term in severe cases
<table>
<thead>
<tr>
<th><strong>Liquid Iodine Forte™</strong>&lt;br&gt;Potassium Iodide <strong>Fortified</strong> (150 mcg)</th>
<th>The Forte formulation is the same as Liquid Iodine but with twice the amount of potassium iodide (150 mcg/drop).&lt;br&gt;<strong>Dosage:</strong> 5-20 drops or more daily or as directed&lt;br&gt;<strong>Research:</strong> Decreased iodine status not only negatively impacts thyroid function, but also has been shown to cause an adverse effect on fetal and neonatal cognitive and neurological development and function.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>General support</strong>&lt;br&gt;<em>Same as above</em></td>
<td></td>
</tr>
</tbody>
</table>

| **Livotrit Plus®**<br>Ayurvedic Liver Support plus Botanical Cleansing Formulation | Proprietary, Ayurvedic herbal formula with Indian Tinospora (*Tinospora cordifolia*), Boerhavia (*Boerhavia diffusa*), Eclipta (*Eclipta prostrata*), Andrographis (*A. paniculata*), Picrorhiza (*Picrorhiza kurrooa*), Indian Barberry (*Berberis aristata*), Milk Thistle (*Silybum marianum*, silymarin), and trace minerals from raw Sugarcane (*Saccharum officinarum*) juice (Wulzen Anti-Stiffness Factor) for liver disease, detoxification, alcoholism, viral infections including Cytomegalovirus (CMV), Epstein-Barr Virus (EBV), hepatitis, mononucleosis, cirrhosis, and heavy metal body burdens.<br>**Note:** Use with MCS-2®, Beta-TCP™, Cytozyme-LV™ and with NutriClear® for gastric inflammation.<br>**Dosage:** Begin with 1 tab 3 times daily with meals, increase by 1 tab every 3 days to a maximum of 3 daily or as directed<br>**Caution:** Not recommended in pregnancy or lactation |
| **General Support**<br>*Detoxification*<br>*Immune*<br>*Liver/Gallbladder* | |

| **Li-Zyme™**<br>Lithium Whole Food Vegetable Culture Source | Vegetable culture lithium (50 mcg), an important trace mineral, for depression, alcoholism, fibromyalgia, severe mental stress, gout, and kidney stones.<br>**Note:** Use Li-Zyme Forte™ in more severe cases.<br>**Dosage:** 2 tabs 3 times daily with meals and at bedtime or as directed |
| **General Support**<br>*Adrenal/HPA Axis*<br>*Anxiety/Mood*<br>*Brain*<br>*Kidney/Bladder*<br>*Musculoskeletal*<br>*Thyroid* | |

<p>| <strong>Li-Zyme Forte™</strong>&lt;br&gt;Lithium Fortified Whole Food Vegetable Culture Source (150 mcg) | Same as Li-Zyme™ but fortified to 150 mcg per tablet also for hyperthyroid and unresponsive adrenal hypofunction.&lt;br&gt;<strong>Dosage:</strong> 1-3 tabs 3 times daily with meals and at bedtime or as directed |</p>
<table>
<thead>
<tr>
<th><strong>Same as above</strong></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>L-Lysine HCl</strong></td>
<td>Amino acid L-Lysine HCl (500 mg/cap), naturally produced, free-form amino acid for Parkinson’s, herpes (cold sores), shingles, lead and heavy metal burdens, impaired calcium metabolism, and general tissue repair.</td>
</tr>
<tr>
<td>Free-Form Amino Acid</td>
<td><strong>Dosage:</strong> 1-2 caps 3 times daily with meals or as directed</td>
</tr>
<tr>
<td><strong>General Support</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Brain</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Detoxification</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Immune</strong></td>
<td></td>
</tr>
</tbody>
</table>

| **L-Tyrosine**  | Amino acid L-Tyrosine (500 mg/cap), the precursor to production of thyroid hormones and the neurotransmitters dopamine and norepinephrine, for depression, anxiety, drug withdrawal, alcoholism, and adrenal/pituitary/thyroid hypofunction. |
| Free-Form Amino Acid | **Note:** From microfermentation; not derived from mammals. |
| **General Support** | **Dosage:** 1-2 caps 3 times daily with meals or as directed |
| **Adrenal/HPA Axis** | **Warning:** Use cautiously, if at all, in case of monoamine oxidase (MOA) inhibitors and other antidepressant medications |
| **Anxiety/Mood** |  |
| **Brain** |  |
| **Pituitary/HPA Axis** |  |
| **Thyroid** |  |

| **MCS-2®**  | Multiple nutrient, vitamin, mineral, trace element, glandular (parotid), amino acid, quercetin, added methyl donors B-12 (20 mcg) and folate (100 mcg), plus a proprietary herbal blend of Milk Thistle (Silybum marianum, silymarin), Lycium (Lycium chinensis), Cleavers (Gallium aparine), Dandelion (Taraxacum officinale), Burdock (Arctium lappa), and Red Clover (Trifolium pratense)—a formula designed to support hepatic Phase I and Phase II detoxification pathways and for hepatic, renal, lymphatic, and spleen/immune dysfunction. |
| **Metabolic Clearing Support Formulation** | **Note:** Use with Livotrit Plus® and Beta-TCP™. |
| **General Support** | **Dosage:** 2 caps with breakfast and 1 at lunch or as directed |
| **Detoxification** | **Caution:** Not recommended in pregnancy or lactation |
| **Immune** |  |
| **Kidney/Bladder** |  |
| **Liver/Gallbladder** |  |
| **Lymph** |  |

**Research:** The elaborate mechanisms of Phase I and Phase II detox systems notwithstanding, certain circumstances periodically contribute to suboptimal functioning of these detox mechanisms, resulting in some prolongation in the elimination of toxic substances. Given our generally polluted environment, the range of toxic elements is found to be increasing at an ever escalating rate, and their accumulation throughout the environment makes exposure all the more commonplace. These foreign proteins can overwhelm the immune system’s ability to function appropriately as designed. **Vitamins A, C, and E** function as cofactors for Phase II enzyme activity. Additionally Vitamin A is essential for normal immune function by acting as an important antioxidant for scavenging reactive oxygen species. **Carotenoids** exhibit an extra-
ordinary capacity to quench singlet oxygen molecules. **Trace minerals** also play an important role in detox and metabolic support, while **herbal components** provide hepatic support for metabolic clearing and detoxification.

| Meda-Stim™ | Proprietary, broad-spectrum, vitamin, mineral, trace element, amino acid, glutathione, and herbal formulation supports normal thyroid function and thyroxine (T-4) to triiodothyronine (T-3) conversion.  
**Note:** Use with the glandulars GTA® or GTA-Forte® in primary hypothyroidism.  
**Dosage:** 1-2 caps with breakfast and with lunch or as directed  
**Caution:** Not recommended in pregnancy or lactation |
<table>
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<tr>
<th></th>
<th></th>
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</thead>
<tbody>
<tr>
<td><strong>Multi-Nutrient Thyroid Support Formulation</strong></td>
<td>Formulated by Gary Lasneski, DC</td>
</tr>
</tbody>
</table>

| Melatonin-B6/Mg | Melatonin (1.5 mg), an indole neurohormone secreted by the pineal gland (often referred to as the “biological time keeper of hormone secretion”), Vitamin B6 as pyridoxal-5-phosphate (5 mg), better known as “P5P,” and Magnesium as magnesium glycinate (25 mg) for support of normal circadian rhythms (physical, mental, and behavioral adaptations over a 24-hour cycle in response to an organism's daytime/nighttime environment), and factors into sleep promotion. Vitamin B6 and Magnesium play vital roles in many enzymatic processes including protein and neurotransmitter synthesis.  
**Dosage:** ½ tab before bedtime or as directed  
**Caution:** For adult use only; not recommended in pregnancy  
**Warning:** Do not use before or during operation of a motor vehicle or heavy equipment |
| **Circadian Rhythm Support Formulation** | Research: Produced in the brain from the amino acid tryptophan, blood levels of **melatonin** are typically low during the day and high at night in its maintenance of the circadian rhythm and regulation of mood, sleep, aging and reproduction (by controlling the “timing and release of female reproductive hormones,” determining the period of menstruation (beginning, frequency, duration, and end (menopause) of menstrual cycles. Double-blind studies have in fact noted its proven effectiveness in promoting sound sleep. **Vitamin B6** or **P5P** plays a vital part in “steroid hormone-induced protein synthesis,” for example in the body's production of GABA from glutamic acid. In addition to its conversion of dopa to dopamine as a vitamin B6 dependent process, B6 also serves as a catalyst to some 100 other enzymes, including its role in the bio-synthesis of other neurotransmitters (serotonin, dopamine, norepinephrine, and epinephrine). Research continues to reveal the amazing number of metabolic functions of this major mineral, **Magnesium**, viz., structural (fluidity and stability of phospholipid bilayers, protein tertiary or
quaternary structures and DNA double helices), and its importance as a cofactor (allosteric modulator) of untold enzymatic activities.

**Methionine-200™**  
Multiple Sulphur-Bearing Amino Acids Formula (*200mg*)

<table>
<thead>
<tr>
<th>General Support</th>
<th>Detoxification</th>
<th>Immune</th>
<th>Liver/Gallbladder</th>
<th>Microbiome</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anxiety/Mood</td>
<td>Brain</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Sulphur-bearing, multiple, amino acid formula including methionine (200 mg/cap), lysine (20 mg), cysteine (5 mg) and the vegetable culture antioxidant enzymes superoxide dismutase (SOD) and catalase (20 mcg each) for depression, Parkinson’s, schizophrenia, biliary dysfunction, pregnancy toxemia, parasites, copper and heavy metal burdens, rheumatic fever, and skin and hair problems.

**Dosage:** 1 cap 3 times daily with meals or as directed  
**Caution:** Not recommended in pregnancy or lactation

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**Methylfolate Plus™**  
Folate as 5-Methyltetrahydrofolic Acid plus Vitamin B12

<table>
<thead>
<tr>
<th>General Support</th>
<th>Detoxification</th>
<th>Glucose Metabolism</th>
<th>Heart/Vascular</th>
<th>Inflammation</th>
<th>Intestinal/Stomach</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anxiety/Mood</td>
<td>Brain</td>
<td></td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

Folate (400 mcg per ½ tab) in its active form of 5-Methyltetrahydrofolic acid and Vitamin B12 (25 mcg) as methylcobalamin in a biologically active, phytochemical-rich, vegetable culture base for anemia, chronic fatigue, digestive inflammation, elevated or reduced uric acid in gout, elevated MCV/MCH (red blood indices), nerve degeneration or inflammation, MTHFR methylation enzyme gene defect, poor cellular replication and detoxification.

**Dosage:** ½ tablet daily or as directed  
**Caution:** Not recommended in pregnancy or lactation

**Research:** Folate in its active form is critical in clinical application for those who lack the methylation enzyme gene, an inherited “compound-heterozygous defect” whose absence can impair transfer of methyl groups, which causes increased inflammation, energy depletion, cardiac or neurological symptoms, and inability to methylate histamine for its excretion from the body.

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**Mg-Orotate 500™**  
Magnesium as Orotate (*500mg*)

<table>
<thead>
<tr>
<th>General Support</th>
<th>Adrenal/HPA Axis</th>
<th>Anxiety/Mood</th>
<th>Brain</th>
<th>Glucose Metabolism</th>
<th>Heart/Vascular</th>
</tr>
</thead>
</table>

Highly bioavailable magnesium (fully reacted mag-orotate 500 mg/cap or 62.6 mg elemental mag/2 caps) for hypocalcemia, hypomagnesemia, hypoglycemia, hyperlipidemia, hypertension, muscle weakness, tremor, cramping and spasm, tissue injury, osteomalacia, inflammation, chronic fatigue, diabetes, cardiac stress, asthma, kidney and gallstones, hypoglycemia, migraine, fibromyalgia, osteomalacia, nausea and vomiting, and as a calcium synergist.

**Note:** Magnesium is a vital component of all the major systems
| **Kidney/Bladder** | of the body: cardiovascular, nervous, musculoskeletal, renal, hepatic, cognitive, endocrine, and gastrointestinal for proper function; pharmaceutical drugs including diuretics, certain antibiotics, anticoagulants, corticosteroids and oral. **Contraceptives may all lower magnesium tissue status.** **Dosage:** 2 caps preferably at bedtime or as directed |
| **Liver/Gallbladder** | |
| **Musculoskeletal** | |
| **Pituitary/HPA Axis** | |
| **Sleep** | |
| **Thyroid** | |

**Mg-Zyme™**

**Magnesium as Mixed Chelates**

**General Support**

**Same as above**

Highly bioavailable magnesium (100 mg/tab) as mixed mineral chelates aspartate, gluconate, and glycinate for hypomagnesemia, hypocalcemia, hypoglycemia, hyperlipidemia, hypertension, muscle weakness, tremor, cramping and spasm, tissue injury, osteomalacia, inflammation, chronic fatigue, diabetes, cardiac stress, asthma, kidney and gallstones, hypoglycemia, migraine, fibromyalgia, osteomalacia, nausea and vomiting, and as a calcium synergist.

**Note:** Magnesium is increasingly recognized as absolutely essential for the proper functioning of a multitude of metabolic functions including ATP-dependent reactions, blood glucose stability, cardiovascular and immune functions, and musculoskeletal health. **Dosage:** 2 tabs 3 times daily with meals or as directed; increase by 1 tab daily to bowel tolerance

**Research:** Chelated magnesiurns (glycinate and aspartate forms) are better absorbed than the non-chelated forms such as magnesium oxide. It has been shown that there is a significant correlation between magnesium intake and reduced risk of cerebral infarction in male smokers especially in those less than 60 years of age.

| **Mixed Ascorbate Powder™** | Buffered vitamin C (2,800 mg/tsp) as mixed ascorbates with calcium (200 mg) and magnesium (100 mg) in a pH balanced formula for improved bowel tolerance in free radical pathology, for systemic acidification, etc. **Dosage:** 1 tsp in pure water 2-3 times daily or as directed |
| **Vitamin C Mixed Ascorbates and Minerals Formulation** | |
| **General Support** | |
| **Immune Microbiome** | |

**Mixed EFAs™**

**Omega-3 and 6 Essential Fatty Acids Formulation**

**General Support**

A proprietary mixture of fatty acids sourced from Walnut, Hazelnut, Sesame, and Apricot Kernel oils supplying Omega-3 Alpha-Linolenic Acid (350 mg/tbsp), Omega-6 Linoleic Acid (5,180 mg), and Omega-9 Oleic Acid (7,070 mg) for cell membrane integrity, myelin sheath protection, autism, low
### Mn-Zyme™
**Manganese Gluconate & Aspartate Chelates**

**General Support**
- Glucose Metabolism
- Immune
- Musculoskeletal
- Thyroid

Manganese gluconate and citrate (10 mg/tab) for ligament and disc injury, cyclic fever, viral infection, non-toxic goiter, general immune support, carbohydrate sensitivity, and B vitamin synergist.

**Dosage:** 1 tab daily with meals or as directed

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### Mood Enhancer™
**Mood & Brain Serotonin Support Neurological Formulation**

**General Support**
- Adrenal/HPA Axis
- Anxiety/Mood
- Brain
- Glucose Metabolism
- Immune
- Inflammation
- Sleep
- Thyroid

Formula combination of both St. John’s Wort (*Hypericum perforatum*) at 300 mg and 5-HTP (5-Hydroxy-Tryptophan) at 100 mg together with the following Vitamin B fractions: Thiamine (HCl), Niacin (niacinamide), Folate (calcium folinate), B12 (methylcobalamin) & Pantothenic Acid (calcium pantothenate); 5-HTP facilitates serotonin synthesis, Folate activates the proliferation of neural stem cells (required for the development and repair of the nervous system, and aids in DNA modification via gene methylation; B12 assists in myelin production for nerve fiber protection; Thiamine contributes to energy production, and Niacin forms coenzymes NAD and NADP involved in the release of food energy; St. John’s Wort supplies anthraquinone derivatives including hypericin and flavonoids for de-stressing; Serotonin influences many physiological functions including mood and social behavior, memory, sexual desire and function, and sleep disturbances; clinical conditions associated with low serotonin levels include hormonal imbalance (thyroid, adrenal, estrogen), insulin resistance, infections, stress, drug use, and systemic inflammation.

**Note:** The serotonin neurotransmitter relays signals among the brain’s neurons, thereby regulating their intensity; while most serotonin is produced in the GI tract, the brain’s form must be

---

*Adrenal/HPA Axis*  
*Female*  
*Heart/Vascular*  
*Immune*  
*Inflammation*  
*Kidney/Bladder*  
*Male*  
*Pituitary*  
*Thyroid*  
*Weight Management*

platelet count, ADD/ADHD, multiple sclerosis and muscular dystrophy (MD), some chronic viral infections, and chronic fatigue.

**Note:** Among the many healthcare benefits of these mixed EFAs (in addition to supporting healthy renal and cardiac functions) is the important reduction in “endothelin” protein levels, which constrict blood vessels and contribute to an increase in BP.

**Dosage:** 1 tbsp daily with meals or as directed; for maximum nutritional benefit, use within six weeks of opening
produced in the brain, because serotonin does not readily cross the blood-brain barrier.

**Dosage:** 1-2 caps before meals or as directed

**Caution:** Not recommended in pregnancy or lactation; those taking monoamine oxidase inhibitors should consult their healthcare practitioners

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| Mo-Zyme™ | Naturally occurring, non-yeast, phytochemically-bound, vegetable culture source of the essential trace element molybdenum (50 mcg/tab) for hepatic detoxification, fat and iron metabolism, and normal cellular function; deficiency may result in rapid weight loss, intestinal malabsorption, intolerance of sulphur-specific amino acids, increased sensitivity to monosodium glutamate (MSG), aromatic compounds, sulfites, smoke, formaldehyde perfume, automotive exhaust, internal environmental out-gassing and supplementation-induced nausea. **Note:** Clinical indicators of molybdenum need include low serum levels of iron, uric acid, and vitamin B12. **Dosage:** 2 tabs 3 times daily with meals or as directed **Warning:** Excessive molybdenum supplementation can increase urinary excretion of copper, in which case Cu-Zyme™ would be warranted for long-term molybdenum supplementation **Research:** Molybdenum is an essential component of the enzymes xanthene oxidase, sulfite oxidase and aldehyde oxidase responsible for the conversion of xanthene to uric acid, sulfite to sulfate, and the detoxification of many toxic organic molecules. |
| --- |

| Mo-Zyme Forte™ | Same as Mo-Zyme™ but fortified to 150 mcg per tablet. **Dosage:** Same as above or as directed |
| --- |

<p>| MSM | Sulfur-rich methylsulfonylmethane (830 mg/cap) for increased sulfur need (Kreb’s cycle energy production), arthritis, inflammatory joint disease, parasitic infections, adrenal cortical hypofunction, cartilage and connective tissue repair, hair, skin and nail conditions, and as a magnesium/vitamin B6 synergist. <strong>Dosage:</strong> 1-3 caps 3 times daily with meals or as directed |
| --- |</p>
<table>
<thead>
<tr>
<th><strong>MSM Powder</strong></th>
<th>Same as MSM capsules but in powder form with each 3 g serving (about 1 tsp) providing 3 g of methylsulfonylmethane.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Methylsulfonylmethane – Sulfur Support Powder</td>
<td><strong>Dosage:</strong> 1 tsp daily with water or beverage or as directed</td>
</tr>
</tbody>
</table>

| **General Support** | Same as above |

| **Multi-Mins™** | Broad-spectrum, balanced source of multiple macro (calcium, magnesium, potassium) and micro mineral formula with vegetable culture trace elements (selenium, chromium, lithium, vanadium, molybdenum, rubidium), betaine HCl (for digestive support and absorption), and the plant-based, antioxidant enzymes superoxide dismutase (SOD) and catalase (20 mcg each) for long-term mineral supplementation, endocrine hyperfunction, and chronic illness. |
| **Multiple Minerals Formulation** | **Dosage:** 1-2 tabs 3 times daily with meals or as directed |
| **Warning:** Accidental overdose of iron-containing products is a leading cause of poisoning in children under age 6; therefore, keep this product out of reach of children; in case of accidental overdose, immediately call a doctor or poison control center |

| **General Support** | Same as above |

| **Adrenal/HPA Axis** | **Immune** |
| **Intestinal/Stomach** | **Multivitamin** |
| **Musculoskeletal** | **Pituitary/HPA Axis** |
| **Thyroid** |

| **Multi-Mins™** | Same as Multi-Mins™ without iron and copper for the modern diet’s mineral deficiency, adult males, and postmenopausal females. |
| **(Iron & Copper Free)** | **Multiple Mineral Formula** |

| **General Support** | Same as above or as directed |

| **Anti-Aging** | **Anxiety/Mood** |
| **Brain** | **Eyes** |
| **Inflammation** | **Weight Management** |

| **MygranX™** | Neurological support, Migraine headache formulation, comprised of Riboflavin vitamin B2 (400 mg), emulsified Coenzyme Q10 (50 mg), and a proprietary, botanical extracts blend comprised of Feverfew (*Tanacetum parthenium*), Butterbur (*Petasites hybridus*), and Phytolens® (*Lens esculenta*). Riboflavin is involved in oxidation-reduction reactions, and functions as a coenzyme in the glutathione redox cycle, which participates in protecting against reactive oxygen species (ROS). Butterbur acts to reduce smooth muscle spasm most likely through calcium channel regulation and inhibition of peptide leukotriene biosynthesis, influencing the inflammatory cascade. Feverfew possesses aperient, carminative and bitter properties with extracts having been shown to suppress prostaglandin production. Emulsified Coenzyme Q10 plays a role in the electron transport chain, and participates in aerobic cellular |

| **Migraine Headache Mitigation (X) Support - Neurological Formulation** | **Dosage:** |

| **N.B.** Phytolens® is a registered trademark of | **Neurological** support, **Migraine** headache formulation, comprised of Riboflavin vitamin B2 (400 mg), emulsified Coenzyme Q10 (50 mg), and a proprietary, botanical extracts blend comprised of Feverfew (*Tanacetum parthenium*), Butterbur (*Petasites hybridus*), and Phytolens® (*Lens esculenta*). Riboflavin is involved in oxidation-reduction reactions, and functions as a coenzyme in the glutathione redox cycle, which participates in protecting against reactive oxygen species (ROS). Butterbur acts to reduce smooth muscle spasm most likely through calcium channel regulation and inhibition of peptide leukotriene biosynthesis, influencing the inflammatory cascade. Feverfew possesses aperient, carminative and bitter properties with extracts having been shown to suppress prostaglandin production. Emulsified Coenzyme Q10 plays a role in the electron transport chain, and participates in aerobic cellular |
respiration generating ATP, thereby functioning as a major antioxidant. Additional clinical applications for riboflavin deficiency include: eye conditions (bloodshot, light sensitivity, irritability, cataracts, glaucoma), sore tongue (throat, lips), neonatal jaundice, depression, skin conditions (acne, dermatitis, eczema), weight issues (anorexia, bulimia), and birth control pill side effects.

**Note:** Phytolens® is a patented extract of Lens esculenta, which provides antioxidant properties including the ability to quench organic free radicals and superoxide anions, to prevent oxidation of ascorbic acid (in solution) and linoleic acid (in vitro) more effectively than alpha tocopherol, and to offer significant metabolic functions related to T cell-mediated immunity.

**Dosage:** 2 caps daily or as directed

**Caution:** Not recommended in pregnancy or lactation; patients with blood-clotting disorders should consult with their healthcare providers before taking this product

**Research:** Magnetic resonance spectroscopy (MRS) studies suggest an impaired energy metabolism in the brain of migraine patients. CoQ10 deficiency results in insufficient transfer of protons across the inner mitochondrial membrane, thereby negatively affecting ATP generation and all ATP-dependent metabolic processes. A defect of reduced nicotinamide adenine dinucleotide (NADH) dehydrogenase, citrate synthase, and cytochrome-c-oxidase platelet activities has been observed in migraine patients. Muscle and energy metabolism improvements have been demonstrated with CoQ10 administration in patients with mitochondrial cytopathy.

**NAC**
**N-Acetyl-L-Cysteine**
Amino Acid Antioxidant

**General Support**
Detoxification
Immune
Liver/Gallbladder
Lung/Respiratory

Sulfur-bearing, conditionally essential amino acid antioxidant N-acetyl-cysteine (500 mg/cap) for heavy metal chelation and chemical detoxification, oxidative stress, free radical pathology, influenza, bronchial congestion, mucus viscosity, and glutathione insufficiency in immune and hepatic dysfunction.

**Note:** NAC is known to be even more therapeutically effective in combination with the synergists vitamins C and E and quercetin as in Bio-C Plus 1000™ and Bio-FCTS™.

**Dosage:** 1 cap daily with a meal or as directed; at 1,200 mg (2-3) daily can reduce the risk of influenza by 20%

**Research:** In addition to heavy metal chelation, NAC has been shown to be vital in metabolic modulation, regulation of genetic expression and signal transduction pathways, anti-inflammatory activity, anti-angiogenic function, inhibition of cellular dysfunction and NF-kappaB activation, and in its action as a protective agent against the adverse effects of chemotherapeutic agents.
| **Neonatal Multi-Gland™** | Proprietary, broad-spectrum, glandular multiple (500 mg/tab) including the following organ tissue concentrates: neonatal bovine spleen, heart, pancreas, kidney, liver, adrenal, thymus, and lung; lamb brain including pineal (ovine) and pituitary-hypothalamus complex (ovine); for chronic fatigue or illness, athletic and general physical or psychological stress, and a synergist for gland-specific therapy.  
**Dosage:** 4 tabs 3 times daily with meals or as directed  
**Maintenance:** 2 tabs 3 times daily |
| --- | --- |
| **Nephra-Zyme™** | Broad-spectrum, herbal, vitamin (A, C, B6), mineral (magnesium) formula including a proprietary blend (355 mg/2 tabs) of vegetable culture, citrus bioflavonoids, Uva-ursi (Arctostaphylos uva-ursi), Buchu (*Barosoma betulina*), Echinacea (*Echinacea angustifolia*), Tillandsia, Cranberry, and glutathione for renal function, fluid retention, edema, kidney, and bladder conditions.  
**Note:** Renal Plus™ kidney glandular concentrate not included.  
**Dosage:** 3-6 tabs daily with meals or as directed  
**Caution:** Not recommended in pregnancy and lactation |
| **NeuPerzine® Neurological Huperzine** | Huperzine A (100 mcg), a sesquiterpene, alkaloid compound extracted from the plant *Huperzia serrata*, for neurodegenerative conditions such as Alzheimer’s (AD) for its neuroprotective action against beta amyloid-mediated oxidative stress, and for memory enhancement (particularly with students) by acting as an acetylcholinesterase inhibitor, thereby making acetylcholine more readily available to the brain.  
**Dosage:** 2 caps daily or as directed  
**Caution:** Not recommended in pregnancy or lactation; not intended for prolonged use or for those with urinary retention due to obstruction, and respiratory related conditions |
| **Neuro-5-HTP Plus™ Neurological L-5** | L-5-hydroxytryptophan (50 mg) plus niacin vitamin B3 (50 mg) and B6 (10 mg) with the non-protein, amino acid L-theanine (50 mg) |
Hydroxytryptophan plus B Vitamins Stress Reduction Formulation

General Support
Anxiety/Mood
Brain
Intestinal/Stomach
Sleep

mg) from green tea, and the plant source, antioxidant enzymes superoxide dismutase (SOD) and catalase (50 mcg each) for stress reduction, depression, eating disorders, low serotonin, and potential mood-modulating activity as a result of increased production of alpha-brain waves.

**Dosage:** 1 cap twice daily with meals or as directed

**Caution:** Not recommended in pregnancy or lactation

Neutrophil Plus®
White Blood Cell Anti-Bacterial Botanical plus Vitamin/Mineral Formula

General Support
Immune
Inflammation
Lung/Respiratory

Formulated by
Gary Lasneski, DC

Broad-spectrum, anti-infection, vitamin (A, C, E), mineral (calcium, phosphorus, zinc, copper), formula in a proprietary blend of RNA, Maitake Mushroom, and standardized botanical extracts: Chrysanthemum, Loquat, Dyer's-Woad, Prickly Ash, Thyme, Mullein, Phragmites, Barberry, and Oregon Grape for acute bacterial inflammation, immune support (phagocytosis), upper respiratory bacterial issues, otitis media, sore throat, sinus and bronchial congestion.

**Note:** Neutrophils, also known as leukocytes, are one of three types of granulocytic white blood cells (WBC) whose immune function includes the ingestion of infectious microorganisms in acute bacterial inflammation.

**Dosage:** 1-2 caps 3 times daily with meals or as directed

**Caution:** Not recommended in pregnancy and lactation

Niacin 100™
Nicotinic Acid or Vitamin B3 (100mg)

General Support
Heart/Vascular
Immune

Niacin (100 mg), also referred to as Vitamin B3 or Nicotinic acid, is recognized as a cardioprotective agent, due primarily to its action in inhibiting triglyceride hydrolysis, thereby increasing HDL (up to 30%) and lowering triglyceride levels; it functions primarily as a component of the coenzymes NAD+ and NADP+, which act in cellular reduction-oxidation (redox) reactions; also inhibits vascular inflammation by decreasing endothelial reactive oxygen species (ROS) production and succeeding LDL oxidation, as well as decreasing the production of inflammatory cytokines.

**Note:** Chronic, dietary, niacin deficiency causes pellagra known by the 4 D’s: dermatitis, diarrhea, dementia, and death.

**Dosage:** 1 cap daily or as directed

**Caution:** Not recommended in pregnancy or lactation, niacin allergy, severe liver/gallbladder disease, peptic ulcer, or gout

**Warning:** May cause some side effects such as flushing (warmth, redness) exacerbated by drinking alcohol or hot beverages; overdose symptoms may include nausea, dizziness,
itching, vomiting, gastric upset; use with blood thinners such as warfarin (Coumadin®), blood pressure or heart meds only under physician supervision

| NitroGreens® | Broad-spectrum, whole food concentrate providing a rich source of organic phytonutrients (8 gm/scoop) including isoflavones, polyphenols, natural carotenoids, betalains, glucosinolates and isothiocyanates together with associated, naturally occurring enzymes, vitamins, and trace minerals from 100% organic juices, extracts and concentrates derived from a proprietary blend of a variety of grasses (barley, wheat, oat, alfalfa, kamut), vegetable sprouts (broccoli, cauliflower, kale), carrots, beets, acerola berry, and peppermint leaf for expansive support of immune function, nitric oxide (NO) production, heavy metal detox, alkaline blood pH, highly acidic diets (SAD), and broad-spectrum antioxidant protection. |
| Nitric Oxide (NO) | General Support Detoxification Immune |
| Organic Phytonutrient Green Food Blend Formulation | N.B. Proprietary blend of 100% organic juices, extracts, and concentrates of high-ORAC value rated at 3,250 per serving (about one scoop). |

| Nuclezyme-Forte™ | RNA from yeast (120 mg/cap), DNA from fish (10 mg) and synergistic vitamin factors (A, E, B1, B2, B3, B6, B12, with biotin B7, Para-aminobenzoic acid (PABA) and glutamine in a vegetable culture base providing the antioxidant enzymes superoxide dismutase (SOD) and catalase (15 mcg each) for use as a geriatric multiple, senility, memory loss, emaciation, brain trauma, lowered resistance, reduced circulation, and source of B vitamins. |
| Nucleic RNA/DNA Fortified with Vitamin B-Complex & Antioxidant Enzymes | General Support Anti-Aging Brain Heart/Vascular Immune Thyroid |

| NutriClear® | Broad-spectrum, biologically active, hypoallergenic, metabolic clearing and detoxification formula from pea protein concentrate in powder form to support hepatic detox and GI tract healing; use for digestive inflammation, Leaky Gut Syndrome, ulcers, rheumatoid arthritis, and food sensitivities; key nutrients for hepatic function, energy production, and intestinal balance; assists with the body’s enzymatic processes and elimination of |
| Nutritional Support Formula (Pea) for Detox and Metabolic Clearing | General Support Detoxification |

Note: Grown from enzymatically active, heirloom seeds, which deliver a high-ORAC value (3,250) and green food chlorophyll content per serving.

Suggested Use: One serving (1 scoop delivers about 8 g) in 8-16 ounces of water or beverage of choice served chilled with lemon or honey daily as a protein drink or smoothie

Dosage: 1-3 caps daily with meals or as directed

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**Immune Intestinal/Stomach Liver/Gallbladder Microbiome Weight Management**

N.B. Add Livotrit Plus® for hepatic clearing and cleansing.

<table>
<thead>
<tr>
<th>NutriClear® Chocolate Nutritional Support Formula (Pea) for Detox and Metabolic Clearing General Support Same as above</th>
</tr>
</thead>
<tbody>
<tr>
<td>Broad-spectrum, biologically active, hypoallergenic clearing formula from pea protein concentrate in powder form, natural chocolate flavored (with evaporated cane juice and stevia) and fructose-free, to support hepatic detoxification and gastrointestinal healing; use in cases of digestive inflammation, Leaky Gut Syndrome, ulcers, food sensitivities, and rheumatoid arthritis.</td>
</tr>
</tbody>
</table>

**Note:** Use with Livotrit Plus® for hepatic clearing and cleansing.

**Dosage:** 1 serving of 2 rounded scoops (about 36 g) mixed with 12 ounces of cool water or beverage of choice (add product to the liquid for ease of mixing)
OOrganik-15™
Organic Methyl Donors and Acceptors

General Support
Heart/Vascular
Immune
Lung/Respiratory
Musculoskeletal

Organically complexed, biologically active, vegetable culture concentrate source of methyl donors and acceptors (300 mg/tab) for greater oxygen utilization, adjunctive therapy in free radical pathology, muscular dysfunction, asthma, neuromuscular diseases (MS and MD), endurance sports activity, cardiac stress, upper respiratory infection, and overall metabolic support.

Note: OOrganik-15™ is a “biologically active vegetable culture concentrate containing naturally associated and/or organically bound, methyl-related compounds and phytochemicals including polyphenolic compounds, dehydrated at low temperature to preserve associated enzyme factors.”

Dosage: 3-5 tabs 3 times daily with meals or as directed; for endurance sports support, 5 tabs 1 hour before an event, and 5 tabs just before the event

Optic-Plus™
Optical Vitamin/Mineral plus Antioxidant Enzymes Support Multiple

General Support
Eyes
Immune
Multivitamin

Multiple nutrient vitamin (A, B1, B2, C, E), mineral (zinc, copper, selenium), herbal anthocyanidins (bilberry) formula with important carotenoids (lutein, zeaxanthin), and citrus bioflavonoids in a vegetable culture base of the antioxidant enzymes superoxide dismutase (SOD) and catalase (20 mcg each) for overall ocular health, vision irregularities, cataracts, free radical damage of macular degeneration, glaucoma, floaters, eye strain, and night blindness.

Note: Use with BioProtect™ and Bio-FCTS™ for cataracts; and with Cytozyme-PT/HPT™ for floaters.

Dosage: 2-3 caps daily with meals or as directed

Research: Antioxidants scavenge free radicals caused by ultraviolet (UV) light, thereby reducing the risk of oxidative damage to the lens and cornea of the eye as in age-related macular degeneration (ARMD) and vision loss. Aging induces susceptibility to vision irregularities due to environmental exposure as with ultraviolet (UV) light, dietary inadequacies, and poor lifestyle habits. Specific antioxidants scavenge free radicals, thereby reducing the risk of oxidative damage to the eye’s lens and cornea. Key carotenoids, especially lutein, zeaxanthin and astaxanthin, protect against oxidative damage by forming the pigment that absorbs the damaging “blue light.” Bilberry anthocyanidins also contribute to visual acuity. While vitamin A’s role in eye health has been long established, other vitamins, e.g. C, E, and riboflavin, and minerals, e.g., selenium and zinc, protect against age-related ocular damage and decline.

Optimal EFAs® Liquid Essential Fatty Acids Strategically Balanced

Balanced, liquid blend of small fish (anchovy and sardine), flaxseed, and borage oils supplying Omega-3,-6,-9 essential fatty acids including ALA (630 mg/tsp), EPA (357 mg/tsp), DHA
### Omega-3,-6,-9 Formula

**General Support**
- Adrenal/HPA Axis
- Anxiety/Mood
- Female Glucose Metabolism
- Heart/Vascular
- Immune
- Inflammation
- Kidney/Bladder
- Male Pituitary/HPA Axis
- Thyroid
- Weight Management

**N.B.** Contains ingredients derived from Anchovy and Mackerel.

(237 mg/tsp), GLA (252 mg/tsp), and oleic acid (459 mg/tsp) in proper ratio for optimal health in free radical pathology, depression, anxiety, schizophrenia, eczema, psoriasis, asthma, arthritis, inflammatory conditions, cardiovascular disease, allergies, diabetes, etc.

**Note:** Cardiovascular health is promoted by diets which yield the highest levels of essential omega-3 fatty acids.

**Dosage:** 1-2 tsp (about 5-10 ml) daily with meals or as directed

**Caution:** Not recommended in pregnancy

**Research:** DHA is an important component of cell membranes, essential for support of normal neurological and blood pressure functions, a vital contributor to anti-inflammatory activities, and modulator of genetic expression. Fish oil supplementation has been shown to modify monocyte activity, and stimulate the anti-inflammatory response for protection against chronic inflammatory disorders.

### Optimal EFAs® Caps

**Essential Fatty Acids**
- Strategically Balanced Omega-3,-6,-9 Formula

**General Support**
- Same as above

**N.B.** Contains ingredients derived from Anchovy and Mackerel.

Same as Optimal EFAs® supplying Omega-3,-6,-9 essential fatty acids including ALA (280 mg), EPA (159 mg), DHA (105 mg), GLA (112 mg), and oleic acid (204 mg) per 2 softgels.

**Dosage:** 2 caps 3 times daily with meals or as directed; can be tailored to patient’s size, weight, and health status

**Research:** EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) are the principal and active derivatives of marine-derived omega-3 essential fatty acids. The brain and nervous system are higher in DHA than other tissue, while EPA-derived eicosanoids are essential for blocking production of proinflammatory prostaglandins (PGE2), thereby effectively decreasing the level of proinflammatory markers, including IL-6, high-density lipoprotein, TNF-α and C-reactive protein, and at the same time increasing anti-inflammatory markers like soluble IL-6 receptor and IL-10.

### Osteo-B Plus®

**Broad-Spectrum Vitamin/Mineral Multiple Bone Formula**

**General Support**
- Female
- Inflammation
- Musculoskeletal
- Oral/Dental

Multiple nutrient, vitamin (B1, B2, B3, B6, B12, C, D, K), mineral (calcium, magnesium, zinc, copper, manganese, boron, silicon from raw cane) formula (3 tabs/serving) with folic acid, biotin B7, and purified chondroitin sulfate to support bone growth and repair, and for osteoporosis, bone trauma, menopause, inflammation, and periodontal disease.

**Dosage:** 2 tabs 3 times daily with meals or as directed

**Caution:** Not recommended in pregnancy
<table>
<thead>
<tr>
<th>Product</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Osteo-B II™</strong></td>
<td>Multiple nutrient, vitamin (B1, B2, B3, B6, B12, C, D, K), mineral (calcium, magnesium, zinc, manganese, boron, silicon from raw cane, but no copper) formula (6 tabs/serving) with folic acid, biotin B7, and antioxidant enzymes superoxide dismutase (SOD) and catalase (30 mcg each) from vegetable culture to support preservation of existing bone mineral mass and “protein matrix” as well as repair mechanisms, bone growth, and for such common conditions as osteoporosis, bone trauma, menopause, inflammation, and periodontal disease.</td>
</tr>
<tr>
<td>Note:</td>
<td>In light of recent findings that unwarranted calcium supplementation can and does lead to cardiovascular calcification, it is important to note that calcium and magnesium in this formulation are supplied in a 1:1 ratio.</td>
</tr>
<tr>
<td>Dosage:</td>
<td>2 tabs 3 times daily with meals or as directed</td>
</tr>
<tr>
<td>Caution:</td>
<td>Not recommended in pregnancy</td>
</tr>
<tr>
<td><strong>Palmetto-Plus™</strong></td>
<td>Saw palmetto (4:1 extract) berries (500 mg/3 caps) together with vitamins (A, B6), minerals (magnesium, zinc, selenium), amino acids (glycine, l-alanine), chlorophyllins, lycopene, and the vegetable culture, antioxidant enzymes superoxide dismutase (SOD) and catalase (30 mcg each) to support prostate function and for benign prostate hypertrophy, infection, pathology (neoplasm), and elevated PSA.</td>
</tr>
<tr>
<td>N.B. Product contains no prostate glandular.</td>
<td></td>
</tr>
<tr>
<td>Note:</td>
<td>Use with Flax Seed Oil, Optimal EFAs® or Optimal EFAs® Caps.</td>
</tr>
<tr>
<td>Dosage:</td>
<td>1-2 caps 3 times daily with meals or as directed</td>
</tr>
<tr>
<td><strong>Palmetto-Plus Forte™</strong></td>
<td>Same as Palmetto-Plus™ but fortified with additional lycopene (15 mg/3 caps vs. 3 mg/3 caps).</td>
</tr>
<tr>
<td><strong>PCOH-Plus®</strong></td>
<td>Policosanol from raw sugar cane (10 mg/cap) plus niacin as inositol hexaniacinate (250 mg) and micro-emulsified coenzyme Q10 (2.5 mg) with the vegetable culture, antioxidant enzymes superoxide dismutase (SOD) and catalase (15 mcg each) to support cholesterol metabolism by reducing total and LDL cholesterol and increasing HDL cholesterol; decreases platelet aggregation and triglycerides.</td>
</tr>
</tbody>
</table>

*General Support*  
Same as above
| Heart/Vascular aggregation. |
|---------------------------|--------------------------|
| Note: Policosanol from sugarcane is the source supported by clinical research, and emulsified CoQ10 has been shown to be better absorbed and utilized than its more common form. |
| Dosage: 1-2 caps daily with meals or as directed |

<table>
<thead>
<tr>
<th>Pea Protein Isolate</th>
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<tbody>
<tr>
<td>Pea Protein Powder</td>
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<tr>
<td>Formulation</td>
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<tr>
<td>General Support</td>
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<tr>
<td>Anti-Aging</td>
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<tr>
<td>Detoxification</td>
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<tr>
<td>Glucose Metabolism</td>
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<tr>
<td>Liver/Gallbladder</td>
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<tr>
<td>Weight Management</td>
</tr>
<tr>
<td>N.B. Product both gluten-free and diary-free.</td>
</tr>
<tr>
<td>Non-GMO sourced material (each lot QC-tested), gluten-free, dairy-free, excellent amino acid profile providing a supplemental form of protein for dietary and/or detoxification application. Typical amino acid profile per serving (2 level scoops): Alanine (1,290 mg), Arginine (2,610 mg), Aspartic Acid (3,450 mg), Cystine (300 mg), Glutamic Acid (5,010 mg), Glycine (1,200 mg), Histidine (750 mg), Isoleucine (1,410 mg), Leucine (2,460 mg), Lysine (2,130 mg), Methionine (330 mg), Phenylalanine (1,650 mg), Proline (1,290 mg), Serine (1,530 mg), Threonine (1,140 mg), Tryptophan (300 mg), Tyrosine (1,140 mg), Valine (1,500 mg).</td>
</tr>
<tr>
<td>Dosage: 2 level scoops (about 30 g) mixed with 8 oz of water or beverage of choice or as directed; add product to the liquid for ease of mixing</td>
</tr>
</tbody>
</table>

| PheniTropic™ |
| Phenibut (beta-phenyl-gamma-aminobutyric acid) GABA Derivative |
| General Support |
| Anti-Aging |
| Anxiety/Mood |
| Brain |
| Sleep |
| Beta-phenyl-gamma-aminobutyric acid (300 mg/cap), a derivative of GABA (Gamma-aminobutyric acid), a naturally occurring, inhibitory neurotransmitter shown to have a calming effect and assistance in cognitive function, instances of stress, anxiety and mood, and even the improvement of impaired sleep. |
| Dosage: 1-2 caps daily or as directed |
| Caution: Not recommended in pregnancy or lactation; not intended to be combined with sedatives; those on monoamine oxidase inhibitors (MOAIs) should consult with their physicians |

| Phosphatidylcholine |
| Phospholipid Choline for Neurological and Detoxification Support |
| General Support |
| Anti-Aging |
| Brain |
| Detoxification |
| Immune |
| Phosphatidylcholine (PC), an essential phospholipid, (420 mg/cap) from soy lecithin (1,200 mg) to support cell membrane integrity, neurological function (myelin sheath protection and acetylcholine production with pantothenic acid), and for Alzheimer’s, Parkinson’s, aging and senility, synaptic dysfunction, neuromuscular disorders, elevated blood lipids, gallbladder issues (gallstones), migraine headaches, fatty liver, impaired fat metabolism (elevated blood fats including cholesterol), age-related cognitive and memory decline, decreased libido, impaired blood flow and circulation, intestinal |
| **Inflammation** | inflammation, gland/organ dysfunction (liver, kidney, pancreas, heart), and excessive alcohol consumption. |
| **Intestinal/Stomach** | |
| **Kidney/Bladder** | |
| **Liver/Gallbladder** | |
| **Musculoskeletal** | |
| **Pancreas** | |

**Note:** Use with Folic Acid 800™ (with B12) since both these vitamins are Phosphatidylcholine synergists.

**Dosage:** 2-3 caps 3 times daily with meals or as directed

| **Phosphatidylserine Phospholipid Serine** for Neurological and Detox Support |
| **General Support** |
| **Adrenal/HPA Axis** |
| **Anti-Aging** |
| **Anxiety/Mood** |
| **Brain** |
| **Glucose Metabolism** |
| **Pituitary/HPA Axis** |

Phosphatidylserine (100 mg/cap) from soy lecithin for cognitive conditions such as concentration, short-term memory loss, mood disorders, as well as for senility, myelin sheath repair, enhanced brain glucose metabolism, increased release of dopamine, adrenal cortical hyperfunction (increased cortisol levels), and to increase cell membrane integrity.

**Dosage:** 1-2 caps daily with meals or as directed

| **PMT™ PreMenstrual Tab Female Multivitamin w/o Glandular Material** |
| **General Support** |
| **Adrenal/HPA Axis** |
| **Female Multivitamin** |
| **Pituitary/HPA Axis** |
| **Thyroid** |

Broad-spectrum, vegetarian formulation of Equi-Fem™ without any animal glandular material to support female endocrine function (6 tabs/serving); can be used with males in need of B vitamins, zinc, and magnesium as in Carpal Tunnel Syndrome.

**Note:** Use in lieu of Equi-Fem™ for those on hormone replacement therapy (HRT); add B12/Folate Plus™ and Blackcurrant Seed Oil with acute Premenstrual Syndrome (PMS).

**Dosage:** 2-3 tabs 3 times daily with meals; add Liquid Iodine with severe PMS hot flashes

**Caution:** Not recommended in pregnancy and lactation

**Warning:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6; keep product out of the reach of children; in case of accidental overdose, call a doctor or a poison control center immediately

| **Pneuma-Zyme™ Neonatal Lung Tissue & Antioxidant Enzymes Respiratory Support Formulation** |
| **General Support** |
| **Adrenal/HPA Axis** |

Neonatal, bovine lung tissue concentrate (180 mg/tab) and other nutrient factors (vitamins A, C, E, selenium, citrus bioflavonoids) with the plant source, antioxidant enzymes superoxide dismutase (SOD) and catalase (20 mcg each) to support lung function, and for upper respiratory issues such as asthma, emphysema, smoker’s cough, adrenal and cardiac stress with pulmonary involvement, and environmental allergies and sensitivities.
<table>
<thead>
<tr>
<th>Heart/Vascular Immune Lung/Respiratory</th>
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<tbody>
<tr>
<td><strong>POA-Phytolens™</strong></td>
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<tr>
<td>TOA-Free Cat’s Claw</td>
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<tr>
<td>Inflammation &amp; Immune Support Formula</td>
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<tr>
<td><strong>Dosage:</strong> 1 tab 3 times daily with meals or as directed</td>
</tr>
<tr>
<td>A patented, proprietary product providing pentacyclic alkaloids (POA) only (none of the competing tetracyclic alkaloids) from Cat’s Claw (<em>Uncaria tomentosa</em>) and plant antioxidants from lentil (<em>Lens esculenta</em>) at 450 mg/cap for free radical pathology, antioxidant and anti-inflammatory action, viral infections, rheumatoid arthritis, gastritis, diverticulitis, colitis, Crohn’s disease, chronic inflammation, depression, and fatigue.</td>
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<tr>
<td><strong>Note:</strong> <em>Uncaria tomentosa</em> in POA-Phytolens™ is virtually free of tetracyclic alkaloids.</td>
</tr>
<tr>
<td><strong>Dosage:</strong> 1-2 caps 3 times daily with meals or as directed</td>
</tr>
<tr>
<td><strong>Caution:</strong> Not recommended in pregnancy or lactation</td>
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<tr>
<td><strong>N.B. Phytolens™</strong> is a registered trademark of Biotics Research.</td>
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<thead>
<tr>
<th>Porphyra-Zyme™</th>
<th>Porphyrin Botanical &amp; Vegetable Concentrate with Vitamin C for Detox Support</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>General Support</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Detoxification</strong></td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Potassium-HP®</th>
<th>High-Potency Potassium &amp; Magnesium Powder Formulation</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>General Support</strong></td>
<td></td>
</tr>
<tr>
<td>Adrenal/HPA Axis Brain</td>
<td></td>
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<tr>
<td>Detoxification Female</td>
<td></td>
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<tr>
<td>Heart Vascular</td>
<td></td>
</tr>
<tr>
<td><strong>Dosage:</strong> 1 scoop with 6 ounces of water daily or as directed</td>
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</tr>
<tr>
<td><strong>Warning:</strong> Consult with a physician before use with kidney disease or a potassium-restricted diet, and use only under the advice and direction of a healthcare professional; minor gastrointestinal (GI) complaints reported by those taking significant amounts of potassium citrate may be reduced by decreasing the dose or taking with meals; discontinue use, if GI</td>
<td></td>
</tr>
</tbody>
</table>
### Kidney/Bladder
- Male
- Musculoskeletal
- Pituitary/HPA Axis
- Thyroid

Complaints persist; long-term use can result in metabolic alkalosis; renal insufficiency and some potassium-sparing drugs will increase the risk for elevated blood potassium, which can be dangerous; do not use potassium-rich salt substitutes without advice from a healthcare professional, while taking this product or any high-potency potassium product.

**Research:** According to the Food and Nutrition Board of the Institute of Medicine of the National Academies “Adults should consume at least 4.7 grams of potassium per day. However, most American women 31 to 50 years old consume no more than half of the recommended amount of potassium, and men’s intake is only moderately higher. There was no evidence of chronic excess intakes of potassium in apparently healthy individuals and thus no UL (upper limit of intake) was established.”

Less than 10% of Americans are meeting this level of potassium intake, and the failure to consume enough potassium, magnesium, and alkalinizing substances such as citrate has negative consequences for bone and brain health, the endocrine system, and the capability to excrete toxins.

### Pregnenolone 25

Steroid Prohormone
Precursor to Normal Hormone Production

**General Support**
- Adrenal/HPA Axis
- Anti-Aging
- Anxiety/Mood
- Brain
- Female
- Immune
- Male

Synthesized endogenously from cholesterol, this neurosteroid, neuroactive, parent, prohormone precursor is known as the “mother of all hormones,” because of its role as the key building block in the production of the steroid hormones estrogen, progesterone, testosterone, and dehydroepiandrosterone (DHEA), the precursor to androstenedione, which converts to testosterone and estrone; found in high concentrations in the brain, it affects synaptic function, enhances myelinization, and acts as a neuroprotective; properties include memory and mood enhancement, antidepressant and antioxidant actions, stress reduction, and anti-aging benefits especially for those over 70 years of age.

**Dosage:** 1 cap daily or as directed

**Warning:** Use only under the direct recommendation and supervision of a physician or qualified healthcare professional; for adult use only; not recommended for individuals under 18 years of age, pregnant or lactating women, or any person who suffers from conditions such as breast or prostate cancer, that might be made worse by exposure to estrogen; pregnenolone may affect other hormones such as progesterone, estrogen, testosterone and/or dehydroepiandrosterone (DHEA); do not take this product with a history of seizures.

### Pre-Natal Packs™

Broad-Spectrum Female

Broad-spectrum, pre-natal vitamin, mineral, trace element, amino acid multiple (31 daily packets) in a vegetable culture.
<table>
<thead>
<tr>
<th>Product</th>
<th>Description</th>
<th>Dosage</th>
</tr>
</thead>
</table>
| **Multivitamin (31 Packs)**                 | **General Support**  
Female  
Multivitamin  
N.B. Product contains ingredients derived from Anchovy and Sardine. | **Note:** Similar to Bio-Cardio Packs® but with more calcium, iron, and essential fatty acids (EPA & DHA).  
**Dosage:** 1 packet daily with meals or as directed  
**Warning:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6; keep product out of the reach of children; in case of accidental overdose, call a doctor or a poison control center immediately. |
| **ProMulti-Plus®**                           | **High-Potency Mega**  
Multiple plus Vitamins & Minerals Formulation  
**General Support**  
Female  
Male  
Multivitamin  
**Dosage:** 6 caps daily or as directed  
**Caution:** Not recommended in pregnancy or lactation; those taking warfarin (Coumadin®) should avoid this product because of its vitamin K content, unless specifically recommended and monitored by the warfarin-prescribing physician. |
| **Purified Chondroitin Sulfates**            | **Chondroitin Sulfates for Connective Tissue and Vascular Support**  
**General Support**  
Heart/Vascular  
Immune  
Inflammation  
Musculoskeletal  
**Dosage:** 1-2 caps 3 times daily with meals  
**Caution:** Not recommended in pregnancy. |
| **R-Lipoate CBG**                            | **R-Alpha Lipoic Acid with**  
**Vitamin C, Biotin and Green Tea Formulation**  
**General Support**  
Anti-Aging  
**Dosage:** High-dose R-Alpha Lipoic Acid (100 mg) with Vitamin C (60 mg), Biotin B7 (300 mcg), and Green Tea (*Camellia sinensis*) extract (50 mg) with 50% EGCG; acts as a potent antioxidant for addressing such issues as diabetes, neuropathies, memory loss, chronic fatigue, hepatic dysfunction, cardiovascular disease, vision disorders such as cataracts and glaucoma, and cancer. |
<table>
<thead>
<tr>
<th>Condition</th>
<th>Dosage: 1-2 caps daily or as directed</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Rb-Zyme™</strong></td>
<td>Plant (raw vegetable culture) source rubidium (100 mcg) for short-term memory loss, cognitive issues in the elderly, for chronic fatigue, and as a synergist to the amino acid tyrosine in sub-acute, thyroid hypofunction.</td>
</tr>
<tr>
<td><strong>Red Yeast Rice</strong></td>
<td>Rice-grown Monascus purpureus yeast (800 mg/cap), a dietary staple and TCM medicinal in many Asian countries from time immemorial with monacolins as its major components, exerts a positive impact on cholesterol synthesis, in that its specific action has been identified with inhibition of HMG-CoA reductase, the enzyme responsible for hepatic cholesterol production—in pharmaceutical terms, &quot;statin&quot; drugs; also implicated in digestive support, blood movement, and strengthening of the spleen.</td>
</tr>
<tr>
<td><strong>Renal Plus™</strong></td>
<td>Vitamin (A, B6, C), mineral (magnesium), herbals Uva-Ursi (Arctostaphylos uva-ursi), Buchu (Barosoma betulina), and Echinacea (Echinacea angustifolia), neonatal bovine kidney (100 mg), thymus (10 mg), and liver (10 mg) formula in a proprietary blend of the vegetable culture source, antioxidant enzymes superoxide dismutase (SOD) and catalase, tillandsia, and cranberry for renal dysfunction, genitourinary tract conditions, renal hypertension, and edema.</td>
</tr>
</tbody>
</table>
Dosage: 4 tabs 3 times daily with meals; increase to 4 tabs 5 times daily for 3 days with acute renal dysfunction or edema
Caution: Not recommended in pregnancy or lactation

**ResveraSirt-HP™**
High-Potency
**Resveratrol/Sirtuins**
Formulation

<table>
<thead>
<tr>
<th>Category</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>General Support</td>
<td>Anti-Aging, Heart/Vascular, Immune</td>
</tr>
<tr>
<td>Note:</td>
<td>Resveratrol is said to mimic caloric restriction for increasing longevity and life expectancy—by more than 30% in some animal studies. Caution: Not recommended in pregnancy or lactation</td>
</tr>
</tbody>
</table>

Dosage: 1 cap daily or as directed
Research: Resveratrol has been shown to impact an amazing array of biochemical and physiological functions including those associated with antioxidant and cardiovascular protection, downregulation of pro-inflammatory factors, stimulation of sirtuin enzymes for optimal DNA repair and recombination, cell survival, and energy metabolism via selective gene expression.

**Saccharomyces boulardii**
Yeast Flora Gut Microbial Balance

<table>
<thead>
<tr>
<th>Category</th>
<th>Description</th>
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<tbody>
<tr>
<td>General Support</td>
<td>Detoxification, Immune, Inflammation, Intestinal/Stomach Microbiome</td>
</tr>
<tr>
<td>Note:</td>
<td>Saccharomyces boulardii is not a naturally occurring component of the gut flora, and is not significantly impacted by antibiotics; oral administration achieves steady state colon concentrations within three days, but does not colonize in the intestinal tract; the organism is typically cleared within 2 to 5 days after discontinuation. Dosage: 1-3 caps daily or as directed</td>
</tr>
</tbody>
</table>

Dosage: 1 cap daily or as directed
Research: Dairy-free, viable yeast (235 mg/cap w/4 billion organisms minimum at time of manufacture), foreign to the natural gut flora, but for balancing the intestinal microbiome (in adequate amounts), supporting of antibiotic therapy, modulating both innate and adaptive immunity functions (boosting IgA secretion), inactivating bacterial toxins, releasing polyamines for normal cellular growth and differentiation, reducing inflammation (by downregulating production of NF-KappaB), blocking expression of inflammatory cytokines (IL-8), enhancing secretion of mucosal immune factors, and much more.

**Sculacia® Skullcap & Acacia Blend**
Botanical Analgesic

<table>
<thead>
<tr>
<th>Category</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>General Support</td>
<td>Proprietary and patented botanical extract/blend (250 mg/cap) of two classic herbals with analgesic properties including Skullcap (Scutellaria baicalensis) and Cutch Tree (Acacia)</td>
</tr>
</tbody>
</table>

Dosage: 1 cap daily or as directed
Research: Proprietary and patented botanical extract/blend (250 mg/cap) of two classic herbals with analgesic properties including Skullcap (Scutellaria baicalensis) and Cutch Tree (Acacia)
<table>
<thead>
<tr>
<th>Formulation</th>
<th>General Support</th>
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<tbody>
<tr>
<td><strong>Biotics Research Quick Reference Guide</strong></td>
<td><strong>Immune</strong></td>
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<tr>
<td>**Fourth Edition</td>
<td><strong>Inflammation</strong></td>
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<td><strong>Musculoskeletal</strong></td>
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<tr>
<td><strong>Selenomethionine</strong></td>
<td><strong>General Support</strong></td>
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<tr>
<td><strong>High-Potency Selenium (200mcg)</strong></td>
<td><strong>Anxiety/Mood</strong></td>
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<tr>
<td><strong>Sesame Seed Oil Caps</strong></td>
<td><strong>General Support</strong></td>
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<tr>
<td><strong>Organic/Virgin, First-Pressed Cold Sesame Oil</strong></td>
<td><strong>Female</strong></td>
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| | | more around in your mouth without swallowing for 10-20
minutes, expel, then follow with a mouthwash (hydrogen peroxide) and/or toothpaste (sodium bicarbonate).

**Dosage:** 1 softgel cap daily or as directed

**Se-Zyme Forte™**
Selenium Whole Food Vegetable Culture Source

- General Support
- Anxiety/Mood
- Detoxification
- Eyes
- Female
- Glucose Metabolism
- Heart/Vascular
- Immune
- Male
- Thyroid

Organic, yeast-free, plant-source, vegetable culture selenium (100 mcg/tab) for free radical conditions, to increase glutathione peroxidase production, immune support, cardiac stress, fibroids and cysts, vitamin E synergist, thyroid hypofunction, thyroid T-4 to T-3 conversion, and decreased T-3 uptake.

**Note:** Selenium is essential in immune function by affording protection against heavy metal toxicity (especially mercury), as a vitamin E synergist, and co-factor for glutathione.

**Dosage:** 1-2 tabs 3 times daily with meals (vitamins A, C, and E enhance absorption) or as directed

**Research:** Studies have shown that selenium together with vitamin C may inhibit the adverse effect of lipid peroxidation caused by free radical damage in high-fat diets resulting in cardiovascular disease; it has been shown that selenium may reduce the risk of bladder cancer in women and smokers.

**Stamina Caps™**
Broad-Spectrum Stamina/Endurance Formula

- General Support
- Immune
- Musculoskeletal

Raw, vegetable culture, “stamina” formula with L-carnitine (100 mg/2 caps), coenzyme Q10 (1 mg), octacosanol (2,000 mcg) from rice, high-potency vitamin B1 (100 mg), and pantothenic acid (100 mg) in a base of biologically active, vegetable culture supplying organically bound, methyl-related compounds and phytochemicals including polyphenols (200 mg) for fatigue, muscle injury and dysfunction, athletic performance, and free radical neuromuscular disease.

**Note:** Includes OOrganic-15™ a "biologically active vegetable culture concentrate containing naturally associated and/or organically bound methyl related compounds and phytochemicals including polyphenolic compounds, dehydrated at low temperature to preserve associated enzyme factors.”

**Dosage:** 1-2 caps 3 times daily with meals or as directed

**St. John’s Forte™**
St. John’s Wort Fortified with B Vitamins/Minerals and Botanicals Formula

- General Support
- Anxiety/Mood

Blend of standardized extract (0.3% hypericin) of St. John’s Wort (*Hypericum perforatum*) at 300 mg/2 caps, B vitamins (B1, B2, B6, folate, B12, biotin B7, pantothenic acid, inositol, choline), minerals (magnesium, chromium), Siberian Ginseng (*Eleuthero-coccus senticosus*) at 100 mg as an adaptogen, and Damiana (*Turnera diffusa*) at 100 mg as a general tonic for mood elevation, anxiety, nervousness, depression, and as an
**Brain** alternative to anti-depressant medications.

**Note:** Use De-Stress™ for stress and anxiety.

**Dosage:** 2 caps once or twice daily or as directed

**Caution:** Not recommended in pregnancy or lactation; adult use only; use may result in skin becoming photosensitive or susceptible to sunburn

| **SunFlax Caps** | Proprietary blend (2,000 mg/2 caps) of organic flaxseed and sunflower seed oils provides both omega-6 (750 mg) and omega-3 (250 mg) linoleic and linolenic essential fatty acids in a 3:1 ratio for immune insufficiency, increased or decreased blood fats, calcium synergist, benign prostate hypertrophy (BPH), cardiovascular support, genetic predisposition to free radical issues, and for many other therapeutic purposes. |
| **Sunflower & Flaxseed Oils Omega-3, -6 Essential Fatty Acids (EFAs) Formula** | **Dosage:** 2-4 caps daily or as directed |
| **General Support** | **Adrenal/HPA Axis** |
| | **Anti-Aging** |
| | **Glucose Metabolism** |
| | **Heart/Vascular** |
| | **Immune** |
| | **Kidney/Bladder** |
| | **Musculoskeletal** |
| | **Thyroid** |
| | **Weight Management** |

| **Super Phosphozyme™** | Orthophosphoric acid (395 mg/2 tabs) with vitamin C (20 mg), calcium (161 mg), phosphorus (124 mg), RNA (20 mg) from yeast, and inositol (20 mg) from rice for parasympathetic (alkaline pH) dominance, reduced circulation, cramping, nausea, calcium-phosphorus balance in calcium predominance, digestive distress from excess HCl production, elevated RBC, HBG, or HCT as in blood stasis, excessive secretions, thyroid hypofunction, bradycardia, and for use as a blood thinner. |
| **Organic Phosphorus & Ribonucleic Acid (RNA) Formulation** | **Dosage:** 2-3 tabs 3 times daily with meals or as directed |
| **General Support** | **Heart/Vascular** |
| | **Intestinal/Stomach** |
| | **Kidney/Bladder** |
| | **Thyroid** |

| **Super Phosphozyme Liquid™** | Liquid nutritional phosphorus from orthophosphoric acid (40 mg/30 drops). |
| **Organic Phosphorus** | **Dosage:** 30 drops daily with meals or as directed |
| **General Support** | **Same as above** |

<p>| <strong>Taurine</strong> | Non-hydrolyzed, naturally produced, free-form amino acid |</p>
<table>
<thead>
<tr>
<th>Product</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Free-form Amino Acid</strong></td>
<td>taurine (500 mg/cap) for gallbladder dysfunction (cholesterol-to-bile acid conversion), bile production, elevated blood lipids, anxiety, cardiac dysfunction, edema, cataracts, and atherosclerosis.</td>
</tr>
<tr>
<td><strong>Dosage:</strong></td>
<td>2 caps 3 times daily with meals or as directed</td>
</tr>
<tr>
<td><strong>General Support</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Anxiety/Mood</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Eyes</strong></td>
<td></td>
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<tr>
<td><strong>Heart/Vascular</strong></td>
<td></td>
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<tr>
<td><strong>Immune</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Liver/Gallbladder</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Thiamin 50™</strong></td>
<td>Vitamin B1 as thiamine mononitrate (50 mg/cap) in a proprietary, vegetable culture of the antioxidant enzymes superoxide dismutase (SOD) and catalase (30 mcg each) to support basic metabolism and the digestive, cardiovascular, immune, nervous, and musculoskeletal systems.</td>
</tr>
<tr>
<td><strong>Dosage:</strong></td>
<td>1 cap daily with meals or as directed</td>
</tr>
<tr>
<td><strong>Thyrostim™</strong></td>
<td>Lamb pituitary/hypothalamus complex concentrate (40 mg/2 tabs), vitamin A (2,500 IU), iodine (150 mcg) from kelp (algae), minerals (magnesium, copper, manganese), trace elements (selenium, rubidium) from vegetable culture, <em>Lactobacillus acidophilus</em> (2 million), amino acid L-tyrosine (100 mg), enzyme tyrosinase (10 units) from mushroom with the vegetable source, antioxidant enzymes superoxide dismutase (SOD) and catalase (20 mcg each) for primary hypothyroidism and thyroid hypofunction secondary to anterior pituitary hypofunction, manifested in a low metabolic rate, falling blood pressure, and conditions needing increased energy production (hypoglycemia, high altitude, pregnancy or cold environment); provides the needed, key nutrients for thyroid hormone production.</td>
</tr>
<tr>
<td><strong>Note:</strong></td>
<td>Always use with Flax Seed Oil or Optimal EFAs® Caps; if the sub-acute issue remains after 30 days, add Iodizyme-HP™, Liquid Iodine Forte®, Meda-Stim™, Rb-Zyme™.</td>
</tr>
<tr>
<td><strong>Dosage:</strong></td>
<td>2-3 tabs 3 times daily with meals or as directed</td>
</tr>
<tr>
<td><strong>TMG Powder</strong></td>
<td>TMG or Trimethylglycine (3 g), a naturally occurring chemical in the body (brain, blood, bones, eyes, heart), also known as betaine anhydrous, is clinically employed to address homocystinuria (high-homocysteine levels often the case with inherited disorders), and is associated with a multitude of metabolic issues such as osteoporosis, cardiac conditions like</td>
</tr>
</tbody>
</table>

Eyes  
Heart/Vascular  
Immune  
Inflammation  
Kidney/Bladder  
Liver/Gallbladder  
Musculoskeletal  
Weight Management  

congestive heart failure, musculoskeletal issues, vision problems, liver disease, depression, osteoarthritis, and obesity. Recent research suggests that TMG can be a factor in colon cancer prevention.

_Note:_ TMG is also found in foods such as beets, spinach, cereals, seafood, and even wine.

**Dosage:** 1 level tsp (about 3 g) daily mixed with 8 oz of cool water or beverage of choice or as directed

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**Tocotrienols**

Vitamin E **Tocotrienol** & Tocopherol Fractions  
Antioxidant Support Formulation

Vitamin E (23 IU) and the fat-soluble antioxidant factors related to the tocopherols (35 mg/cap) from rice for general metabolic support as well as for the cardiovascular and immune systems.

**Dosage:** 1-2 caps daily with meals or as directed

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**Tri-Chol™**

Triglyceride/Cholesterol Support Formulation

Proprietary formula comprised of the mineral chromium (100 mcg) from vegetable culture, the vitamins choline (30 mg) and inositol hexaniacinate (200 mg), and a 320 mg/cap, proprietary herbal blend including Guggul (*Commiphora mukul*), Fo-Ti (*Polygonum multiflorum*), Asian Water Plantain (*Alisma orientalis*), Polygonum cuspidatum, and Bitter Orange (*Citrus aurantium*) to normalize serum triglycerides and total cholesterol.

_Note:_ Consider using with the synergists GlucoBalance®, Flax Seed Oil or Optimal EFAs® Caps, and ADHS®.

**Dosage:** 1-2 caps 3 times daily with meals  
**Caution:** Not recommended in pregnancy or lactation

---

**UltraVir-X®**

Ultrapotent Antiviral (X) Immune Support Formulation

Proprietary antiviral formula comprised of vitamins (A and C), minerals (zinc and copper), and a 450 mg/cap complement of standardized botanical compounds with antioxidant, anti-inflammatory, and immunomodulating properties (Red-Rooted Sage, Boneset, Atractylodes, Sweet Violet, Wheat Grass, Bupleurum, Astragalus, Propolis, Maitake Mushroom, Black Walnut, Hesperidin, Rutin) for immune system support including acute and chronic viral conditions such as hepatitis, Epstein-Barr virus (EBV), cytomegalovirus (CMV), mononucleosis, colds, and influenza.
Note: Consider using with IAG™, Bio-Immunozyme Forte™, and Dismuzyme Plus™ Granules.

Dosage: 2 caps twice daily on an empty stomach or as directed

Caution: Not recommended in pregnancy or lactation

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UT Complex™
Urinary Tract Botanical Support Formulation

Proprietary Traditional Chinese Medicine (TCM) botanicals formulation, designed to support Urinary Tract (UT) health and healthcare, has been developed and tested in an herbal remedies-oriented, clinical practice setting for definitive evaluation of its proven efficacy.

Dosage: 3 caps daily or as directed

Caution: Not recommended in pregnancy or lactation

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VasculoSirt®
Vascular/Sirtuin Broad-Spectrum Cardiovascular Formulation

Broad-spectrum, cardiovascular-specific vitamin (B-complex, D3 at 2000 IU, and C at 250 mg), mineral (magnesium at 125 mg), phytonutrients and herbal formulation (5 caps/serving) including coenzyme Q10 (50 mg), the “phytoalexin” Trans-Resveratrol (50 mg), R-alpha lipoic acid (50 mg), EGCG green tea extract (500 mg), vitamin K2 and K1 (50 mcg), Acetyl-L-Carnitine (500 mg), olive leaf (Olea Europaea) extract (50 mg), quercetin (50 mg), ginkgo biloba, phytolens, lutein and lycopene for heart health, vascular integrity, and support of blood pressure, cholesterol, glucose and insulin levels within their reference ranges; use for age-induced arteriosclerosis (increasing arterial stiffness and decreasing elasticity), altered structural and functional changes in the endothelium and vascular media and adventitia leading to endothelial dysfunction, increased extracellular matrix, altered vascular smooth muscle, platelet aggregation, inflammation, etc.

Note: Formula equivalent to 12 separate supplements.

Dosage: 5 caps twice daily with meals or as directed

Caution: Not recommended in pregnancy or lactation

Warning: Those taking warfarin (Coumadin®) or anticoagulants should avoid supplements with vitamin K unless specifically physician-recommended and monitored

Research: (1) Resveratrol has been shown to increase SIRT 1 activity, inhibit platelet aggregation, modulate transcription factor NFkappaB, promote chemoprotective properties, and potentially inhibit cardiac fibroblasts; (2) R-Alpha Lipoic Acid (thought to be twice as active as traditional ALA with...
some “S” form) improves mitochondrial function, increases metabolic rate, decreases oxidative damage, enhances glutathione levels, and assists in xenobiotic detox; (3) **EGCG** (Epigallocatechin Gallate), the most potent of all green tea catechins, inhibits the proliferation of smooth muscle contributing to atherogenesis, inhibits the inflammatory activity of transcription factors such as NFkappaB, promotes fat oxidation, and is chemo- and cardio-protective; (4) **Vitamin K (K1 & K2)**, from green leafy vegetables and fermented substances (Natto) respectively, is vital to proper calcium metabolism to preclude concurrent arterial calcification and osteoporosis.

<table>
<thead>
<tr>
<th><strong>V.H.P.™</strong> Valerian, Hops &amp; Passionflower Stress and Relaxation Formula</th>
<th>Valerian (200 mg/cap), Hops (100 mg), and Passionflower (100 mg) herbal tranquilizer for nervousness, hyperactivity, insomnia, hyperirritability, etc.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>General Support</strong></td>
<td><strong>Dosage</strong>: 1-2 caps 3 times daily with meals or as directed; for insomnia use 4 caps 30 minutes before bedtime</td>
</tr>
<tr>
<td>Anxiety/Mood</td>
<td><strong>Caution</strong>: Not recommended in pregnancy or lactation</td>
</tr>
<tr>
<td>Sleep</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>V-Zyme™</strong> Vanadium from Whole Food Source</th>
<th>Raw vegetable culture, naturally occurring vanadium (20 mcg/tab) works as a chromium synergist for both diabetes and hypercholesterolemia.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>General Support</strong></td>
<td><strong>Dosage</strong>: 2-3 tabs 3 times daily with meals or as directed</td>
</tr>
<tr>
<td>Glucose Metabolism</td>
<td></td>
</tr>
<tr>
<td>Heart/Vascular</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Whey Protein Concentrate</strong> Organic Milk Derived &amp; Grass-Fed Cows Sourced</th>
<th>Whey protein powder <em>concentrate</em> (26 g/serving), the dried residue from filtered, liquid milk contains varying amounts of fat and carbs in the form of lactose with a protein percentage varying from about 30 to 80% including a variety of protein fractions, many of which deliver significant biologic activity and health benefits.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>General Support</strong></td>
<td><strong>Note</strong>: Research suggests that protein peptides must remain in their natural “undenatured” form to preserve their native metabolic properties and provide their known health benefits.</td>
</tr>
<tr>
<td>Anti-Aging</td>
<td><strong>Dosage</strong>: Add 2 level scoops (about 26 g) to 8 oz of cool water or beverage of choice and stir or blend, or as directed</td>
</tr>
<tr>
<td>Detoxification</td>
<td><strong>Caution</strong>: Not recommended with dairy allergies, such as lactose intolerance</td>
</tr>
<tr>
<td>Glucose Metabolism</td>
<td></td>
</tr>
<tr>
<td>Liver/Gallbladder</td>
<td></td>
</tr>
<tr>
<td>Weight Management</td>
<td></td>
</tr>
<tr>
<td><strong>N.B.</strong> Contains ingredients derived from Milk sourced from animals that have not been fed GMO containing feed, and have not been treated with rBST or any other growth hormone.</td>
<td></td>
</tr>
</tbody>
</table>
### Whey Protein Isolate
Whey Protein Micro-Chilled, Organic & Grass-Fed, Formula

**General Support**
Same as above

**N.B. Contains ingredients derived from Milk.**

Whey protein powder *isolate* (22 g/serving), with natural biologically active Immunoglobulin (IgG), Lactoferrin (LF), and Glycomacropeptides (GMP) at 962 mg/serving as well as beta-lactoglobulin, glycomacropeptide, bovine serum albumin, alphalactalbumin, and lactoferrin (with higher concentrations of branched-chained and sulphur-bearing amino acids) for muscle growth and lean muscle retention (sports), weight management, detoxification, compromised immunity, metabolic health, fat loss enhancement, soy sensitivity, healthy aging, and general wellness.

**Note:** Produced by natural, ultra-low temperature microfiltration ("micro-chilled") for preservation (prevention of protein denaturing) of biologically active proteins and a potent amino acid profile with no added sugar or artificial flavors.

**Dosage:** Add 2 level scoops (about 22 g) to 8 oz of cool water or beverage of choice and stir or blend, or as directed

**Caution:** Not recommended with dairy allergies

**Research:** Whey protein is available in three forms: (1) **Concentrate** may contain on average 29-89% protein vs. cow's milk which contains only 1%; (2) **Hydrolyzed**, a pre-digested form of whey, whose proteins are reduced to smaller peptides to reduce potential for allergic reaction, but is taste and cost prohibitive; and (3) **Isolate** offers the highest protein levels at a minimum of 90%.

### Whey Protein Isolate - Natural Chocolate Flavor

**General Support**
Same as above

**N.B. Contains ingredients derived from Milk.**

Same as Whey Protein Isolate but with Natural Chocolate Flavor (27 g/serving)

**Note:** Same as above

**Dosage:** Add 2 level scoops (about 27 g) to 8 oz of cool water or beverage of choice and stir or blend, or as directed

**Caution:** Not recommended with dairy allergies

### Whey Protein Isolate - Natural Vanilla Flavor

**General Support**
Same as above

**N.B. Contains ingredients derived from Milk.**

See as Whey Protein Isolate but with Natural Vanilla Flavor (28 g/serving).

**Note:** Same as above

**Dosage:** Add 2 level scoops (about 28 g) to 8 oz of cool water or beverage of choice and stir or blend, or as directed

**Caution:** Not recommended with dairy allergies
| **Zn-Zyme™**  
**Zinc Gluconate & Citrate** | Organic, zinc gluconate and citrate (15 mg/tab) for immune insufficiency, loss of taste and smell, slow healing cuts, acne (with vitamin A and thymus tissue), low libido, prostate hypertrophy, chronic yeast infections, macular degeneration, hair loss, premature graying, fingernail white spots, magnesium, vitamin B6, chromium synergist, and stress.  

**Dosage:** 1-2 tabs 3 times daily with meals  

**Research:** A gerontology study has demonstrated that zinc supplementation at 20 mg daily by healthy, elderly patients resulted in a safe and efficient boost in lymphocytic stress response. |
| **General Support**  
**Anti-Aging**  
**Eyes**  
**Female**  
**Immune**  
**Lung/Respiratory**  
**Male**  
**Microbiome** |  
| **Zn-Zyme Forte™**  
**Zinc Gluconate & Citrate Fortified (25mg)** | Same as Zn-Zyme™ but fortified to 25 mg per tablet.  

**Dosage:** 1-2 tabs 3 times daily with meals; if used at over 60 mg daily for over 60 days, add Cu-Zyme™ at 1 tab daily to prevent a zinc-copper imbalance; take at different times to preclude absorption competition  

**Research:** Low serum zinc concentrations have been associated with an increased risk of pneumonia and concomitant morbidity and mortality in the elderly. |
21st Century Homeopathics
QUICK REFERENCE GUIDE – Homeopathic Products Usage

<table>
<thead>
<tr>
<th>Product</th>
<th>Description</th>
<th>Clinical Indications</th>
</tr>
</thead>
<tbody>
<tr>
<td>HR Remedy #1</td>
<td>Supports general detoxification and cellular repair.</td>
<td></td>
</tr>
<tr>
<td>Detoxification</td>
<td><strong>Usage:</strong> Relief of gastrointestinal dyspepsia (indigestion), flatulence, bloating, and food intolerance</td>
<td></td>
</tr>
<tr>
<td>HR Remedy #2</td>
<td>Supports general lymphatic drainage and detoxification of the lymphatic organs for the release of stored toxins.</td>
<td></td>
</tr>
<tr>
<td>Lymphatic Drainage</td>
<td><strong>Usage:</strong> Relief of fever, sore throat, and bladder irritation</td>
<td></td>
</tr>
<tr>
<td>HR Remedy #3</td>
<td>Supports stress reduction.</td>
<td></td>
</tr>
<tr>
<td>Acute Stress</td>
<td><strong>Usage:</strong> Relief of emotional strain, anxiety, insomnia, apprehension, and fear</td>
<td></td>
</tr>
<tr>
<td>HR Remedy #4</td>
<td>Supports post-viral detoxification.</td>
<td></td>
</tr>
<tr>
<td>Detox-Virus</td>
<td><strong>Usage:</strong> Relief of skin irritation, eczema, fever, and dry cough</td>
<td></td>
</tr>
<tr>
<td>HR Remedy #5</td>
<td>Supports the reduction of chronic stress caused by naturally occurring adaptogens.</td>
<td></td>
</tr>
<tr>
<td>Chronic Stress</td>
<td><strong>Usage:</strong> Relief of emotional and physical strain, exertion-induced fatigue, and post-illness exhaustion</td>
<td></td>
</tr>
<tr>
<td>HR Remedy #6</td>
<td>Supports the detoxification of insecticides, environmental pollutants, and industrial toxins.</td>
<td></td>
</tr>
<tr>
<td>Environmental Detox</td>
<td><strong>Usage:</strong> Relief of cough, chest congestion, hoarseness, sore throat, seasonal allergies, skin irritation, and vomiting due to environmental toxic exposure</td>
<td></td>
</tr>
<tr>
<td>HR Remedy #7</td>
<td>Supports the detoxification of environmental pollutants.</td>
<td></td>
</tr>
<tr>
<td>Heavy Metal Detox</td>
<td><strong>Usage:</strong> Relief of neurological disorders, vomiting, extreme fatigue, and metallic aftertaste</td>
<td></td>
</tr>
<tr>
<td>HR Remedy #8</td>
<td>Supports detoxification following mycotic infection.</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Fungal Yeast Infection</td>
<td><strong>Usage:</strong> Relief of flatulence, bloating, rhinitis, and itching</td>
<td></td>
</tr>
<tr>
<td>HR Remedy #9</td>
<td>Supports detoxification of residual toxins following bacterial infection or miasm.</td>
<td></td>
</tr>
<tr>
<td>Bacterial Detox</td>
<td><strong>Usage:</strong> Relief of fever, sore throat, and bladder irritation</td>
<td></td>
</tr>
<tr>
<td>HR Remedy #10</td>
<td>Supports detoxification of residual toxins following parasitic infection.</td>
<td></td>
</tr>
<tr>
<td>Parasite Detox</td>
<td><strong>Usage:</strong> Relief of fever, joint pain, itching, cough, stiffness, gastric upset, and drooling</td>
<td></td>
</tr>
</tbody>
</table>

A Brief Introduction to Understanding Homeopathy . . .

- Originated and developed by the German, Samuel Hahnemann, in the 18th century, homeopathy is a therapeutic modality that complements traditional (non-allopathic) medicine as a natural healthcare system, which works by stimulating the body's natural defense mechanisms and innate healing power, Naturopathy's *Vis Medicatrix Naturae* (The Healing Power of Nature).

- Homeopathy posits the principle of the "law of similars" (*Similia Similibus Curentur* in the Latin), which translates into "let similar things be cured by similar things" or simply "let like cure like."

- Homeopathy is a time-tested, non-toxic, and economical form of therapy, which recognizes that symptoms reflect the body's natural adaptation to address stress, dysfunction, and disease. It treats the etiology or underlying cause of any problem, not its symptomatology or manifestation.

- Deriving from the Greek *homoios* meaning "similar" and *pathos* meaning "suffering" or "disease," homeopathy, utilizing as it does low-dose, natural, biological substances, is by definition opposed to 19th century *Allopathy* (the "other" *pathos*), which utilizes patented, unnatural, high-dose, molecular substances, viz., alien pharmaceutical drugs purported to "cure" disease, and to induce healing despite the plethora of accompanying "black box" side effects so-called, which can and often do induce "complications" including death. *"There is a way that appears to be right, but in the end it leads to death"* (Prov. 14:12).
The homeopathic physician ("doctor of nature") or homeopathic medical doctor (HMD), therefore, will administer a minute (if not infinitesimal) amount of the substance like that which is thought to be causing the patient's symptomatic presentation. In other words, the homeopathic clinician will utilize a substance that mimics the patient's symptomatology in order to correct the underlying physiological disorder or dysfunction.

Consequently, homeopathy, a proven, non-toxic form of therapeusis, addresses the underlying causation of symptoms, not the symptoms themselves.

In brief, homeopathy safely, reliably, and effectively supports the body's natural healing abilities and immune system mechanisms to both relieve acute healthcare issues by directly addressing their underlying causes.

Homeopathic remedies have been safely used by doctors and their patients, as well as by self-medicating people, for over 200 years with Food and Drug Administration (FDA) oversight for the past 80 years or more.

DOSING Homeopathic Remedies . . .

For more efficient absorption and utilization, homeopathic remedies should be taken on an empty stomach apart from foods or liquids or flavors, and within 15 to 30 minutes before or after a meal or beverage.

The administration of homeopathic remedies is typically sublingual for better absorption. Therefore, it is important not to swallow a remedy immediately, but to allow it to remain in the mouth for about 15-30 seconds before swallowing for the potential of increased effectiveness.

Avoid indulging in alcoholic beverages, caffeine containing substances such as soda, coffee, tea, chocolate, and mint flavored products including toothpaste.

STORING Homeopathic Remedies . . .

Store remedies at room temperature without exposure to direct sunlight.

Store remedies away from any aromatic substances such as perfumes, paint, or any of the many aromatic household products or contaminants.
RESTRICTION
The clinical application of these adjunctive, clinical "Condition Protocols," designed to support normal physiology and biochemistry, is restricted to licensed healthcare professionals.

DISCLAIMER
Concerning these clinical "Condition Protocols" and their nutritional products:

- They are in no way presented to suggest their clinical application as a primary therapy for the prevention, diagnosis, treatment, palliation, amelioration, or cure of any disease, condition, or syndrome.

- They are intended to provide suggested *adjunctive support* of the normal physiological and biochemical processes of the human body.

- They are not intended to replace conventional medical consultation, diagnosis and treatment, but to complement standard medical practice, as appropriate.

- They are in no way presented by nor represented as the responsibility of Biotics Research Corporation.

DETOXIFICATION
Before beginning any nutritional protocol, it may be beneficial to start with a general detoxification program, especially if the client's healthcare challenge would appear to warrant it. See the "Detoxification, General" and other detox entries on page 225.

PRODUCTS - MULTIPLES
The clinical "Condition Protocols" do NOT include a general, vitamin/mineral *multiple product*, which should be considered and added to any issue-specific "Conditional Protocol" as required. Consider one of the following:

- **Aqueous Multi-Plus™**
  Liquid multivitamin/mineral, balanced formula, *iron-free* and stevia-sweetened

- **Bio-Cardio Packs®, Bio-Cardio 369®, Bio-Cardiozyme Forte®**
  Broad-spectrum cardiovascular support formulations

- **Bio-Multi Plus™**
  Balanced, broad-spectrum, multivitamin/mineral formulation
• **Bio-Multi Plus™ Iron Free**  
  Balanced, broad-spectrum, multivitamin/mineral formulation without iron

• **Bio-Multi Plus™ Iron & Copper Free**  
  Balanced, broad-spectrum, multivitamin/mineral formulation without iron/copper

• **Bio-Trophic Plus™**  
  Food-sourced, nutritional multiple with antioxidants and organ-specific support

• **Equi-Fem™ and PMT™**  
  Broad-spectrum, vitamin/mineral/herbal formulations for female-specific support

• **NitroGreens®**  
  Phytonutrient-rich, powder blend of organic whole food concentrates and extracts

• **ProMulti Plus®**  
  High-potency vitamin/mineral/phytonutrient, “prescription strength” formulation

**PRODUCTS - FOUNDATIONAL FOUR**

In addition to including a general support multiple, as noted earlier, the “Foundational Four” regimen is often recommended as an initial 60-90 day supplemental program for the new client:

• **Bio-Multi Plus™** | Broad-spectrum multiple support (3 tablets daily)  
• **Biodoph-7 Plus®** | Balanced prebiotics and probiotics (3 capsules at bedtime)  
• **Biomega-3™** | Balanced essential fatty acids (6 capsules daily)  
• **Bio-D-Mulsion Forte®** | Micro-emulsified vitamin D (4-8 drops daily)

**PRODUCTS**

Primary support products (as well as those noted as Secondary or Alternative) are NOT necessarily listed in the order of their potential clinical importance.

**DOSAGE**

The suggested or recommended daily dosage (shown in parentheses) is to be taken on a divided basis with meals unless otherwise indicated. Product dosages may be increased or decreased depending on the client's age, weight, condition, and severity of his or her healthcare issue(s).

**N.B.** For additional, detailed information on the clinical application of these "Condition Protocols" and their products, consult the "Selected Sources" listing on pages 9-12.
ABORTION, SPONTANEOUS or THREATENED | Miscarriage of Non-Viable Fetus
Biotasol Forte (3-6), GTA (3), Meda-Stim (3), Thyrostim (3), Bio-Glycozyme Forte (6) between meals, Biomega-3 (3) or Biomega-3 Liquid (1-2 tsp) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Iodizyme-HP (½-1)

**With Adrenal Hypofunction:** ADBS-Plus (3) and Bio-Glycozyme Forte (6) between meals

**With Reactive Hypoglycemia:** Same as above

**With Adrenal Hyperfunction:** ADHS (2) at breakfast & lunch, GlucoBalance (2) each meal

**Secondary Support:** Amino Sport (6), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), Folic Acid 800 (1), Bio-K-Mulsion (1), Se-Zyme Forte (1-2) or Selenomethionine (1), Bio-C Plus 1000 (1), E-Mulsion 200 (1) or E-200 H (1), Tocotrienols (1)

**Alternative Support:** Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

ACETAMINOPHEN-INDUCED TOXICITY | NSAID-Induced Acute Liver Failure
Most effective taken within 8 hours of overdose.

NAC (3-6), GSH-Plus (3), Intenzyme Forte (12-15) on an empty stomach

**Secondary Support:** Livotrit Plus (3), MCS-2 (3)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Milk Thistle (Silybum marianum, silymarin)

ACHLORHYDRIA | Decreased or Absent Hydrochloric Acid Secretion
Hydro-Zyme (3-24) or Betaine Plus HP (3-6)

ACHOLIC STOOL | Decreased or Absent Bile Secretion
Bromelain Plus CLA (6), Beta-TCP (6), Bio-Glycozyme Forte (3)

ACID FOODS, UPSET | Gastrointestinal Digestive Dysfunction
Gastrazyme (6) or Bio-HPF (6), HCl-Ease (4)

ACID INDIGESTION | Acid Reflux or Gastroesophageal Reflux Disease (GERD)
Rule out vitamin (B factors) and mineral (zinc particularly) deficiencies, high sugar and glycemic foods dietary, eating large meals, lying down after eating, bedtime snacking, smoking, being overweight, AND prescription "heartburn" medications especially proton pump inhibitors (PPIs), which deplete vitamin B6, folic acid, B12, D, and iron stores.

HCl-Plus (3-27) or Hydro-Zyme (3-21) or Betaine Plus HP (3-6), Gastrazyme (12-24), HCl-Ease (4)

**Acute Support:** Bio-HPF (3-9), Chlorocaps or Chlorella Caps (3-9) especially with bad breath, IPS (3-9), Super Phosphozyme Liquid (dropperful in 4-6 oz. water)

**With Intestinal Tract Infection (H. pylori):** Bio-HPF (3-9) or A.D.P. (6-12) and Gastrazyme (12-24)

**Secondary Support:** L-Glutamine (3-6), Bio-Glycozyme Forte (4-8) to normalize sugar
handling, Aqueous Zinc (2-4 tsp) or (½ bottle) daily for HCl production, Bio-HPF (2-6) for gastric infection, IPS (3-9)

**Alternative Support:** Aloe (*Aloe vera*), Sodium Bicarbonate

### ACIDOSIS, METABOLIC or SYSTEMIC | Increased Acidity of Body Tissues

Rule out hepatic and/or renal dysfunction, diabetes, intestinal microbial infections, acid-forming dietary intake (sugars, grains, processed foods, soda pop), insufficient dietary intake of alkalizing foods (green, leafy vegetables, apple cider vinegar, citrus, some nuts & seeds), and hypokalemia due to potassium insufficiency or pharmaceutical drug therapy, in which case use Bio-CMP for primary supplemental support.

Carbamide Plus (3), Bio-3B-G (9) between meals; if severe, take (2) per waking hour for the first two weeks, Renal-Plus or Nephra-Zyme (15) for one week, then (9) for one month, L-Glutamine (6), Bio-CMP (6-9), NitroGreens (1 scoop)

**Secondary Support:** Potassium-HP (1 scoop), Mg-Zyme (4) at bedtime to bowel tolerance

**Alternative Support:** Aloe (*Aloe vera*), Kelp (brown seaweed algae), Sodium Bicarbonate

### ACID pH, SALIVARY | Acidic pH Balance <7.0

Li-Zyme Forte (3), Super Phosphozyme Liquid (15-30 drops), Flax Seed Oil (6) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12) or SunFlax Caps (4), ADHS (3), Iodizyme-HP (½-2), NitroGreens (1 scoop)

**Alternative Support:** Sodium Bicarbonate

### ACID REFLUX | Gastroesophageal Reflux Disease (GERD)

See "Gastroesophageal Reflux Disease (GERD)"

### ACNE VULGARIS | Common Inflammatory Skin Eruptions

Rule out dietary intolerances (sugar, dairy, and wheat), vitamin (A & B), mineral (iodine, magnesium, zinc), and essential fatty acid (EFA) insufficiencies, excess iron, endocrine hyper/hypofunction, hypochlorhydria, and general digestive dysfunction.

Bio-Immunozyme Forte (6), Bio-Ae-Mulsion Forte (18 drops) in water for five days, then (6 drops) until resolved, Liquid Iodine or Liquid Iodine Forte (topically twice daily), Mg-Zyme (4-6) or Aqua Mag-Cl (2-3 tsp) at bedtime, Optimal EFAs Caps (6) or EFA-Sirt Supreme (12) or Blackcurrant Seed Oil (3-9), Bio-C Plus 1000 (3), E-Mulsion 200 (1) or Bio-E-Mulsion Forte (15-45 drops), Garlic Plus (3), Folic Acid 800 (1), BioDoph-7 Plus (3-6) or BioDophilus-FOS (1 tsp), Aqueous Zinc (½-1 bottle) until unpleasant taste, then switch to Zn-Zyme (1-2) or Zn-Zyme Forte (1)

**Female Support:** PMT (3-6)

**Male Support:** Palmetto-Plus or Palmetto-Plus Forte (3-6)

**Detoxification:** Livotrít Plus (3-9) and Beta-TCP (3-9) or Bio-Detox Packs (3) with meals

**Secondary Support:** Colon-Plus Caps (3-6), Beta-TCP (6), HR#2 Lymphatic Drainage (2 capfuls) for 10 days, then (1 capful) for 30 days, Chlorocaps or Chlorella Caps (6), Neutrophil Plus (6) before meals with bacterial infection, UltraVir-X (3) before meals with viral infection, Intenzyme Forte (9) on an empty stomach, MygranX (2)

**Alternative Support:** Magnesium (Chloride) Oil (transdermal), Acupressure, Charcoal (activated), Clay (detox bath), Milk Thistle (*Silybum marianum*, silymarin), Burdock (*Arctium lappa*), Dandelion (*Taraxacum officinale*), Red Clover (*Trifolium pratense*), Lavender
(Lavandula angustifolia) and Tea Tree (Melaleuca alternifolia) oils transdermal topically, Glucomannan (fiber polysaccharide), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C), Hemp Seed (Cannabis sativa)

ACQUIRED IMMUNODEFICIENCY SYNDROME (AIDS) | Autoimmune Viral Disease
Bio-Immunozyme Forte (6-12), UltraVir-x (3-12), IAG (3 tsp), Biomega-3 (6) or Biomega-3 Liquid (1-2 tsp) or Optimal EFAs (6) or EFA-Sirt Supreme (12), Livotrit Plus (3), Cytozyme-THY (3-12), Cytozyme-AD or ADB5-Plus (3-9), NAC (3), Immuno-gG (3-6), BioProtect (3), CoQ-Zyme 30 (3) or CoQ-Zyme 100 Plus (2), Lipoic Acid Plus (3-6) or R-Lipoate CBG (1-2), Biocasol Forte (3-6), Amino Sport (6-12), Garlic Plus (3), Bioomega-3 (6) or Flax Seed Oil (6) or SunFlax Caps (4), De-Stress (1-2) during the day and (1-2) at bedtime

Secondary Support: E-Mulsion 200 or E-200 Hγ (1-2), Dismuzyme Plus Granules (1-2 tbsp), GSH-Plus (3), NutriClear or NutriClear Chocolate (1-3 servings)

ADDISON'S DISEASE | Progressive Atrophy of Adrenal Cortex
Cytozyme-AD or ADB5-Plus (6), ADHS (3), Stamina Caps or Biocasol Forte (3-6), DHEA-10 mg (3), Bio-C Plus 1000 (3)

Secondary Support: Pregnenolone 25 (1)
Alternative Support: Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

ADHESIONS | Abnormal Bands of Tissue Growth or Internal Scar Tissue
E-Mulsion 200 (3) or E-200 Hγ (1-3), Tocotrienols (2-3), Biocasol Forte (3-6), Bio-FCTS (3), EGCG-200mg (2), Bio-Ae-Mulsion Forte (15 drops)

ADRENAL EXHAUSTION | Minimal Adrenal Cortisol Secretion
Rule out dietary processed/junk foods, hidden sugars; maintain a "whole foods" diet with plenty of pure water.

ADB5-Plus (3-6), ADHS (3), Bio-Glycozyme Forte (6-9), Stamina Caps (3-6), Biocasol Forte (3-6), Bio-C Plus 1000 (3)

Female Support: BioDrive (3) in am

Note: Bio-3B-G or Bio-GGG-B (phosphorylated forms) can be dosed at one each per hour up to 18 tabs daily in the most serious cases of adrenal dysfunction or exhaustion.

Alternative Support: Sea or Rock Crystal Salt, Licorice (Glycyrrhiza glabra), Cordyceps Mushroom (Cordyceps sinensis), Eleuthero (Eleutherococcus senticosus) a.k.a. Siberian Ginseng, Ashwagandha (Withania somnifera), Rhodiola (Rhodeola rosea), Schisandra (Schisandra sinensis), Pantothenic Acid (B5), Rehmannia (Rehmannia glutinosa), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C), Earthing/Grounding

ADRENAL HYPERFUNCTION | Increased Adrenal Cortisol Secretion
Rule out adrenal tumor and anterior pituitary dysfunction.

ADHS (2-4) before noon, Cytozyme-PT/HPT (6), GlucoBalance (6-9), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12) or Biomega-3 Liquid (1-2 tsp), Biomega-3 (6) or Flax Seed Oil (6) or SunFlax Caps (4), De-Stress (1-2) during the day and (1-2) at bedtime

Secondary Support: Neonatal Multi-Gland (6), Bio-CMP (3), Phosphatidylserine (6),
Bioctasol Forte (3-6), Mood Enhancer (1-2) before meals or at bedtime, HR#3 Acute Stress (4 capfuls) for one week, then HR#5 Chronic Stress (1 capful) daily

**ADRENAL HYPOFUNCTION | Decreased Adrenal Cortisol Secretion**

*Rule out hypochlorhydria, reactive hypoglycemia, and iron anemia.*

Cytozyme-AD (6-9) or ADB5-Plus (6), Bio-Glycozyme Forte (6) between meals and two hours after dinner, Bioctasol Forte (3-6), L-Tyrosine (3), Bio-C Plus (3) or Bio-C Plus 1000 (1-3), Bio-B Complex (1-3)

**Female Support:** BioDrive (3) in the morning

**DHEA Insufficiency:** 7-Keto-Zyme (3) or 7-Keto-Zyme Forte (1)

**DHEA Insufficiency with Seniors:** DHEA-5 mg (½-3) or DHEA-10 mg (1-3)

**With Low Blood Pressure:** Bio-3B-G (9) between meals

**Secondary Support:** Phosphatidylcholine (6), Fe-Zyme (as needed), B6 Phosphate (9), b-VITAL (2), Cu-Zyme (1), Pregnenolone 25 (1), Cytozyme-LV (3), Cytozyme-SP (3), HR#5 Chronic Stress (4 capfuls) for two weeks, then (2 capfuls)

**Alternative Support:** Sea or Rock Crystal Salt, Licorice (*Glycyrrhiza glabra*), Cordyceps Mushroom (*Cordyceps sinensis*), Eleuthero (*Eleutherococcus senticosus*) a.k.a. Siberian Ginseng, Ashwagandha (*Withania somnifera*), S-adenosylmethionine (SAME), Pantothenic Acid (B5), Schisandra (*Schisandra sinensis*), Rhodiola (*Rhodeola rosea*), Astragalus (*A. membranaceus*), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C), Earthing/Grounding

**ADRENAL FUNCTION | Supplemental Support, Maintenance & Rebuilding**

*Rule out vitamin B deficiency.*

ADHS (6-9), De-Stress (1-3) as needed, Phosphatidylserine (3-9), Bio-CMP (1-3) am & pm, Potassium-HP (2 tsp), ADB5-Plus (3-6) or Cytozyme-AD (3-6), L-Tyrosine (3-6), Bio-C Plus (3-6), Cu-Zyme (3-6), Bio-B Complex (3-6)

**Note:** Bio-3B-G or Bio-GGG-B (phosphorylated forms) can be dosed at one each per hour up to 18 tabs daily in the most serious cases of adrenal dysfunction or exhaustion.

**Alternative Support:** Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**AEROBIC EXERCISE | Endurance Sports - Bicycling, Running, Swimming, etc.**

*Rule out anemia, B vitamin, and essential fatty acid (EFA) deficiencies.*

Bio-Anabolic Pack (1) and Stamina Caps (3-6) before exercise, BioProtect (6), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-3) before exercise, OOrganic-15 (6-9), Amino Acid Quick-Sorb (15 drops) before exercise, Bioctasol Forte (3-6), Amino Sport (3-9)

**Secondary Support:** Optimal EFAs (6) or Biomega-3 (6) or Biomega-3 Liquid (1-2 tsp) or EFA-Sirt Supreme (12), Bio-Cardiozyme Forte (3-6), E-Mulsion 200 (2-4) or E-200 H (1-2), Tocotrienols (2-4), D-Ribose (3 tsp), Cytozyme-AD or ADB5-Plus (3-6), Bio-Musculoskeletal (1), L-Carnitine Powder (1 tsp), Cytozyme-Orchic for males or Cytozyme-O (1-3) for females

**AGE/LIVER SPOTS (Lipofuscin) | Age and/or Sun-Induced, Flat Brown Skin Spots**

*Rule out omega-6 essential fatty acids deficiency.*

Flax Seed Oil (6) or SunFlax Caps (4), Blackcurrant Seed Oil (1), Evening Primrose Oil (1),
Zn-Zyme (1-2) or Zn-Zyme Forte (2), Garlic Plus (3), Bio-B 100 (3-9), Bio-C Plus 1000 (1-2)

**Alternative Support:** Gotu Kola (*Centella asiatica*), Licorice (*Glycyrrhiza glabra*), Glycolic Acid, Honey (raw organic), Yogurt, Milk Thistle (*Silybum marianum*, silymarin), Burdock (*Arctium lappa*), Coconut Oil (organic-extra virgin), Emu (*Dromaius*) Australian flightless bird oil (transdermal topically), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**AGE-RELATED MACULAR DEGENERATION (ARMD) | Macula Lutea/Vision Loss**

Optic Plus (3-6), Optimal EFAs (6) or EFA-Sirt Supreme (12) or Biomega-3 (3) or Biomega-3 Liquid (1-2 tsp), Acetyl-L-Carnitine (1-3), Bio-Ae-Mulsion (1 drop), Bio-C Plus 1000 (1-3), Bio-D-Mulsion Forte (2-4 drops), E-Mulsion 200 (1), E-200 H† (1), Tocotrienols (2), BioProtect (3), Bio-FCTS (1-3), Bio-Cyanidins (1-3), GSH-Plus (1-3), EGCG-200mg (1-2), CoQ-Zyme 30 (3) or CoQ-Zyme 100 Plus (2), Lipoic Acid Plus (3-6) or R-Lipoate CBG (1-2), Blackcurrant Seed Oil (1-2), Se-Zyme Forte or Selenomethionine (1), DL-Phenylalanine (3), Zn-Zyme (1-2) or Zn-Zyme Forte (1)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Boswellia (*Boswellia sacra*) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Luteolin (citrus bioflavonoid), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**AGING (Anti-Aging) | Slowing Down the Aging Process for Increased Longevity**

*Rule out vitamin and mineral deficiencies (especially magnesium) or insufficiencies, hypochlorhydria, hormonal imbalance, poor diet, over-eating, lack of exercise, dehydration, inadequate rest, insufficient sleep, and physical or emotional stress.*

Bio-Trophic Plus (3), ResveraSirt-HP (1-3), VascoSirt (10), Lipid-Sirt (8), EFA-Sirt Supreme (12), Bio-MCT (1 tbsp), Gammanol Forte (6), Osteo-B Plus or Osteo B-II (3), BioProtect (3), EGCG-200mg (1-2), b-VITAL (2), Dismuzyme Plus Granules (4 tbsp), Amino Sport (6-12), Acetyl-L-Carnitine (1), B12/Folate Plus (3) or Methylfolate Plus (3) or 5-MTHF Plus Forte (1), Bio-D-Mulsion Forte (2-4), B6 Phosphate (3), Mg-Zyme (4), V-Zyme (5-15), ADB5-Plus (3-6), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), Bio-Cyanidins (3-6), Bio-FCTS (3-6), GSH-Plus (1-3), NAC (3), Cognitive Enhancer (1) before breakfast & (1) before lunch or dinner, CoQ-Zyme 100 Plus (2), Basic Nine (1), Bio-C Plus 1000 (1-3), NitroGreens (1 scoop), Melatonin-B6/Mg (½-1 tab) before bedtime

**Secondary Support:** 10-Day BioDetoxification Kit (Pea or Whey) Program, Neonatal Multi-Gland (1-3), KappArest (8), Cytozyme-F or Cytozyme-M (1-3), Nuclezyme-Forte (1-3), Cytozyme-THY (1-3), Phosphatidylcholine (1-3), Garlic Plus (3), Rb-Zyme (3-6), Phosphatidylserine (1-3), Pea Protein Isolate (2 scoops), Whey Protein Isolate - Original, Chocolate or Vanilla (2 scoops) or Whey Protein Concentrate (2 scoops)

**Note:** Researchers increasingly conclude that caloric restriction promotes longevity.

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Magnesium (Chloride) Oil (transdermal), Boswellia (*Boswellia sacra*) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), L-Carnosine (amino acid), Rhodiola (*Rhodeola rosea*), Dimethylglycine (DMG), Grape Seed (*Vitis vinifera*), Neem (*Azadirachta indica*), Astragalus (*A. membranaceus*), Andrographis (*A. paniculata*), Bilberry (*Vaccinium myrtillus*), Clove (*Syzygium aromaticum*), Ginger (*Zingiber officinale*), Milk Thistle (*Silybum marianum*),
AIDS (Acquired Immune Deficiency Syndrome) | Autoimmune Viral Infection

Bio-Immunozyme Forte (6-12), UltraVir-X (3-12), IAG (3 tsp), Bio-D-Mulsion Forte (3-5), Bio-MCT (1 tbsp), Optimal EFAs Caps (6) or Biomega-3 (6) or Biomega-3 Liquid (1-2 tsp) or EFA-Sirt Supreme (12), Livotrit Plus (3), Cytozyme-THY (3-12), Cytozyme-AD or ADB5-Plus (3-9), Immuno-gG (3-6), BioProtect (3), Bio-Cyanidins (3), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), Acetyl-L-Carnitine (3), Bioctasol Forte (3-6), Amino Sport (6-12), Garlic Plus (3), GSH-Plus (3), Taurine (3), Bio-FCTS (3-6), EGCG-200mg (1-2)

Secondary Support: E-Mulsion 200 (1-2), E-200 H₂ (1-2), Tocotrienols (2), Dismuzyme Plus Granules (1-2 tbsp), NutriClear or NutriClear Chocolate (1-3 scoops), Sculacia (1-2), Ginkgo Biloba (3), St. John’s Forte (1-3), POA-Phytolens (3)

Alternative Support: S-Adenosylmethionine (SAMe), Aloes (Aloe vera), Milk Thistle (Silybum marianum, silymarin)

ALBUMIN, DECREASED | Blood Plasma, Water-Soluble Protein - Nephrotic Issue

Argizyme (4), Nephra-Zyme or Renal Plus (6-15), Cytozyme-LV (6-9), Beta-TCP (3-12)

ALBUMINURIA | Blood Plasma, Protein Albumin in Urine - Nephrotic Issue

Nephra-Zyme or Renal Plus (9), MCS-2 (3), Beta-TCP (6), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Flax Seed Oil (6) or SunFlax Caps (4), Argizyme (6)

ALKALINE PHOSPHATASE (ALP) HIGH | Increased Liver, Bone, Intestinal Mucosa

Argizyme (3-6), MCS-2 (3), Beta-TCP (3-9)

ALKALINE pH, SALIVARY | Alkaline or Base pH Balance >7.0

Optimal EFAs Caps or Flax Seed Oil (6) or SunFlax Caps (4), Li-Zyme Forte (3), Super Phosphozyme Liquid (15-30 drops), Biocatalasol Forte (3-6)

ALCOHOLISM (Drug Addiction) | Drug Dependence, Withdrawal & Recovery

Rule out hypochlorhydria, magnesium deficiency, and eliminate refined carbohydrates.

Livotrit Plus (1), then increase by (1) every third day until (3) daily, MCS-2 (3-6), Beta-TCP (6) before, during and after Livotrit Plus supplementation, ResveraSirt-HP (1-3), Li-Zyme (6-9) or Li-Zyme Forte (3-6), Bio-Glycozyme Forte (3) three times daily between meals and two hours after dinner, L-Glutamine (6) or L-Glutamine Powder (1-2 tsp), EFA-Sirt Supreme (12) or Optimal EFAs Caps (6), GSH-Plus (3), NAC (1-3), Bio-B 100 (6-9), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), Phenotropin (1-3), Bio-Cyanidins (3-6), Evening Primrose Oil (1-3), Amino Sport (6-12), St. John’s Forte (2-4), Mood Enhancer (1-2) before meals or at bedtime

With Hypoadrenia: ADB5-Plus (2-4)

With Hyperadrenia: ADHS (2-4)

With Tremors: Phosphatidylserine (6-9)

Secondary Support: 10-Day BioDetoxification Kit (Peach or Wheat) Program (2); L-Tyrosine (6), Phosphatidylcholine (6), Amino Sport (6-12), DopaTropic Powder (1 rounded tsp), 5-HTP (1-3) or 5-HTP Plus Forte (1) or Neuro-5-HTP Plus (1-3), Cognitive Enhancer (1) before breakfast & (1) before lunch or dinner, MygranX (2), DL-Phenylalanine (1-3), HR#3 Acute
With Silicone Implant Sensitivity:

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Gamma-aminobutyric acid (GABA), Burdock (Arctium lappa), Valerian (Valeriana officinalis), Dandelion (Taraxacum officinale), S-Adenosylmethionine (SAMe), Pantothenic Acid (B5)

**ALKALOSIS, METABOLIC & SYSTEMIC | Increased Alkalinity of Bodily Tissues**

*Rule out adrenal, lung or renal dysfunction, hydrochloric acid insufficiency, and a dietary devoid of acid-forming foods (meats, beans, grains).*

Nephrax-Zyme or Renal-Plus (12), HCL-Plus (6-9) or Betaine Plus-HP (3-6) with meals until sensation of gastric distress, Argizyme (6), Pneuma-Zyme (6), MSM (1-3) or MSM Powder (1 tsp), Bio-B 100 (6-9), Bio-C Plus 1000 (1-3)

**With Adrenal Hyperfunction:** ADHS (2-4)

**With Adrenal Hypofunction:** Cytozyme-AD (3) or ADB5-Plus (3)

**Secondary Support:** Bio-CMP (6-9), Bio-Immunozyme Forte (3), Se-Zyme Forte (1) or Selenomethionine (1), Cytozyme-KD (3), Phenitropic (1-3)

**Alternative Support:** S-adenosyl-L-methionine (SAMe), Gamma-aminobutyric acid (GABA), Alfalfa (*Medicago sativa*), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**ALLERGIES & SENSITIVITIES, AIRBORNE | Chemical & Environmental**

*Rule out hypochlorhydria, hypoglycemia, hypoadrenia, immune and liver dysfunction, dysbiosis and Leaky Gut Syndrome; eliminate packaged/processed foods, hydrogenated fats, and common allergens: MSG, gluten, nightshade vegetables, dairy, sulfites, citrus, soy, and some fermented foods.*

HistoPlex-AB (9-12) between meals, Beta-TCP (6), Hydro-Zyme (9-18) or HCL-Plus (6-9), Livotrit Plus (3-6), Bio-Cyanidins (9-12) or Bio-FCTS (6-9), EGCG-200mg (2), Biomega-3 (6) or Biomega-3 Liquid (1-2 tsp) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), CLA (1-2), IPS (6-12) on an empty stomach, Dysbiocide (3-6), Cytozyme-AD (3-6), Cytozyme-THY (12), Cytozyme-SP (3), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), Bio-Ae-Mulsion Forte (18 drops) in water for five days, then (2 drops) until resolved, Garlic Plus (3-6), MSM (3-6) or MSM Powder (1-3 tsp), Intenzyme Forte (6-12) apart from meals, BioDophilus-FOS (1 tsp)

**With Low Blood Pressure or Hypoadrenia:** Cytozyme-AD (6) or ADB5-Plus (3)

**With High Blood Pressure or Hypersonida:* Cytozyme-AD (2-4)

**With Excess Mucus (Upper Respiratory or Bowel):** Liquid Iodine Forte (25-30 drops) in water 3 times daily; Bromelain Plus CLA (10) on an empty stomach

**With Constipation:** Colon-Plus Caps (5) 3 times daily before meals, Mg-Zyme (4) or Mg-Orotate 500 (2) at bedtime

**Alternative Support:** Raw potato (½) with Sea or Rock Crystal Salt at bedtime (anecdotal)

**With Sulfite and Perfume Sensitivity:** Mo-Zyme (3-6)

**With MSG Sensitivity:** B6 Phosphate (9)

**With Airborne or Environmental Sensitivity:** HCL-Plus (3) mid-meal, Pneuma-Zyme (2), HR#6 Environment Detox (1 capful)

**With Formaldehyde Sensitivity:** Mo-Zyme Forte (3-6)

**With Silicone Implant Sensitivity:** Mo-Zyme Forte (3-6), Mn-Zyme Forte (3), Cytozyme-
**PT/HPT (3)**

**With Histamine Reactions (teary/burning eyes, skin rashes, sinusitis, sneezing):**
GSH-Plus (6), Bio-FCTS (6), EGCG-200mg (2), Folate-5 Plus (3), HR#2 Lymphatic Drainage (1 capful)

**Secondary Support:** 10-Day BioDetoxification Kit (Pea or Whey) Program (2); Liquid Iodine (90-135 drops) or Liquid Iodine Forte (45-70) in water or Iodizyme-HP (½-1) with excess respiratory or bowel mucus; Bromelain Plus CLA (15) on an empty stomach; Betaine Plus HP (1) per meal to start, then increase by (1) every five days to tolerance (gastric burning sensation), Cytozyme-PAN (6), Cytozyme-Parotid-TS (3), Cytozyme-Trachea (3-9), Pneuma-Zyme (6), GSH-Plus (6) with histamine reaction, Folic Acid 800 (5), Bio-FCTS (3-6), B6 Phosphate (4), Mg-Zyme (3-6) or Mg-Orotate 500 (2) at bedtime, POA-Phytolens (3-6), HR#2 Lymphatic Drainage (1 capful), HR#6 Environmental Detox (1 capful)

**Alternative Support:** Stinging Nettle (Urtica dioica), Quercetin (plant/food bioflavonoid), Beta-glucan (polysaccharide sugars), Inositol hexaphosphate (IP-6)

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**ALLERGIES, FOOD**

*Rule out hypochlorhydria, biliary stasis or insufficiency, and deficient enzymatic activity.*

Histoplex (1-3), Hydro-Zyme (6-18) or Betaine Plus HP (1) at mid-meal, increased by one cap every third day to gastric distress (burning sensation), Beta-TCP (6-12), Intenzyme Forte (4) after each meal with Cytozyme-PAN (2) and IPS (1), Cytozyme-Parotid-TS (3), Bio-Cyanidins (3), Bromelain Plus CLA (12-18), NutriClear or NutriClear Chocolate (3 scoops) with Pea Protein Isolate (1 scoop), Whey Protein Isolate - Original, Chocolate or Vanilla (1 scoop) or Whey Protein Concentrate (1 scoop)

**ALLERGIES, FOOD, PEDIATRIC**

Hydro-Zyme (3-6), IPS (1), Lactozyme (3), Saccharomyces boulardii (3), Bio-C Plus or Bio-C Plus 1000 (1)

**ALLERGIES, SEASONAL | Airborne or Environmental**

*Rule out liver congestion, dysbiosis, hypochlorhydria, and hypoadrenia.*

Histoplex-AB (3-9) on an empty stomach, Biomega-3 (6) or Biomega-3 Liquid (1-2 tsp) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Bio-C Plus 1000 (1-3), CLA (1), IPS (6-12) on an empty stomach, Dysbiocide (3-6), Saccharomyces boulardii (3), HCL-Plus (3-9), Bio-Cyanidins (6-9)

**Secondary Support:** Cytozyme-AD (3-6), Pneuma-Zyme (3-6), Ca/Mg-Zyme (3), Liquid Iodine (10-30 drops) or Liquid Iodine Forte (5-15 drops) with mucus, Mo-Zyme Forte (3-6) with chemical sensitivities, Bromelain Plus CLA (12-24) on an empty stomach

**Optional Protocol:** L-Tyrosine (1-4), B6 Phosphate (1-2), Bio-B 100 (6-18) in divided doses during the day, Bio-C Plus 1000 megadose (5-20) to bowel tolerance

**Alternative Support:** Quercetin (plant/food bioflavonoid), Stinging Nettle (Urtica dioica), White Peony (Paeonia lactiflora), Licorice (Glycyrrhiza glabra), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**ALLERGY, INFANT, COW'S MILK**

Lactozyme (1), Cytozyme-LV (1), IPS (1) added to baby's formula

**ALOPECIA | Baldness or General Hair Loss**
Rule out hypocholesterolemia.

Palmetto-Plus or Palmetto-Plus Forte (6), MCS-2 (3), Beta-TCP (6), Bio-Multi Plus (3) or ProMulti Plus (6), BioDophilus-FOS or BioDoph-7 Plus (3)

**ALS (Amyotrophic Lateral Sclerosis or Lou Gehrig’s Disease) | CNS Degeneration**
See “Amyotrophic Lateral Sclerosis (ALS)”

**ALTITUDE SICKNESS | Symptoms of Decreased Oxygen Intake and Metabolism**
Chlorocaps or Chlorella Caps (3-6), B6 Phosphate (3), ADHS (3)

**ALUMINUM TOXICITY | Heavy Metal Detoxification**
Porphyra-Zyme (12) on an empty stomach, BioProtect (6), MSM (3) or MSM Powder (1 tsp), Ca/Mg-Zyme (6) before meals, Bio-Multi Plus **Iron & Copper Free** or ProMulti-Plus (6), Garlic Plus (6), GSH-Plus (3), Phosphatidylcholine (3), HR#7 Heavy Metal Detox (1 capful) for one week, then (2 capfuls) for 30 days

**Secondary Support:** Basic Nine (6), Bio-C Plus 1000 (1-3), Bio-E-Mulsion Forte (30 drops) or E-Mulsion 200 (1) or E-200 H (1), Tocotrienols (2), Methionine-200 (3), Chlorocaps or Chlorella Caps (3-6), Selenomethionine (1)

**Alternative Support:** Coriander (**Coriandrum sativum**) a.k.a. Cilantro, Alfalfa (**Medicago sativa**), Apple Pectin (plant fiber), Burdock (**Arctium lappa**), Kelp (brown seaweed algae), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**ALZHEIMER’S DISEASE (AD) | Early Progressive Loss of Cognitive Faculties**

*Rule out cerebral vascular insufficiency, mineral (calcium, iron, zinc), vitamin (A, B12, K), and essential fatty acid (EFA) deficiencies, immune dysfunction, viral infection, heavy metal body burdens (aluminum, mercury), impaired blood supply to the brain, and lack of exercise (walking); eliminate dietary, artificial sweeteners (aspartame, sorbitol, sucralose), dairy, refined carbohydrates, and hydrogenated fats and oils.*

Glucobalance (6-9), Sesame Seed Oil Caps (6-9), Bio-D-Mulsion Forte (3-6 drops) daily for 30 days, then (3-4 drops) daily, Nucleyzme-Forte (6-16), NeuPerzine (2), Phenitroin (1-2), Cognitive Enhancer (1) before breakfast & (1) before lunch or dinner, Ginkgo Biloba (3-6), ResveraSirt-HP (1-3), KappaRene (8), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), Bio-GGG-B (6-16), E-Mulsion 200 (3-6) or E-200 H (1-2), Tocotrienols (1-2), BioProtect (1-2), Bio-Cyanidins (3), EGCG-200mg (1-2), Bio-MCT (1 tbsp), Biomega-3 (6-12) or Biomega-3 Liquid (1-2 tsp) or Optimal EFAs Caps (6-12) or EFA-Sirt Supreme (12), Rb-Zyme (3-6), Phosphatidylserine (9), Bio-B3 Plus 250 (1), B12-2000 Lozenges (3), Folate-5 Plus (3), Bio-C Plus (1-3) or Bio-C Plus 1000 (3), Acetyl-L-Carnitine (1-2), Li-Zyme (6), CoQ-Zyme 30 (6) or CoQ-Zyme 100 Plus (3), TMG Powder (1-2 level tsp), Phosphatidylcholine (3-6), Mood Enhancer (1-2) before meals or at bedtime, Melatonin-B6/Mg (½ tab) before bedtime

**Secondary Support:** Amino Sport (6-12), Biotocasol Forte (3-6), Blackcurrant Seed Oil (6-9) or Evening Primrose Oil (6-9), Bio-FCTS (3), EGCG-200mg (2), Cytozyme-AD (6-16) or ADB5-Plus (6), Cytozyme-B (6-16), GSH-Plus (1-3), Aqueous Selenium (1-3 drops) or Selenomethionine (1), MCS-2 (3-6), Inositol (3-9) or Inositol Powder (1½ tsp), Bio-B3 Plus 250 (1), DL-Phenylalanine (1-3), HR#7 Heavy Metal Detox (1 capful)

**Optional Alternative Protocol:** Bio-B3 Plus 250 (4) three times daily (Wright)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Boswellia (**Boswellia sacra**) a.k.a.
Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Coconut Oil (organic/extra virgin), Sage (*Salvia officinalis*), Butcher's Broom (*Ruscus aculeatus*), Lemon Balm (*Melissa officinalis*), Green, Black or White Tea (2-4 cups), Cocoa (*Theobroma cacao*), Coffee (Coffee cruda/ arabica) organic & dark roasted, Boron (mineral) or Boric Acid (*Acidum boricum*), Vinpocetine derived from Lesser Periwinkle (*Vinca minor*), Benfotiamine (fat-soluble B1), Astaxanthin/Lutein/Zeaxanthin (Carotenoids), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**AMALGAM, SILVER/MERCURY | Heavy Metal Detoxification**

Porphyra-Zyme (9) on an empty stomach, Multi-Mins (6), MCS-2 (3), Beta-TCP (6), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2) and/or GSH-Plus (1-3), Phosphatidylcholine (6), Chlorocaps or Chlorella Caps (3-6), Garlic Plus (3-6), HR#7 Heavy Metal Detox (2 capfuls)

**Secondary Support:** Basic Nine (6), Bio-C Plus 1000 (1-3), Bio-E-Mulsion Forte (30 drops) or E-Mulsion 200 (1) or E-200 H 1 (1), Tocotrienols (2), Methionine-200 (3), Selenomethionine (1)

**Alternative Support:** Coriander (*Coriandrum sativum*) a.k.a. Cilantro, Alfalfa (*Medicago sativa*), Apple Pectin (plant fiber), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**AMENORRHEA | Minimal or No Menstrual Flow**

*Rule out endocrine dysfunction, essential fatty acids (EFA) deficiency, anemia, tumors, cysts, endometriosis, and Syndrome X/Metabolic Syndrome (refined carbohydrate diet).*

Equi-Fem or PMT with Hormone Replacement Therapy (HRT) (6), Neonatal Multi-Gland (9), Cytozyme-O (3), Blackcurrant Seed Oil or Evening Primrose Oil (6-9), Gammanol Forte (3-6), Bio-CMP and Ca/Mg-Plus (9) before meals and (3) at bedtime

**With Menstrual Bleeding:** Fe-Zyme in dosage required to correct anemia, Ca/Mg Plus (6)

**With Menstrual Cramps:** Bio-CMP (4) at onset, then (2) per hour until abated to a maximum of (12); use Ca/Mg Zyme (4) per hour, if additional mineralization is required

**With Testosterone Insufficiency:** b-VITAL (2)

**With Exogenous Estrogen Therapy:** Liquid Iodine Forte (50 drops), Ca D-Glucarate (4)

**Secondary Support:** Cytozyme-F (3-6), DL-Phenylalanine (3)

**Alternative Support:** Chaste Tree (*Vitex agnus-castus*), Progesterone (topical cream)

**AMINO ACID DEFICIENCY | Decreased Protein Intake/Impaired Metabolism**

Amino Sport (9-18), Amino Acid Quick-Sorb (5-15 drops), Pea Protein Isolate (2 scoops), Whey Protein Isolate - Original, Chocolate or Vanilla or Whey Protein Concentrate (2 scoops)

**AMNESIA | Partial or Total Memory Loss**

Cognitive Enhancer (1) before breakfast & (1) before lunch or dinner, Nuclezyme-Forte (6), TMG Powder (1-2 level tsp), Cytozyme-B (6), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12) or Mixed EFAs (6 tbsp), Aqueous Zinc (3-6 tsp) or Zn-Zyme Forte (1-3)

**Secondary Support:** DHEA-10 mg (1), Pregnenolone 25 (1)

**AMYOTROPHIC LATERAL SCLEROSIS (ALS) or Lou Gehrig's | CNS Degeneration**

Nuclezyme-Forte (6-16), Dismuzyme Plus Granules (1-3 tbsp) or Dismuzyme Plus (3), Phosphatidylserine (6-9), Phosphatidylcholine (6-9), Bio-D-Mulsion Forte (5-6 drops) daily for 30 days, then (2-4 drops) daily, Multi-Mins *Iron & Copper Free* (3), Neonatal Multi-Gland (9),
Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Bioticsol Forte (3-6), B12-2000 Lozenges (3), Folate-5 Plus (3), Acetyl-L-Carnitine (3-6), Lipoic Acid Plus (3-6) or R-Lipoate CBG (1-2), Gammanol Forte (3-6), GSH-Plus (3), BioProtect (3)

**Secondary Support:** Amino Sport (6-12), Beta-TCP (6-16), MCS-2 (3-9), Blackcurrant Seed Oil or Evening Primrose Oil (6-9), Bio-GGG-B (4-16), UltraVir-X (4-16)

**Alternative Support:** Homeopathics

### ANEMIA, MACROCYTIC or MICROCYTIC | Low Blood Plasma RBC Count

**Rule out internal or excessive bleeding and hypochlorhydria.**

Fe-Zyme (3-6), Chlorocaps or Chlorella Caps (3-9), Bio-B 100 (9), B12-2000 Lozenges (1-2), Folic Acid 800 (3-6), Cytozyme-LV (3)

**With Hypochlorhydria:** Hydro-Zyme (6-9) or Betaine Plus HP (1-2) mid-meal

**With MCV & MCH Increased:** B12-2000 Lozenges (3), B6 Phosphate (9), Folate-5 Plus (2)

**With MCV Increased & MCH Decreased:** B12-2000 Lozenges (3)

**With MCV, MCH, RBC, HCT Decreased & Normal Serum Iron and/or Ferritin:** B6 Phosphate (12)

**Iron Synergists for Increasing HBG and HCT:** Mo-Zyme Forte (3), Bio-C Plus 1000 (3), Chlorocaps or Chlorella Caps (3)

**Secondary Support:** Mo-Zyme (3), Bio-C Plus 1000 (3), Cytozyme-SP (6), Berberine HCl (3)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Hawthorn (Crataegus oxyacantha/monogyna), Stinging Nettle (Urtica dioica), Dandelion (Taraxacum officinale), Goldenseal (Hydrastis canadensis), Milk Thistle (Silybum marianum), silymarin), Yellow Dock (Rumex crispus), Spirulina (Arthrospira) cyanobacterium blue-green algae, Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

### ANEMIA | Non-Responsive to Iron Supplementation

Mo-Zyme Forte (3), Bio-C Plus 1000 (3), Chlorocaps or Chlorella Caps (3)

**Secondary Support:** Hydro-Zyme (6-12), Bio-6-Plus (3), Zn-Zyme Forte (1), B12-2000 Lozenges (1-2), B12/Folate Plus or Methylfolate Plus (3) or 5-MTHF Plus Forte (1), Bio-B 100 (3-6)

**Alternative Support:** Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

### ANEMIA, PERNICIOUS | Intrinsic Factor Deficit w/Resultant B12 Malabsorption

B12-2000 Lozenges (4-6), Hydro-Zyme (6), MCS-2 (3), Beta-TCP (6), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), IPS (4), Immuno-gG (6)

**Secondary Support:** Chlorocaps or Chlorella Caps (3-6), Bio-C Plus (3-6) or Bio-C Plus

ANEURYSM | Localized, Pathological Dilation of Weak/Diseased Blood Vessel

Bio-FCTS (6) EGCG-200mg (2), Bio-Cyanidins (4), Bio-C Plus 1000 (4), Dismuzyme Plus Granules (3 tbsp), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12) or Flax Seed Oil (6) or SunFlax Caps (4)

Alternative Support: Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

ANGINA PECTORIS | Paroxysmal Chest Pain - Insufficient Cardiac Blood Flow

Rule out coronary insufficiency, oxygen deficiency, and atherosclerosis.

Bio-Cardiozyme Forte (6) or Bio-Cardio Packs (2) daily for one month, then (1) daily, Cytozyme-H (6), CoQ-Zyme 30 (6) or CoQ-Zyme 100 Plus (3), Porphrya-Zyme (12) on an empty stomach, Gammaanol Forte (3-6), Super Phosphoyme Liquid (30-60 drops), L-Arginine (12), L-Carnitine (4-16), Bio-GGG-B (6-12), E-Mulsion 200 (3-6) or Bio-E-Mulsion Forte (15-45 drops), E-200 Hγ (3-6), Tocotrienols (2-4), Intenzyme Forte (16) on an empty stomach, Biomega-3 (9) or Biomega-3 Liquid (1-2 tsp) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (9), Aqua Mag-CL (3 tsp) at bedtime increasing by (1 tsp) every third night to bowel tolerance

Secondary Support: Stamina Caps (6), Argizyme (6-12), Taurine (3), OOrganic-15 (6), Blackcurrant Seed or Evening Primrose Oil (6-9), Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3), Phosphatidylcholine (3-6), OOrganic-15 (6), Bromelain (3-6) on an empty stomach

Alternative Support: Dimethylglycine (DMG), EDTA Chelation (IV or oral), Cactus (homeopathic), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

ANKLE, SPRAINED | Stretched Tendons/Ligaments with/without Tissue Rupture

Intenzyme Forte (12) ASAP on an empty stomach, ChondroSamine-S or ChondroSamine Plus (6-9), Bio-FCTS (6), EGCG-200mg (2), Flax Seed Oil or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12) or SunFlax Caps (4), Bio-D-Mulsion Forte (2-4 drops), KappArest (8), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2)

With Pain: Bio-Allay (6-9), Sculacia (3-6), DL-Phenylalanine (3)

Secondary Support: Bromelain Plus CLA (6-12) on an empty stomach, ADB5-Plus (3-6)

Alternative Pain Support: Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Blue Lotus (Nymphaea caerulea), Wild Opium Lettuce (Lactuca vivosa), Kratom (Mitragyna speciosa), Kava Kava (Piper methysticum), White Willow (Salix alba), Arnica (Arnica montana) pellet, cream, gel or ointment

ANKLE, SWOLLEN | Localized Edema without Tissue Injury

Cytozyme-AD or ADB5-Plus (6-9), Mg-Zyme (6) or Aqua Mag-Cl (3 tsp) in choice of beverage or Mg-Orotate 500 (2) at bedtime, Renal Plus or Nephra-Zyme (9), GTA-Forte (1-2)

ANKYLOSING Spondylitis | Chronic Inflammation of Spine & Sacroiliac Joints

MCS-2 (3), Beta-TCP (6), IPS (6), ADHS (3), Histoplex (6), Intenzyme Forte (9) on an empty
stomach, KappArest (8), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), Cytozyme-Trachea (6), Biocatalase Forte (3), Bio-D-Mulsion Forte (2-4 drops), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), ChondroSamine Plus or ChondroSamine-S (6-9), Bio-Ae-Mulsion Forte (1)

**With Pain:** Bio-Allay (3), Sculacia (3), DL-Phenylalanine (1-3)

**Secondary Support:** 10-Day BioDetoxification Kit (Pea or Whey) Program (2)

**Alternative Pain Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Blue Lotus (Nymphaea caerulea), Wild Opium Lettuce (Lactuca vivosa), Kratom (Mitragyna speciosa), Kava Kava (Piper methysticum), White Willow (Salix alba), Arnica (Arnica montana) pellet, cream, gel or ointment

**ANKYLOSIS (Cervical and Upper Dorsal Spine) | Joint/Bone Stiffening & Fusion**

ChondroSamine-S or ChondroSamine Plus (6-9), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12) or Flax Seed Oil (6) or SunFlax Caps (4), Osteo-B Plus or Osteo-B II (4), Biocatalase Forte (3-6), MCS-2 (3), Betaf-TCP (6), IPS (6), Bio-D-Mulsion Forte (2-4 drops)

**ANOREXIA NERVOSA | Psychophysiological Disorder - Abnormal Fear of Obesity**

*Rule out zinc deficiency, emotional/psychological stress, and need for broad-spectrum, multivitamin, and mineral supplementation.*

Zn-Zyme Forte (4), Cu-Zyme (1) after 30 days of zinc supplementation, Aqueous Multi-Plus (1 tbsp) or Bio-Multi Plus Iron & Copper Free (4) or ProMulti-Plus (6), Whey Protein Isolate - Original, Chocolate or Vanilla or Pea Protein Isolate or Whey Protein Concentrate (2 scoops), St. John's Forte (4), De-Stress (1-2) and at bedtime, Mood Enhancer (1-2) before meals or at bedtime, Thiamin 50 (1-2), BioDoph-7 Plus (1-3) or BioDophilus Caps (3), 5-HTP (1-3) or 5-HTP Plus Forte (1) or Neuro-5-HTP Plus (1-3)

**Secondary Support:** PheniTropic (1-3), Cognitive Enhancer (1) before breakfast & (1) before lunch or dinner, Li-Zyme Forte (6-9) or (2) per waking hour as needed, Bio-B 100 (3-9), Amino Sport (6-12), MygranX (2), HR#5 Chronic Stress (1 capful)

**Alternative Support:** GABA (Gamma-aminobutyric acid), Milk Thistle (Silybum marianum, silymarin), Ginger (Zingiber officinale), Dandelion (Taraxacum officinale), Ginseng (Panax ginseng)

**ANTI-HISTAMINE, NATURAL | Environmental Allergy-Induced Histamine Release**

Histoplex-AB (3-6), Bio-FCTS (3-6), EGCG-200mg (2), Dismuzyme Plus Granules (3 tbsp), Hydro-Zyme (6-12)

**Secondary Support:** Intenzyme Forte or Bromelain (6-12) on an empty stomach, Lactozyme (3-6), Saccharomyces boulardii (3), BioProtect (3), Bio-Cyanidins (3), Bio-C Plus (3-6), E-Mulsion 200 or E-200 H2 (1-3), Tocotrienols (2)

**Alternative Support:** Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**ANXIETY | Troubled State of Mind (Apprehension or Uncertainty)**

*Rule out psychological stress, reactive hypoglycemia, mineral (calcium, magnesium) and vitamin (B complex) deficiencies.*

Bio-Glycozyme Forte (9) between meals and two hours after dinner, PheniTropic (1-2), Bio-CMP (3) between meals and at bedtime, V.H.P. (3) and (2) at bedtime, Meda-Stim (3), D-
Stress (1-2) and at bedtime, Mood Enhancer (1-2) before meals or at bedtime, B12-2000 Lozenges (3), B6/B1 Plus Zinc (1-2), L-Tyrosine (3-6), Thiamin 50 (1-2), Bio-B3 Plus 250 (1), Cognitive Enhancer (1) before breakfast & before lunch or dinner, Melatonin-B6/Mg (½ tab) before bedtime

**Secondary Support:** 10-Day BioDetoxification Kit (Pea or Whey) Program (2); Li-Zyme Forte (6), St. John's Forte (2-4), Bio-Allay or Sculacia (1-2), ADHS (1-3) in the morning, 5-HTP (1-3) or 5-HTP Plus Forte (1) or Neuro-5-HTP Plus (1-3), Phosphatidylserine (1-3), Inositol (3-6) or Inositol Powder (1½ tsp), MSM (3-9) or MSM Powder (1-2 tsp), DL-Phenylalanine (1-3), L-Glutamine (1-3) or L-Glutamine Powder (1-2 tsp), HR#5 Chronic Stress (2 capfuls)

**With No Dream Recall:** B6 Phosphate (12)

**With Inability to Remain Asleep, Hearing Noises, or Phobias:** Bio-3B-G (6) and (3) at bedtime together with Mg-Zyme (4) or Mg-Orotate 500 (2) at bedtime, Melatonin-B6/Mg (½ tab) before bedtime

**Alternative Support:** Kava Kava (**Piper methysticum**), S-Adenosylmethionine (SAMe), Echinacea (**Echinacea angustifolia**), GABA (Gamma-aminobutyric acid) at 1,500 mg, Saffron, Skullcap (**Scutellaria baicalensis**), Holy Basil (**Ocimum basilicum**), Lemon Verbena (**Aloysia triphylla**), Chamomile (**Matricaria chamomilla**), D-Limonene (citrus fruit peel extract), Magnesium (Chloride) Oil (transdermal topically)

**APPENDICITIS | Inflammation of the Vermiform Appendix**

VasculoSirt (10), A.D.P. (9), Chlorcaps or Chlorella Caps (3-6), MCS-2 (3), Beta-TCP (6), IPS (6), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12) or Mixed EFAs (3 tbsp), Bio-B 100 (3-9), KappArest (8), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2)

**With Pain:** Sculacia (3), Bio-Allay (3), DL-Phenylalanine (3)

**Alternative Support:** Aloe (**Aloe vera**), Slippery Elm (**Ulmus rubra**) tea

**Alternative Pain Support:** Turmeric/Curcumin (BCM-95®), Boswellia (**Boswellia sacra**) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Blue Lotus (**Nymphaea caerulea**), Wild Opium Lettuce (**Lactuca vivosa**), Kratom (**Mitragyna speciosa**), Kava Kava (**Piper methysticum**), White Willow (**Salix alba**), Arnica (**Arnica montana**) pellet, cream, gel or ointment

**APPETITE, EXCESSIVE**

*Rule out hypochlorhydria, hypoglycemia, reactive hypoglycemia, hyper and hypothyroidism, dysinsulinism (diabetes), bowel dysbiosis, hepatic congestion, intestinal parasites, essential fatty acid (EFA) and protein deficiencies.*

Bio-Glycozyme Forte (2) 30 minutes before meals, (1-2) between meals, and 2 hours after dinner, Colon-Plus Caps (2), Beta-TCP (6-12) or Beta Plus (6) before meals, cycle-dosed to avoid biliary dependence, Phosphatidylcholine (3), L-Tyrosine (3-6), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Whey Protein Isolate - Original, Chocolate or Vanilla or Pea Protein Isolate or Whey Protein Concentrate (2 scoops)

**Secondary Support:** Amino Acid Quick-Sorb (5 squirts) between meals, Amino Sport (2) before meals for low blood sugar, Hydro-Zyme (6-12), Bio-FCTS (1-3), EGCG-200mg (2), 5-HTP (1-3) or 5-HTP Plus Forte (1) or Neuro-5-HTP Plus (1-3), L-Glutamine (1-3) or L-Glutamine Powder (1 tsp), Livotrit Plus (3-6)
**APPETITE, LOSS, CHILDREN (over age 4)**

Eliminate all processed/packaged foods, dietary simple carbohydrates (sugars/starches), and “sweet treats” like soda pop and candy; some low-glycemic fruits can be helpful.

Bio-Glycozyme Forte (1-2)

**Secondary Support:** Aqueous Zinc (1-2 tsp), Bio-6 Plus (3-6), Bio-CMP (1-3), Bio-3B-G (3-6), Lactozyme (1-3), Saccharomyces boulardii (1-3)

**APPETITE, LOSS, INFANTS and TODDLERS**

Aqueous Zinc (1 tsp), Bio-6 Plus (3-6)

**Secondary Support:** Lactozyme (1-3)

**APPETITE, REDUCED**

Rule out hypochlorhydria, intestinal infection or parasites, emotional distress or depression, bowel dysbiosis, anorexia or bulimia, hiatal hernia, or significant undiagnosed condition.

Aqueous Zinc (½ bottle) daily until distasteful especially with anorexia or bulimia, HydroZyme (1-3) before meals and (2-4) with meals, Bio-B 100 (6), Beta-TCP (6-12), BioGlycozyme Forte (6) after meals, Super Phosphozyme Liquid (10 drops) daily in water after meals, Amino Sport (3) after meals, Optimal EFAs Caps (3) or Optimal EFAs Liquid (1 tsp)

**Secondary Support:** Thiamin 50 (1-2), EFA-Sirt Supreme (12), NutriClear or NutriClear Chocolate (1-5 servings) with water or choice of beverage, Livotrit Plus (3-6) for hepatic cleansing with ADHS and MCS-2 (1-3) to support Phase I and Phase II detoxification respectively, Whey Protein Isolate - Original, Chocolate or Vanilla or Pea Protein Isolate or Whey Protein Concentrate (2 scoops) for additional protein, Zn-Zyme Forte (3) and Neonatal Multi-Gland (9) after meals, 5-HTP (1-3) or 5-HTP Plus Forte (1) or Neuro-5-HTP Plus (1-3)

**Alternative Support:** S-adenosylmethionine (SAMe), Fennel (*Foeniculum vulgare*), Ginger (*Zingiber officinale*), Gotu Kola (*Centella asiatica*)

**ARCHES, WEAK**

ChondroSamine-S or ChondroSamine Plus (3-6), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12) or Flax Seed Oil (6) or SunFlax Caps (4), Osteo-B Plus or Osteo-B II (4)

**ARRHYTHMIA, CARDIAC | Rate or Rhythm Heartbeat Irregularity**

Bio-Cardiozyme Forte (9), VasculoSirt (10), ResveraSirt-HP (1-3), EGCG-200mg (1-2), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12) or Flax Seed Oil (6) or Biomega-3 (6) or Biomega-3 Liquid (1-2 tsp) or SunFlax Caps (4), Aqua Mag-Cl (2 tsp) at bedtime and increase by (1 tsp) daily or Mg-Zyme (10) to bowel tolerance or Mg-Orotate 500 (2) at bedtime, Taurine (3), CoQ-Zyme 30 (3) or CoQ-Zyme 100 Plus (3)

**With Low Blood Pressure:** Bio-3B-G (6-12) between meals

**Secondary Support:** OOrganic-15 (6), L-Carnitine (6), Cu-Zyme (1), K-Zyme (6), Bio-CMP (6-12), De-Stress (3-6), Mood Enhancer (1-2) before meals or at bedtime, Ginkgo Biloba (1-3), Bio-Cyanidins (1-3)

**Alternative Support:** Hawthorn (*Crataegus oxyacantha*/*monogyna*), Kava Kava (*Piper methysticum*), Passionflower (*Passiflora incarnata*), Cordyceps Mushroom (*Cordyceps sinensis*), Grape Seed (*Vitis vinifera*), Valerian (*Valeriana officinalis*), Barberry (*Berberis vulgaris*), Dandelion (*Taraxacum officinale*), Ginseng (*Panax ginseng*), Butcher's Broom (*Ruscus aculeatus*), Pomegranate (*Punica granatum*)
**ARTERIOSCLEROSIS | Chronic Hardening or Thickening of the Arterial Walls**

Porphyra-Zyme (12) on an empty stomach, Bio-Cardiozyme Forte (6), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12) or Flax Seed Oil or Biomega-3 (6) or Biomega-3 Liquid (1-2 tsp) or SunFlax Caps (4), Beta-TCP (6), Intenzyme Forte (16-24) on an empty stomach, Bio-FCTS (6) before meals, EGCG-200mg (2), ChondroSamine Plus or ChondroSamine-S (6), Multi-Mins Iron & Copper Free (3-6), Bio-K-Mulsion (10-30 drops), Garlic Plus (3-6), Phosphatidylcholine (9), Bio-Cyanidins (2-4), Ginkgo Biloba (3), Selenomethionine (1), Bio-D-Mulsion Forte (2-4 drops)

**Secondary Support:** Super Phosphozyme Liquid (30 drops) twice daily, Liquid Iodine (60 drops) or Liquid Iodine Forte (30 drops) or Iodizyme-HP (½-1), L-Arginine (12), NAC (3), L-Lysine HCL (1-3), Bromelain Plus CLA (3-6) on an empty stomach, Thyrostim (1-3), Bio-3B-G (3-9), Bio-C Plus (3-6) or Bio-C Plus 1000 (3), E-Mulsion 200 (2-4) or E-200 Hy (2-4), Tocotrienols (2)

**Alternative Support:** Hawthorn (*Crataegus oxyacantha/monogyna*), Apple Cider Vinegar w/Honey (raw organic), Cayenne Pepper (*Capsicum annuum*), Dimethylglycine (DMG), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**ARTERIOSCLEROSIS, PREVENTION**

VasculoSirt (10), Bio-Cardiozyme Forte (4), Bio-GGG-B (6-9), Bio-FCTS (6), EGCG-200mg (1-2), ChondroSamine Plus or ChondroSamine-S (3), Biomega-3 (6) or Biomega-3 Liquid (1-2 tsp) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), BioProtect (3-6), Bio-D-Mulsion Forte (2-4 drops)

**ARTHRITIS, JUVENILE | Chronic Joint Inflammation w/Lymph Node Enlargement**

Intenzyme Forte (9-12) on an empty stomach, MCS-2 (3), Beta-TCP (6), HistoPlex (6), IPS (6), Cytozyme-Trachea (6), ADHS (3), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12) or Mixed EFAs (6 tbsp), KappArest (4), Lipoic Acid Plus (2) or R-Lipoate CBG (1-2), Bio-D-Mulsion Forte (2-4 drops), ChondroSamine Plus or ChondroSamine-S (3-6), BioDophilus-FOS (6) or BioDoph-7 Plus (3) or Lactozyme (6) before meals, Saccharomyces boulardii (3)

**With Pain:** Bio-Allay (2), Sculacia (2), DL-Phenylalanine (1)

**Alternative Pain Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Blue Lotus (*Nymphaea caerulea*), Wild Opium Lettuce (*Lactuca vivosa*), Kratom (*Mitragyna speciosa*), Kava Kava (*Piper methysticum*), White Willow (*Salix alba*), Cayenne (*Capsicum annuum*), Arnica (*Arnica montana*) pellet, cream, gel or ointment

**ARTHRITIS, OSTEO | Chronic Degeneration and Inflammation of Joint Cartilage**

*Rule out NSAID usage, dietary artificial sweeteners (aspartame, sorbitol, sucralose), hydrogenated oils, hypo-chlorhydria, thyroid/parathyroid dysfunction, dysbiosis, parasites, and food sensitivities by eliminating all nightshade vegetables such as tomatoes, potatoes, peppers, eggplant, etc.*

Intenzyme Forte (12-15) on an empty stomach, Osteo-B Plus or Osteo-B II (6-9), Chondro-Plus (3-9), Gluco-Syn-Amine (3-6), Biomega-3 (3) or Biomega-3 Liquid (1 tsp), Optimal EFAs Caps (6) or EFA-Sirt Supreme or Flax Seed Oil (12) or SunFlax Caps (4), Evening Primrose Oil (6), Beta-TCP (6), after 10 days add Livotrit-Plus (3) increasing by (1) tab every 3 days to a maximum of (6) daily, CoQ-Zyme 100 Plus (1-2), D-Ribose (2-4 tsp), MCS-2 (3),
ChondroSamine-S or ChondroSamine Plus (3-6), L-Glutamine (6-27), Bromelain Plus (3) on an empty stomach, KappArest (8), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), TMG Powder (1-2 level tsp), Bio-D-Mulsion Forte (4-8 drops), Bio-K-Mulsion (10-20 drops), Liquid Iodine (50 drops) or Liquid Iodine Forte (25 drops) or Iodizyme-HP (½ cap), Super Phosphozyme Liquid (30 drops), Basic Nine (1-3), Bio-B3 Plus 250 (6), Selenomethionine (1), Bio-FCTS (1), Bio-Cyanidins (3)

**With Pain:** Bio-Allay (3-6), Sculacia (3-6), DL-Phenylalanine (3), Intenzyme Forte (15-30) in divided doses w/o food or Bromelain Plus (12-24) on empty stomach, Bio-B3 Plus 250 (9-12)

**Hepatic Support:** Livotrit Plus (3-9) with Beta-TCP (6-12), Phosphatidylcholine (3), B6 Phosphate (6-12)

**Secondary Support:** Ca/Mg-Plus (6), Bio-3B-G (1-3), Bio-C Plus (3) or Bio-C Plus 1000 (1-3), E-Mulsion 200 or E-200 H2 (2-4), Tocotrienols (2), Thyrostim (6), GTA (3), Meda-Stim (3), MSM (2-4) or MSM Powder (1-2 tsp), Cytozyme-Trachea (3-9), Dismuzyme Plus 5000 (3), BioDophilus-FOS or Lactozyme (6) or BioDoph-7 Plus (3) before meals, Saccharomyces boulardii (3)

**Alternative Pain Support:** Turmeric/Curcumin (BCM-95®), Boswelia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Blue Lotus (Nymphaea caerulea), Wild Opium Lettuce (Lactuca vivosa), Kratom (Mitragyna speciosa), Kava Kava (Piper methysticum), Myrrh (Commiphora myrrha), White Willow (Salix alba), (Capsicum annuum) transdermal topically, Arnica (Arnica montana) pellet, cream, gel or ointment

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Cherries (tart), Ginger (Zingiber officinale), MSM (cream), Arnica (Arnica montana) pellet, cream, gel or ointment, Guggul (Commiphora mukul), Silica (Silicon dioxide), Boron (mineral) or Boric Acid (Acidum boricum), S-adenosylmethionine (SAME), Cetylmysteoleate (CMO), N-Acetylglucosamine (NAG), Apple Cider Vinegar w/Honey (raw, organic), Chia/Flax/Hemp Seeds, Prolozone and Ozone therapies, Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C), Earthing/Grounding

**ARTHRITIS, PSORIATIC | Chronic Skin and Joint Inflammation**

MCS-2 (9), IPS (6), Beta-TCP (6), HistoPlex (6), Intenzyme Forte (9) on an empty stomach, Cytozyme-Trachea (6), Optimal EFAs Caps (6) or EPA-Sirt Supreme (12) or Mixed EFAs (6 tbsp), Bio-FCTS (3), EGCG-200mg (2), Bio-D-Mulsion Forte (4-8 drops), KappArest (8), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), Bio-Allay (4), ChondroSamine Plus or ChondroSamine-S (6), BioDophilus-FOS or Lactozyme (6) or BioDoph-7 Plus (3) before meals, Saccharomyces boulardii (3)

**ARTHRITIS, RHEUMATOID | Chronic Autoimmune Joint Inflammation**

Rule out infection (bacterial, viral, yeast), food and/or environmental sensitivities or allergies (dairy, milk), intestinal parasites, essential fatty acids and DHEA deficiencies, heavy metal toxicity, dietary sweeteners (aspartame, sorbitol, sucralose), and hypochlorhydria; lower carbohydrate intake and eliminate nightshade vegetables (tomatoes, potatoes, peppers).

10-Day BioDetoxification Kit (Pea or Whey) Program (2), then: NutriClear or NutriClear Chocolate and Whey Protein Isolate - Original, Chocolate or Vanilla or Pea Protein Isolate or Whey Protein Concentrate (2 level scoops), Gammanol Forte (6-12), Bio-Immunozyme Forte
With Adrenal Hyperfunction: (3-6), A.D.P. (3-12), Cytozyme-Trachea (3-12), Beta-TCP (6), ChondroSamine Plus or ChondroSamine-S (3-12), IPS (6-12), Gastrazyme (6-12), MCS-2 (3), Osteo-B II (9), Bio-D-Mulision Forte (2-4 drops), Intenzyme Forte (12-24) on an empty stomach, Biomega-3 Liquid (1-2 tsp), Biomega-3 (3-6) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Hydro-Zyme (6-9) each meal, IAG (6), Histoplex (3-6), Immuno-gG (3-9), Dismuzyme Plus (6-9) or Dismuzyme Plus Granules (1-3 tbsp) or Dismuzyme Plus 5000 (3-6), POA-Phytolens (6-12), Selenomethionine (1), Bio-C Plus 1000 (3), E-Mulsion 200 or E-200 H₂ (1-2), Tocotrienols (2)

With Viral Issues: UltraVir-X (6)

With Bacterial Issues: Bio-FCTS (6), EGCG-200mg (2), Neutrophil Plus (3-6)

With Inflammatory Pain: Bio-Allay (3-6), Sculacia (3-6), DL-Phenylalanine (3), KappArest (8), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2)

Secondary Support: Neonatal Multi-Gland (9), Liquid Iodine Forte (40 drops) in water or Iodizyme-HP (½), BioDophilus-FOS (6) or BioDoph-7 Plus (3) or Lactozyme (6), Cytozyme-AD (3-12), Saccharomyces boulardii (3), Pregnenolone 25 (1), NitroGreens (1 scoop)

Alternative Support: Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from netto & silk worm), Blue Lotus (Nymphaea caerulea), Wild Opium Lettuce (Lactuca vivosa), Kratom (Mitragyna speciosa), Kava Kava (Piper methysticum), White Willow (Salix alba), Arnica (Arnica montana) pellet, cream, gel or ointment

Alternative Support: Turmeric/Curcumin (BCM-95®), Cod Liver Oil (1-3 tbsp) with Vitamin E, Beta-glucan (polysaccharide sugars), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C), Earthing/Grounding

ASBESTOSIS | Chronic Lung Disease Caused by Asbestos Inhalation

MCS-2 (3), Beta-TCP (6), Pneuma-Zyme (6), Dismuzyme Plus Granules (3 tbsp), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), Bioctasol Forte (3-6), Bio-FCTS (2-4), EGCG-200mg (2), HR#6 Environmental Detox (2 capfuls)

ASTHENIA | General Debility or Bodily Weakness

ADHS (6), Equi-Fem or Cytozyme-M (3), Chlorocaps or Chlorella Caps (3-6), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Bio-D-Mulision Forte (2-4 drops)

Secondary Support: 10-Day BioDetoxification Kit (Pea or Whey) Program (2), Whey Protein Isolate - Original, Chocolate or Vanilla or Pea Protein Isolate or Whey Protein Concentrate (2 scoops), L-Glutamine (1-3), NAC (1-3)

ASTHMA | Chronic Inflammatory Respiratory Disease - Impaired Breathing

Rule out hypochlorhydria, magnesium deficiency, hyper/hypoadrenia, heavy metal toxicity, parasites, and food/environmental sensitivities; avoid allergen triggers and drink more water.

Pneuma-Zyme (6), Optimal EFAs Caps (3-6) or EFA-Sirt Supreme (12), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), Se-Zyme Forte (3) or Selenomethionine (1-2), Bio-Cyanidins (3), GSH-Plus (3-6), OOrganic-15 (9-15), Aqua Mag-Cl (1-3 tsp), Intenzyme Forte (12-15) and Bromelain Plus CLA (12) on an empty stomach, Hydro-Zyme (6-9), NAC (1-3), Bio-FCTS (3), EGCG-200mg (2), Mg-Zyme (3-6) or Mg-Orotate 500 (2) at bedtime increasing to bowel tolerance, Blackcurrant Seed Oil or Evening Primrose Oil (3), Bio-D-Mulision Forte (2-4 drops)

With Adrenal Hypofunction: Cytozyme-AD and/or ADB5-Plus (6-9)

With Adrenal Hyperfunction: ADHS (2-4)
**With Pain:** Bio-Allay (3-6), Sculacia (3), DL-Phenylalanine (1-3)

**Secondary Support:** 10-Day BioDetoxification Kit (Pea or Whey) Program (2), Liquid Iodine (60 drops) or Liquid Iodine Forte (30 drops) or Iodizyme-HP (½-1), NitroGreens (1 scoop), L-Arginine (3), Bio-C Plus (3) or Bio-C Plus 1000 (1-3), KappArest (8), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Coffee (Coffee cruda/arabica) organic & dark roasted (bronchial tubes caffeine dilation), Coleus, Licorice (Glycyrrhiza glabra), Ginger (Zingiber officinale), Stinging Nettle (Urtica dioica), Pantothenic Acid (B5), Kelp (brown seaweed algae), Dimethylglycine (DMG), Myrrh (Commiphora myrrha), Beta-glucan (polysaccharide sugars), Magnesium (Chloride) Oil (transdermal topically), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C), Black Seed (Nigella sativa)

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<th>ASTHMA, CHILDHOOD</th>
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<td>Rule out hypochlorhydria.</td>
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B12-2000 Lozenges (3-6), Optimal EFAs Caps (3-6) or EFA-Sirt Supreme (6), IAG (2 tsp), C/Cal/Mag Powder (2 tsp), BioDophilus-FOS (2) or BioDoph-7 Plus (1), Bio-D-Mulsion Forte (1 drop), NitroGreens (1 scoop), KappArest (3-6), Lipoic Acid Plus (2) or R-Lipoate CBG (1-2), HR#6 Environmental Detox (2 capfuls)

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<td>Cytozyme-AD (1-2), Lactoyme (1-2), Bio-D-Mulsion (2 drops), IPS (1) with Hydro-Zyme (3) and HistoPlex (1-2) for older children</td>
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| ASTIGMATISM | Impaired Vision Caused by Uneven Curvature of Lens/Cornea |
|-------------|
| Optic-Plus (6), Bio-Ae-Mulsion Forte (10 drops), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Bio-GGG-B (6) |

**Alternative Support:** Astaxanthin/Lutein/Zeaxanthin (Carotenoids)

| Atherosclerosis (Coronary Artery Disease) | Arterial Cholesterol Plaque |
|------------------------------------------|
| Rule out low cholesterol, vitamin B6 deficiency, coenzyme Q10 depletion, arterial calcium deposition, and statin drug "side" effects. |

Bio-Cardiozyme Forte (6), VasculoSirt (10), ResveraSirt-HP (1-3), Lipid-Sirt (8), Intenzyme Forte (16) on an empty stomach, Porphyra-Zyme (12) on an empty stomach, CoQ-Zyme 30 or CoQ-Zyme 100 Plus (1-3), B6 Phosphate (3), KappArest (6), Lipoic Acid Plus (2) or R-Lipoate CBG (1-2), Biomega-3 (3) or Biomega-3 Liquid (1-2 tsp), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Beta-TCP (6), Bio-FCTS (6), EGCG-200mg (2), ChondroSamine Plus or ChondroSamine-S (6), GSH-Plus (3), Bio-B3B-G (6), Bio-C Plus 1000 (1), Bio-D-Mulsion Forte (2-4 drops), Multi-Mins Iron & Copper Free (3-6), Bio-K Forte Caps (1-2), Tocotrienols (2), Niacin 100 (1), D-Ribose (3 tsp)

**Secondary Support:** Super Phospholipase Liquid (60 drops), Phosphatidylcholine (9), Liquid Iodine (60 drops) or Liquid Iodine Forte (30 drops) or Iodizyme-HP (½), L-Arginine (18), Bromelain Plus CLA (3) on an empty stomach, Bio-B3 Plus 250 (1), Potassium-HP (1 scoop), DL-Phenylalanine (1-3)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a.
Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**ATHLETE’S FOOT (Tinea Pedis) | Fungal Infection**

*Rule out dietary sugars.*

A.D.P. (6), Beta-TCP (6), Bio-B 100 (6-9), MCS-2 (3), Liquid Iodine (2 drops) in water topically, Bio-E-Mulsion Forte (3 drops) in water topically, Mixed Ascorbate Powder (1-2 tsp) in water topically, Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3), BioDophilus Caps or BioDoph-7 Plus (3)

**Alternative Support:** Apple Cider Vinegar (raw organic) foot soak (1 part cider + 1 part warm water for 20 minutes before and after cleansing with mild soap) twice daily, Echinacea (*Echinacea angustifolia*), Astragalus (*A. membranaceus*), Colloidal Silver, Yogurt and Garlic (transdermal topically), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**ATHLETIC INJURIES | Torn Ligaments, Sprains and Strains**

*Rule out magnesium deficiency.*

Intenzyme Forte (10) ASAP after injury, then (20) daily on an empty stomach until inflammation abates, then (9) daily on an empty stomach for two weeks, Bio-Musculoskeletal (1 pack), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Chondro-Plus (6), Bio-D-Mulsion Forte (2-4 drops), KappArest (8) for inflammation, Lipoic Acid Plus (3) or R-Lipoate CBG (2)

**With Pain:** Bio-Allay (3), Sculacia (3), DL-Phenylalanine (3)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Earthing/Grounding

**ATOPIC DERMATITIS (Eczema) | Chronic Skin Inflammation w/Itching & Scaling**

SunFlax Caps (3-6), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Blackcurrant Seed Oil or Evening Primrose Oil (6), Bio-Ae-Mulsion (9 drops) in water for 10 days, then (3) daily, Bio-Immunozyme Forte (6) on an empty stomach, Lactozyme (3), Bio-CMP (1-3), Saccharomyces boulardii (3), Bio-GGG-B (3), B12-2000 Lozenges (1-2), Bio-C Plus or Bio-C Plus 1000 (1-3), Bio-D-Mulsion (2-4 drops), Bio-E-Mulsion Forte (5 drops) or E-Mulsion 200 or E-200 H₂ (1), Tocotrienols (2)

**Secondary Support:** Cytozyme-THY (3), Ca/Mg-Plus (3), Bio-Multi Plus Iron & Copper Free (3) or ProMulti-Plus (6)

**Alternative Support:** Sea Buckthorn (*Hippophae rhamnoides*) oil and cream, Coconut Oil (organic extra virgin), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**ATRIAL FIBRILLATION (Tachycardia) | Abnormal Contractions of Cardiac Atria**

*Rule out endocrine hyperfunction, mineral (magnesium, potassium) insufficiency, and toxemia.*

Bio-Cardiozyme Forte (9), VasculoSirt (10), CoQ-Zyme 30 (3) or CoQ-Zyme 100 Plus (2), Aqua Mag-Cl (2 tsp) in juice at onset and at bedtime increasing to bowel tolerance

**Optional Protocol:** Potassium-HP (1 scoop), Folate-5 Plus (1); if non-responsive add B12-2000 Lozenges (1-2), Bio-B3 Plus 250 (1), B6 Phosphate (10)

**Secondary Support:** Optimal EFAs Caps (6) or EFA-Sirt Supreme (12) or Biomega-3 (6) or Biomega-3 Liquid (1-2 tsp), Bio-CMP (6), Cu-Zyme (1), Mg-Zyme (1-3), Mg-Orotate 500 (2)
Alternative Support: Barberry (Berberis vulgaris), Devil's Claw (Harpagophytum procumbens), Golden Seal, Passionflower (Passiflora incarnata), Coconut Oil (organic extra virgin), Magnesium (Chloride) Oil (transdermal topically)

**ATTENTION DEFICIT DISORDER (ADD) & AD HYPERACTIVITY DISORDER (ADHD)**

Rule out malnutrition, endocrine hyper/hypofunction, vitamin/mineral (B6, iron, magnesium) deficiencies, heavy metal body burden, intestinal parasites, food/environmental sensitivities, carbohydrate-caused dysinsulinism; eliminate all sugars including artificial sweeteners (aspartame, sorbitol, sucralose), processed and caffeine foods such as chocolate additives, preservatives, fruit juices; use only pure water for both drinking and cooking; increase protein, raw vegetables, and oils; consider an elimination diet to identify offending foods such as dairy, wheat (gluten), shellfish, eggs, etc.

10-Day BioDetoxification Kit (Pea or Whey) Program for adults and children over 8 (2), then: Bromelain Plus CLA (8) on an empty stomach, Bio-Glycozyme Forte (3-6), OOrganic-15 (6-9), Phosphatidylserine (6), Neonatal Multi-Gland (3-6), Bio-Cyanidins (3), Mixed EFAs (1-3 tbsp) or Optimal EFAs Caps (3-6), Blackcurrant Seed Oil (1), Bio-C Plus 1000 (1), Zn-Zyme (1), B6 Phosphate (3-9), Methionine-200 (3-6), L-Tyrosine (3-9) and/or DopaTropic Powder (1 tsp), Phenitropic (1-2), Cognitive Enhancer (1) before breakfast & before lunch or dinner, Inositol (2) or Inositol Powder (1½ tsp), B12-2000 Lozenges (1-3)

**Hyperactivity**: Niacin 100 (1-3), OOrganic-15 (1-3), Zn-Zyme Forte (1-3), B12-2000 Lozenges (1-3), B6 Phosphate (6-9)

**Hyperactivity with Decreased Neurotransmitters**: L-Tyrosine (3-9) or DopaTropic Powder (1-2 tsp)

**With Intestinal Parasites**: (5-week Program) A.D.P. (5) before meals for one week, then (3) per meal, Lactozyme (2) before meals after two weeks, Bromelain Plus CLA (12) on an empty stomach, Saccharomycyes boulardii (3), HCL-Plus (2), MSM (3), Dysbiocide (4), HR#10 Parasite Detox (1 tsp)

**With Hyperadrenia**: ADHS (2-4) and GlucoBalance (2-6) in lieu of Bio-Glycozyme Forte

**With Hypoadrenia**: Cytozyme-AD (3-6) or ADB5-Plus (3-6)

**With Hyperthyroidism**: (30-day Program) Bio-Ae-Mulsion Forte (10 drops) daily for one week, then (4 drops), Cytozyme-THY (15), Multi-Mins Iron & Copper Free (6), Li-Zyme Forte (2) per waking hour for 10 days, then (9) per hour, L-Carnitine Powder (1 tsp)

**With Hypothyroidism**: L-Tyrosine (4) and Liquid Iodine Forte (60 drops) or Iodizyme-HP (½-1) with T-4 decreased below lab reference value mid-range, GTA (4) or GTA-Forte II (2) with TSH >10, Biomega-3 (6) or Biomega-3 Liquid (1-2 tsp), Nuclezyme-Forte (3), MedaStim (3-6), and Liquid Iodine Forte reduced to (30 drops) with decreased T-3

**Secondary Support**: Ca/Mg Plus (9), Optimal EFAs Caps or EFA-Sirt Supreme (12), Cytozyme-Parotid-TS (3), V.H.P. (1), Melatonin-B6/Mg (½ tab) before bedtime, Ginkgo Biloba (1-3), NAC (1-3), Thiamin 50 (1-2), Pea Protein Isolate (2 scoops), Whey Protein Isolate - Original, Chocolate or Vanilla or Whey Protein Concentrate (1 scoop)

**Alternative Support**: Gamma-aminobutyric acid (GABA) at 1,500 mg, Bacopa (Bacopa monnieri), Quercetin (plant/food bioflavonoid), Ginseng (Panax ginseng), S-Adenosylmethionine (SAMe), Dimethylaminoethanol (DMAE), Rhodiola (Rhodeola rosea), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)
**AUTISM SPECTRUM DISORDER (ASD) | General Communication Deficit**

*Rule out heavy metal toxicity (mercury), B12 and folate deficiencies, magnesium deficiency, intestinal parasites, and chronic infection (bacterial or viral).*

Bio-D-Mulsion Forte (2-4 drops), GSH-Plus (3), Intenzyme Forte (3) apart from meals, B12-2000 Lozenges (1) sublingual or Methylfolate Plus (3) or 5-MTHF Plus Forte (1), Bio-3B-G (3-6), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), Bio-Multi Plus (1-3), Biocitosol (1-3), OOrganic-15 (3), Nuclezyme-Forte (3), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12) or Mixed EFAs (3 tsp), B6 Phosphate (3), Mg-Zyme (2) or Mg-Orotate 500 (2) at bedtime, Phosphatidylicholine (3), Ginkgo Biloba (3), Cognitive Enhancer (1) before breakfast & before lunch or dinner, Inositol (2) or Inositol Powder (1½ tsp)

**Secondary Support:** 10-Day BioDetoxification Kit (Pea or Whey) Program (2), MCS-2 (3), Beta-TCP (6), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), Porphyra-Zyme (6), Multi-Mins (3), Bio-C Plus 1000 (1), Se-Zyme Forte (3) or Selenomethionine (2-3), MSM (1-2) or MSM Powder (1 tsp)

**Alternative Support:** S-Adenosylmethylionine (SAMe), Dimethylglycine (DMG), EDTA Chelation Therapy (IV or oral), Sulfuraphane (cruciferous vegetables, e.g., broccoli sprouts), Magnesium (Chloride) Oil (transdermal topically), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**AUTOIMMUNE CONDITIONS | Tissue Inflammation/Destruction by Antibodies**

*Rule out hidden microbial infection (sinus, oral, teeth, intestinal), hormonal imbalances, stress-induced adrenal exhaustion, heavy metal toxicity, and hormonal imbalances.*

Bio-Immunozyme Forte (3-6), Cytozyme-Trachea (3-12), Intenzyme Forte (16) on an empty stomach, IAG (2-4 tsp), Bio-FCTS (3-12), EGCG-200mg (2), Histoplex (6), POA-Phytolens (3-12), IPS (3-12) am & pm apart from food, Biomega-3 (6) or Biomega-3 Liquid (1-2 tsp) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Bio-D-Mulsion Forte (2-4 drops), MCS-2 (3), Beta-TCP (6), HistoPlex-AB (6), KappArest (6), Lipoic Acid Plus (2) or R-Lipoate CBG (1-2), GSH-Plus (3), UltraVir-X (6), Cytozyme-THY (3), Livortrit Plus (3-6), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2)

**With Bacterial Infection:** Bio-Immunozyme Forte (3-6) or Neutrophil Plus (3-6), A.D.P. (6-12), Bromelain Plus CLA (3-6) on an empty stomach, HR#9 Bacterial Detox (1 tsp)

**With Fungal Infection:** FC-Cidal (3-6), A.D.P. (6-12), Caprin (3), Saccharomyces boulardii (3), HR#8 fungal-Yeast Infection (1 tsp)

**With Parasitic Infection:** A.D.P. (6-12), Dysbiocide (3-6), Bromelain Plus CLA (3-6) on an empty stomach, HR#10 Parasite Detox (1 tsp)

**With Viral Infection:** UltraVir-X (3-6), IAG (1-3 tsp), Cytozyme-THY (3), HR#4 Detox-Virus (1 tsp)

**Secondary Support:** HR#1 Detoxification (1 capful), HR#4 Detox-Virus (2 capfuls), Cytozyme-AD (3-12), Phenitropic (1-3), ResveraSirt-HP (1-3), BioDoph-7 Plus (3), NutriClear or NutriClear Chocolate (3 servings)

**AUTONOMIC IMBALANCE, PARASYMPATHETIC | Alkaline Dominance (Alkalosis)**

Stamina Caps or Bio-3B-G (3), ADHS (3), Biocitosol Forte (3-6), Super Phosphozyme Liquid (30 drops) or Super Phosphozyme (1-2), Hydro-Zyme (6-9)

**Alternative Support:** Acid-forming foods, e.g., meat, cheese, eggs, fish, turkey, walnuts
**AUTONOMIC IMBALANCE, SYMPATHETIC | Acidic ANS Dominance (Acidosis)**

ADHS (3), Mg-Zyme (6) or Mg-Orotate 500 (2) at bedtime or Aqua Mag-Cl (3 tsp) in choice of beverage, Li-Zyme Forte (2) at bedtime, Bio-GGG-B (3), Carbamide Plus (3), NitroGreens (1 scoop), DopaTropic Powder (1 scoop)

*Alternative Support:* Alkaline forming foods, e.g., alfalfa, almonds; Sodium Bicarbonate

**BACKACHE PAIN (Lumbago) | Lumbar Pain Caused by Muscle Strain/Slipped Disc**

ChondroSamine-S or ChondroSamine Plus (3-6), Intenzyme Forte (12) on an empty stomach, Gluco-Syn-Amine (3-6), Bio-FCTS (3-6), EGG-200mg (2), Osteo-B Plus or Osteo-B II (4), Bio-D-Mulsion Forte (2-4 drops), E-Mulsion 200 or E-200 H₂ (1-2), Tocotrienols (2), Biocastol Forte (3-6), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), KappArest (8), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), Cytozyme-AD (6-9) and/or ADB5-Plus (3-6), MSM (6-9) or MSM Powder (1-2 tsp), Mn-Zyme (1), DHEA-5 mg (1)

*With Pain:* Bio-Allay (3), Sculacia (3), DL-Phenylalanine (1-3)

*Secondary Support:* 10-Day BioDetoxification Kit (Pea or Whey) Program (2)

*Alternative Pain Support:* Turmeric/Curcumin (BCM-95®), Boswellia (*Boswellia sacra*) a.k.a. Frankincense, Nattokinase, Blue Lotus (*Nymphaea caerulea*), Wild Opium Lettuce (*Lactuca vivosa*), Kratom (*Mitragyna speciosa*), Kava Kava (*Piper methysticum*), Devil's Claw (*Harpagophytum procumbens*), Silica (Silicon dioxide), White Willow (*Salix alba*), Burdock (*Arctium lappa*), Slippery Elm (*Ulmus rubra*), Arnica (*Arnica montana*) pellet, cream, gel or ointment

**BACTERIAL INFECTION**

Bio-Immunozyme Forte (6), Cytozyme-THY (15), Intenzyme Forte (12-15) on an empty stomach, A.D.P. (5) three times daily before meals for one week, then (3) three times daily before meals for one week, Bio-C Plus 1000 (6), IAG (4-6 tsp) or (1-2 tsp) for children, Neutrophil Plus (6), Liquid Iodine Forte (30 drops) or Iodizyme-HP (½), Se-Zyme Forte (1-2) or Selenomethionine (1), Garlic Plus (3-6), Dismuzyme Plus (6-9) or Dismuzyme Plus Granules (1-3 tbsp) or Dismuzyme Plus 5000 (3-6), HR#2 Lymphatic Drainage (2 capfuls), HR#9 Bacteria Detox (2 capfuls)

*Recovery Phase:* Bio-Immunozyme Forte (3), Neutrophil-Plus (3), Colon-Plus Caps (15), IAG (2 tsp) or (1 tsp) for children

*Secondary Support:* L-Arginine (3), L-Glutamine (3), Chlorocaps or Chlorella Caps (3-6), Immuno-gG (6)

*Alternative Support:* Turmeric/Curcumin (BCM-95®), Boswellia (*Boswellia sacra*) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Olive Leaf (*Olea Europaea*), Bentonite/Montmorillonite Clay, Tea Tree (*Melaleuca alternifolia*) oil, Andrographis (*A. paniculata*), Garlic (*Allium sativum*), Red Wine (moderation), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C), Black Seed (*Nigella sativa*)

**BAD BREATH (Halitosis)**
Hydro-Zyme (6-9), Beta-TCP (6) or Beta Plus with light colored stools, constipation, or missing gallbladder, Colon-Plus Caps (15), Mg-Zyme (4-6) or Mg-Orotate 500 (2) or Aqua Mag-Cl (2-3 tsp) at bedtime, Chlorocaps or Chlorella Caps (6), Bio-6-Plus (6) just before meals, Bio-Ae-Mulsion (5 drops), Bio-C Plus 1000 (3-6)

**Secondary Support:** IPS (3), A.D.P. (3), Bio-Immunozyme (3), BioDophilus-FOS (1-3 tsp), BioDoph-7 Plus (3), Intenzyme Forte (6-9) on an empty stomach

**Alternative Support:** Ginger (*Zingiber officinale*), Coriander (*Coriandrum sativum*) a.k.a. Cilantro, Cumin (*Cuminum cyminum*), Fennel (*Foeniculum vulgare*), Charcoal, Sodium Bicarbonate, Mercurius (homeopathic), Herbal Breath Tonic (spray), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C), Tongue Scrapes

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**BANDS, HIGH | Nonsegmented WBC Neutrophils Increased in Acute Infection**

Neutrophil Plus (6-20), Argizyme (3-9), Cytozyme-THY (3), Bio-C Plus (3-6) or Bio-C Plus 1000 (3-6), Zn-Zyme (3-9), Bio-Immunozyme Forte (3-15)

**Alternative Support:** Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

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**BARRETT’S ESOPHAGUS | Progressive, Lower Esophageal Tissue Erosion**

Gastrazyme (6-9), Bio-HPF (3-6), Phosphatidylcholine (6-9), ResveraSirt-HP (1-3), Pro-Mult Plus (3-6), Thiamin 50 (3-6), Mn-Zyme (3-6), Mo-Zyme Forte (1-3), Se-Zyme Forte (1-2) or Selenomethionine (1), Zn-Zyme (2) or Zn-Zyme Forte (1), Garlic Plus (1-3)

**Alternative Support:** Ginseng (*Panax ginseng*), Green Tea (*Camellia sinensis*), Chamomile (*Matricaria chamomilla*) tea and Degycrrhizinated Licorice (DGL) several times daily on an empty stomach, Citrus (oranges, raspberries, strawberries), Broccoli, Tomato, Red Wine (moderation)

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**BASOPHILS, HIGH | Leucocytic WBC Neutrophils/Increased Tissue Inflammation**

Neutrophil Plus (6-20), Bio-Immunozyme Forte (3-15) with infection, Hydro-Zyme (6-24) and Intenzyme Forte (8-48) on an empty stomach

**With Allergies:** Histoplasma-AB (2-4)

**With Inflammation:** KappArest (8), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2)

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**BEDSORES | Decubitus Ulcer or Pressure Sore**

Osteo-B Plus or Osteo-B II (4), Bio-Ae-Mulsion Forte (15 drops), Biocatols Forte (3-6), Bio-C Plus (3) or Bio-C Plus 1000 (1-3), Optimal EFAs Caps (3-6) or Biomega-3 (3) or Biomega-3 Liquid (1-2 tsp), Zn-Zyme (2) or Zn-Zyme Forte (1), Bio-B 100 (6-9), Amino Sport (6-12)

**Alternative Support:** Aloe (*Aloe vera*), Calendula (*Calendula officinalis*) or Comfrey (*Symphytum officinale*) as cream/gel/ointment, Myrrh (*Commiphora myrrha*), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

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**BEDWETTING, CHILDREN or Nocturnal Enuresis (over 5 years old)**

*Rule out pituitary/hypothalamus dysfunction, adrenal hypofunction, urinary tract infection (UTI), and dietary dairy and gluten sensitivities.*

UT Complex (1-2), Bio-B 100 (6), Cytozyme-PT/HPT (3), Cytozyme-AD (3) or ADB5-Plus (1), Renal Plus or Nephra-Zyme (3-6), Amino Sport (3-6), C/Cal/Mag Powder (1-2 tsp)

**Secondary Support:** Neonatal Multi-Gland (6), Aqueous Multi-Plus (2 tsp), Aqueous Zinc (2-4 tsp), Argizyme (3), HR#5 Chronic Stress (1 capful)
**Optional Protocol:** Bio-Cardiozyme Forte (3) for 1 month, then (1) daily (Versendaal)

**BELCHING or BURPING | Oral Gas Expulsion after Meals**

*Rule out GERD and ulcers.*

Hydro-Zyme (6-12), Bio-6 Plus (3), Zn-Zyme (1-3), Bromelain Plus CLA (3) on an empty stomach, Beta-TCP (6), BioDophilus-FOS (1-2 tsp) or BioDoph-7 Plus (3)

**Secondary Support:** Ginger (*Zingiber officinale*), Cardamom (*Amomum cardamomum*), Clove (*Syzygium aromaticum*), Citrus Peel (tea)

**BELL’S PALSY | Unilateral Paralysis of Facial Muscles, Sudden Onset**

*Rule out trigeminal nerve viral infection, facial nerve inflammation, and trauma.*

UltraVir-X (6), Bio-FCTS (6), EGCG-200mg (2), Bio-CMP (6), Cytozyme-THY (12), Intenzyme Forte (16) on an empty stomach, B12-2000 Lozenges (3), Folate-5 Plus (5), KappArest (4) absent infection, Lipoic Acid Plus (2) or R-Lipoate CBG (1-2)

*With Pain:* Bio-Ally (3), Sculacia (3), DL-Phenylalanine (1-3)

**Secondary Support:** Bio-Immunozyme Forte (6), Amino Sport (6-12), Bio-Cyanidins (3-6), Bio-B 100 (9), HR#2 Lymphatic Drainage (2 capfuls), HR#4 Detox-Virus (3 capfuls)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Swedish Bitters (alcohol/botanical drink) for pain relief, UV Light Therapy (10 minutes on area)

**BENIGN PROSTATE HYPERPLASIA (BPH) | HYPERPLASIA (Gland Enlargement)**

*Rule out the pro-inflammatory diet and overproduction of dihydrotestosterone (DHT).*

Palmetto-Plus Forte (6-12), Intenzyme Forte (12-15) apart from food, Argizyme (6), Flax Seed Oil (3-6), Optimal EFAs Caps or EFA-Sirt Supreme (12) or Biomega-3 (6) or Biomega-3 Liquid (1-2 tbsp), Bio-Ae-Mulsion (3 drops), BioProtect (3-6), Bio-B 100 (3-9), Aqueous Zinc (½-1 bottle) until distasteful, then switch to Zn-Zyme (1-2) or Zn-Zyme Forte (3-6), Mg-Zyme (1-3) or Mg-Orotate 500 (2) at bedtime to bowel tolerance, Liquid Iodine (30-60) or Liquid Iodine Forte (15-30) or Iodizyme-HP (½), Bio-D-Mulsion Forte (4-8 drops), Multi-Mins *Iron & Copper Free* (6-12) or Basic Nine (3-6), Selenomethionine (1) or Se-Zyme Forte (1-2), EGCG-200mg (1-3)

*With Viral Infection:* UltraVir-X (3-9), IAG (1-3 tsp), Bio-Cyanidins (6-12), Bio-FCTS (3-9), EGCG-200mg (2), Mixed EFAs (3 tbsp)

*With Stone Formation:* Iodizyme-HP (1) or Liquid Iodine Forte (30-60 drops), Bio-D-Mulsion Forte (8-10 drops), Mg-Zyme (6-9)

**Detoxification Support:** Bio-Detox Packs (3)

**Secondary Support:** Garlic Plus (3), MSM (1-2) or MSM Powder (1 tsp), ResveraSirt-HP (1-2), HR#2 Lymphatic Drainage (1-2 capfuls), HR#7 Heavy Metal Detox (1-2 capfuls)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Phytoesters, Quercetin (plant/food bioflavonoid), Kelp (brown seaweed algae), Pumpkin Seed (sprouted) & Oil, Stinging Nettle (*Urtica dioica*), Echinacea (*Echinacea angustifolia*), Goldenseal (*Hydrastis canadensis*), Lycopene (red plant/vegetable carotenoid), Olive Leaf (*Olea Europaea*), Angelica (*A. archangelica*), Green Tea (*Camellia sinensis*) extract, Pomegranate (*Punica granatum*), Exercise

**BERGER’S DISEASE (IgA Nephritis) | Inflammation of Renal Glomeruli**

E-Mulsion 200 or E-200 H2 (2), Tocotrienols (2), Optimal EFAs Caps (6) or EFA-Sirt Supreme
With Pain: Bio-Allay (3), Sculacia (3), DL-Phenylalanine (1-3)

Alternative Pain Support: Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Blue Lotus (Nymphaea caerulea), Wild Opium Lettuce (Lactuca vivosa), Kratom (Mitragyna speciosa), Kava Kava (Piper methysticum), White Willow (Salix alba), Arnica (Arnica montana) pellet, cream, gel or ointment

BILIARY INSUFFICIENCY | Decreased or Impaired Liver Bile Production

Rule out biliary issues (stasis, cholelithiasis, cholecystitis) and associated signs & symptoms such as constipation, light-colored stools, and hepatic dysfunction.

Gallbladder Intact, Normal Color Stools, and No Constipation: Beta-TCP (9-12), Beta-GGG-B (6-9), Phosphatidylcholine (3-6), Methionine-200 (3-6), Taurine (3)

Gallstones Present or Suspected: Super Phosphozyme Liquid (1-2 droppers) in water, Liquid Iodine (20-40 drops) or Liquid Iodine Forte (10-20 drops) in water, Mg-Zyme (6-9) or Mg-Orotate 500 (2) at bedtime

Absent Gallbladder, Light/Clay Color Stools, Constipation: Beta Plus (9), Livotrit Plus (3) beginning with (1) tab daily together with Beta-TCP both before and after Livotrit Plus supplementation, Hydro-Zyme (6-9) or Betaine Plus HP (1-3)

Secondary Support: Beta Plus (1-4) per meal (cycled), MCS-2 (3-6), Hydro-Zyme (6-9)

BILIARY STASIS | Static or Impaired Bile Movement

Gallbladder Intact, Normal Color Stools, and No Constipation: Beta-TCP (6-9)

Gallbladder Removed, Light/Clay Color Stools, Constipation: Beta Plus (9), Livotrit Plus (3) beginning with (1) tab twice daily together with Beta-TCP or Beta Plus both before and after Livotrit Plus supplementation, Hydro-Zyme (6-9) or Betaine Plus-HP (3)

Secondary Support: MCS-2 (6-9), Phosphatidylcholine (3), Cytozyme-LV (3-6), Taurine (3), Methionine-200 (3-6), Super Phosphozyme (6-9), Bio-GGG-B (3-9), OOrganic-15 (3-9)

BILIARY STRESS, ACUTE

30-day Protocol: Beta-TCP (12-15), Phosphatidylcholine (3), Optimal EFAs Liquid (1-3 tbsp), Bio-GGG-B (6-12), OOrganic-15 (9-15)

Post-Protocol Support: Beta-TCP (9-12), Bio-GGG-B (3-6)

BILIRUBIN, HIGH | Red Bile Pigment from RBC Hemoglobin Breakdown

Beta-TCP (6-12), Livotrit Plus (3-6), Betaine Plus HP (3-6), B12-2000 Lozenges (1-2), MCS-2 (2-3)

BIO-DETOXIFICATION, GENERAL | 10-Day, 3-Step Bio-Detoxification Program

This potent detox program, strongly recommended in preparation for embarking upon a clinical nutrition regimen, comprises three products for producing an effective outcome.

Bio-Detox Packs: 30 packets providing a broad-spectrum of 12 supplements NutriClear or NutriClear Chocolate: Broad-spectrum, metabolic clearing support formula Whey Protein Isolate, Chocolate or Vanilla: Gut-soothing, high-quality protein powder
**BIOFLAVONOIDS DEFICIENCY (Capillary Fragility) | Nosebleeds, Bruise Easily**

Optimal EFAs Caps (6) or EFA-Sirt Supreme (12) or Mixed EFAs (1 tbsp) or Flax Seed Oil (6) or SunFlax Caps (4), Bio-C Plus 1000 (1-3), Bio-K-Mulsion (1 drop), Chlorocaps or Chlorella Caps (3-6), Bio-Cyanidins (3), Bio-FCTS (1-3), EGCG-200mg (1-2)

**Alternative Support:** Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**BIPOLAR MOOD DISORDER (Manic-Depressive) | Alternating Mania & Depression**

EFA-Sirt Supreme (12) or Optimal EFAs Caps or Biomega-3 (6) or Biomega-3 Liquid (1-2 tsp), Li-Zyme Forte (1) per hour for two weeks, then (9) daily, Bio-3B-G (1) per hour for two weeks, then (9) daily, Folate-5 Plus (1), Phosphatidylcholine (3), TMG Powder (1-2 level tsp), Meda-Stim (3) before meals, St. John's Forte (4), Mood Enhancer (1-2) before meals or at bedtime, Melatonin-B6/Mg (½ tab) before bedtime

**With Poor Dream Recall:** B6 Phosphate (9)

**With Unipolar Disorder:** Amino Sport (6-12)

**With Hypotension (Low BP):** Cytozyme-AD (6) or ADB5–Plus (2-4)

**With Insomnia:** De-Stress (2) at bedtime and/or Melatonin-B6/Mg (½ tab) before bedtime

**Secondary Support:** 5-HTP (1-3) or 5-HTP Plus Forte (1) or Neuro-5-HTP Plus (1-3), DHEA-10 mg (1-6) or as directed, Pregnenolone 25 (1)

**BIRTH CONTROL PILLS | Exogenous Estrogen Compounds (Oral Contraceptives)**

Rule out vitamin/mineral (B6, magnesium, zinc) and essential fatty acid (EFA) insufficiencies, venous inflammation, hormonal (pituitary, thyroid, adrenal) dysfunction, yeast infection, and progesterone insufficiency.

PMT (6), Black Currant Seed Oil or Evening Primrose Oil (6-9), Bio-D-Mulsion Forte (3), Betatoc (3-6), Meda-Stim (3), Ca D-Gluarate (3-6), B12-2000 Lozenges (3), MygranX (2)

**Secondary Support:** Intenzyme Forte (6) on an empty stomach, Bio-FCTS (3-6), EGCG-200mg (2), KappArest (6-9) twice daily on an empty stomach for inflammation secondary to estrogen usage, Lipoic Acid Plus (3) or R-Lipoate CBG (1-2)

**Note:** See "Candida Albicans or Candidiasis" with fungal/yeast infection secondary to estrogen usage

**Alternative Support:** Progesterone (cream/gel/ointment), Indole-3-Carbinol (I3C) and/or Diindolylmethane (DIM)

**BITES and STINGS, INSECT**

Bromelain Plus CLA (9-15) on an empty stomach, HistoPlex-AB (3-6), Bio-FCTS (6), EGCG-200mg (2), Bio-C Plus 1000 (3-6), A.D.P. (1), Super Phosphozyme Liquid (transdermal topically), MSM Powder (1-2 tsp) dissolved in water for transdermal, topical application

**Alternative Support:** Bentonite/Montmorillonite Clay (paste), Olive Leaf (Olea Europaea), Goldenseal (Hydrastis canadensis), Eucalyptus (E. globulus), Aloe (Aloe vera) gel, Plantain, Peppermint (Mentha piperita) oil transdermal topically, Apis Mellifica (homeopathic), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**BITES and STINGS, PRONE to ATTACKS**

Bio-B Complex (4), Osteo-B Plus or Osteo-B II (4)

**BLACK and BLUE SPOTS, BRUISES or CONTUSIONS (Capillary Fragility)**
Bromelain Plus CLA (1-3) on an empty stomach, Bio-Cyanidins (3-6), Bio-FCTS (3-6), EGCG-200mg (2), Bioctasol Forte (3-6), Optimal EFAs Caps or Flax Seed Oil (6) or SunFlax Caps (4), Bio-K-Mulsion (1-2 drops) and A.D.P. (1) dissolved in water and olive oil applied topically

**Secondary Support:** Bilberry (*Vaccinium myrtillus*), Ginkgo, Hawthorn (*Crataegus oxyacantha/monogyna*)

**BLACK LUNG (Anthracosis/Pneumoconiosis) | Miner's Lung from Coal Dust**

Pneuma-Zyme (6), A.D.P. (6), ChondroSamine-S or ChondroSamine Plus (3-6), Cytozyme-Trachea (6), NAC (1-3), Bio-Ae-Mulsion Forte (1 drop), Bio-E-Mulsion Forte (3 drops) or E-Mulsion 200 or E-200 H (1), Tocotrienols (2), Bio-C Plus or Bio-C Plus 1000 (1-3)

**Alternative Support:** Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**BLADDER DROPPED or TIPPED**

ChondroSamine-S or ChondroSamine Plus (6), Renal Plus or Nephra-Zyme (9), Mixed EFAs (3 tbsp) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12)

**BLADDER INFECTION (Cystitis) or URINARY TRACT INFECTION (UTI)**

*Rule out high-glycemic foods, sugars, caffeine, and tobacco use.*

UT Complex (3-9), A.D.P. (6-12), Renal Plus or Nephra-Zyme (6-12) and/or Carbamide Plus (6-9), Argizyme (3-16), Inositol (3-6) or Inositol Powder (1½ tsp), Garlic Plus (3-6), EGCG-200mg (2), Bio-C Plus 1000 (1-3), BioDoph-7 Plus (1-3) or BioDophilus-FOS (1 tsp) or Lactozyme (1-3), Mg-Zyme (3) or Mg-Orotate 500 (2) at bedtime, NAC (3), Potassium-HP (1-3), Bio-B 100 (3-9)

**Homeopathic Support:** HR#2 Lymphatic Drainage (2 capfuls)

**Acute Care:** Renal Plus (20) in divided doses for 3 days, then reduce to (12) until healed

**Secondary Support:** IAG (1-3 tsp), Neutrophil Plus (6-12), Bio-3B-G (3-9), C/Cal/Mag Powder (1-3 tsp), Bio-Ae-Mulsion Forte (1-8 drops), BioProtect (3), HR#8 Fungal-Yeast Infection or HR#9 Bacterial Detox (2 capfuls)

**With Acid Urine <5.5 pH:** K-Zyme (2-8)

**With Alkaline Urine >6.5 pH:** Super Phosphozyme Liquid (1-2 droppers)

**Alternative Support:** D-Mannose, Dandelion (*Taraxacum officinale*), Hydrangea, Echinacea (*Echinacea angustifolia*), Uva-ursi (*Arctostaphylos uva-ursi*), Angelica (*A. archangelica*), Cranberry (*Vaccinium macrocarpon*) juice and/or extract (raw organic), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**BLADDER, LEAKY (Interstitial Cystitis) | Bladder/Urinary Incontinence**

*Rule out infection, vitamin B1 deficiency, pharmaceutical drug use, stress, and food allergies or sensitivities.*

UT Complex (3-9), Chondro-Plus (6), Renal Plus or Nephra-Zyme (6-12), Bio-3B-G (2) per waking hour for ten days, then (6) daily with normal to low BP, Inositol (3-6) or Inositol Powder (1½ tsp), Argizyme (6), A.D.P. (6), Gammanol Forte (6), MSM Powder (3-6 tsp), Mixed EFAs (6 tbsp) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Bio-C Plus 1000 (3-6), Zn-Zyme Forte (1), De-Stress (2) during the day and (2) at bedtime, Mood Enhancer (1-2) before meals or at bedtime, HR#5 Chronic Stress (2 capfuls)

**Secondary Support:** Argizyme (6-12), Bio-Ae-Mulsion (6-12 drops) or Bio-Ae-Mulsion Forte
(1-3 drops), Bio-GGG-B (3-9), L-Arginine (1-2), MSM (1-2), Carbamide Plus (1-3) in extremis

**Average Urinary pH below 5.5:** K-Zyme (3-9) or Potassium-HP (3 tsp)

**Average Urinary pH above 6.5:** Super Phosphozyme Liquid (1-2 droppers)

**Alternative Support:** Uva-ursi (Arctostaphylos uva-ursi), Dandelion (Taraxacum officinale), Echinacea (Echinacea angustifolia), D-Mannose, Angelica (A. archangelica), Cranberry (Vaccinium macrocarpon) juice and/or extract (raw organic), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**BLEEDING GUMS | Gingivitis or Gum Inflammation**

Bio-Cyanidins (3-6), Bio-FCTS (3-6), EGCG-200mg (2), Bio-C Plus 1000 (3), Osteo-B Plus or Osteo-B II (3), KappArest (8), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), Bio-D-Mulsion Forte (2-4 drops)

**Alternative Support:** Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**BLEPHARITIS | Eyelid Inflammation, Outer Edge**

Intenzyme Forte (9-18) between meals, Bio-Ae-Mulsion Forte (3 drops), Bio-C Plus 1000 (1-3), Zn-Zyme (1-3) or Zn-Zyme Forte (2)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Eyebright (Euphrasia officinalis), Goldenseal (Hydrastis canadensis) or Mullein (Verbascum thapsus) as a compress, Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**BLISTERS**

**With Infection:** Intenzyme Forte (9-12) on an empty stomach, UltraVir-X (6), MCS-2 (3), Bio-FCTS (6), EGCG-200mg (2), Bio-Immunozyme Forte (3), IAG (3-6 tsp) in water, Immuno-gG (6), Dismuzyme Plus (6-9) or Dismuzyme Plus Granules (1-3 tbsp) or Dismuzyme Plus 5000 (3-6)

**With Pain:** Bio-Allay (3), Sculacia (3), DL-Phenylalanine (1-3)

**Alternative Support:** OTC antibacterial cream, Lavender (Lavandula angustifolia), Calendula (Calendula officinalis), Tamanu (Calophyllum inophyllum) or Tea Tree (Melaleuca alternifolia) oils, Horse Chestnut (Aesculus hippocastanum), and Dandelion (Taraxacum officinale) transdermal topical, Cold Pack, Epsom salts (soak)

**BLOATING, GAS SHORTLY AFTER MEALS (Flatulence) | Abdominal Distension**

Rule out biliary stasis, pancreatic insufficiency, hypochlorhydria, and dysbiosis.

Hydro-Zyme (2-3) or Betaine Plus-HP (1) with each meal increasing by (1) per meal every third day until gastric discomfort, Beta-TCP (9)

**With Light Colored Stools, Constipation or Absent a Gallbladder:** Beta Plus (6), Bio-6 Plus (2) at the end of each meal

**Secondary Support:** Colon-Plus Caps (15), Intenzyme Forte (4) after each meal, OOrganic-15 (6), Taurine (3), Zn-Zyme Forte (1-3), Bromelain Plus CLA (3), BioDophilus-FOS (1-3 tsp) or BioDoph-7 Plus (3)

**BLOOD CLOTTING, IMPAIRED | Decreased Coagulation and Platelet Aggregation**

Chlorocaps or Chlorella Caps (3), Bio-K-Mulsion (6-9 drops), Bio-C Plus or Bio-C Plus 1000
(1-3), Bio-FCTS (1-3), Bio-Cyanidins (1-3), EGCG-200mg (2), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12)

**Alternative Support:** Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

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**BLOOD in URINE (HEMATURIA) with INTERSTITIAL CYSTITIS**

A.D.P. (6), Renal Plus or Nephra-Zyme (9), L-Arginine (2), ChondroSamine Plus or Chondro-Samine-S (3), MSM (3) or MSM Powder (1 tsp)

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**BLOOD PRESSURE, ABNORMALLY HIGH (Hypertension)**

*Rule out endocrine hyperfunction (adrenal secondary to anterior pituitary), renal dysfunction, hepatic portal congestion, hyperlipidemia with elevated cortisol levels, diabetes (Type 2), and lack of exercise.*

Bio-CardioSirt BP (1 rounded scoop), CoQ-Zyme 30 (3) or CoQ-Zyme 100 Plus (2), Renal Plus or Nephra-Zyme (9), Aqua Mag-Cl (3 tsp) at bedtime increasing to bowel tolerance, ADHS (2-4) in the am, GlucoBalance (6), L-Arginine (12), Optimal EFAs Caps or EFA-Sirt Supreme (12) or Biomega-3 (6) or Biomega-3 Liquid (1-2 tsp), NAC (3), Beta-TCP (6), Sesame Seed Oil Caps (1-3), Mg-Zyme (3) or Mg-Orotate 500 (1-3) at bedtime, Bio-Cyanidins (1-2), EGCG-200mg (1-2)

**Secondary Support:** De-Stress (1-2) during the day and (1-2) at bedtime, Mood Enhancer (1-2) before meals or at bedtime, Porphyra-Zyme (3) three times daily on an empty stomach, PCOH-Plus (1-2), Garlic Plus (6), Bio-B 100 (1-3), Bio-C Plus or Bio-C Plus 1000 (1-3), Bio-D-Mulsion Forte (2-4 drops), Bio-E-Mulsion Forte (1-5 drops) or E-Mulsion 200 or E-200 H2O (1), Tocotrienols (2), Evening Primrose Oil (3-6)

**Alternative Support:** Celery (Apium graveolens), Parsley (Petroselinum crispum), Fish Peptides, Lactotripeptides, Bitter Melon (Momordica charantia), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**BLOOD PRESSURE, ABNORMALLY LOW (Hypotension)**

*Rule out endocrine hypofunction (adrenal, thyroid, anterior pituitary), vitamin B1 deficiency, iron anemia, and allergies.*

Bio-CardioSirt BP (1 rounded scoop), Cytozyme-AD (9) or ADB5-Plus (2-4), Bio-Glycozyme Forte (9), Biocatsol (3-6), DopaTropic Powder (1 tsp), HR#5-Chronic Stress (2 capfuls),

**Secondary Support:** Bio-D Mulsion Forte (2-4 drops), Ca/Mg-Plus (6) before meals, Thyrostim (3), GTA (3), Meda-Stim (3), 5-HTP (1-3) or 5-HTP Plus Forte (1) or Neuro-5-HTP Plus (1-3), Fe-Zyme (1) with iron anemia

**BLOOD SUGAR (GLUCOSE), ABNORMALLY HIGH (Hyperglycemia) | Diabetes**

*Glucometer must be utilized daily to monitor blood glucose levels during any supplemental program. Rule out trace mineral deficiency, elevated blood fats, Syndrome X/Metabolic Syndrome (carbohydrate sensitivity), pituitary, thyroid, pancreatic, adrenal, and hepatic dysfunction.*

10-Day BioDetoxification Kit (Pea or Whey) Program (2), GlucoBalance (9) for 30 days, then (6), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Betaine Plus-HP (3) then increase by (1) per meal every three days to tolerance (gastric burning sensation), Cytozyme-PAN (6), ADHS (2-4) with breakfast and lunch, Lipoic Acid Plus (3-6) or R-Lipoate CBG (1-2), Rb-Zyme
BLOOD, THIN | Decreased Blood Viscosity (Lowered)

Secondary Support: Cytozyme-H (6), Inositol (6) or Inositol Powder (1½ tsp), V-Zyme (3-6), Berberine HCl (1), Whey Protein Isolate - Original, Chocolate or Vanilla or Pea Protein Isolate or Whey Protein Concentrate (2 level scoops) twice daily between meals

Alternative Support: Gymnema ("sugar destroyer"), Aloe (Aloe vera)

BLOOD SUGAR (GLUCOSE), ABNORMALLY LOW (Hypoglycemia) | Diabetes

Rule out endocrine hypofunction (pituitary, thyroid, adrenal, and pancreas), hepatobiliary dysfunction, hypochlorhydria, and high-carbohydrate diet.

Bio-Glycozyme Forte (3) three times daily at 10 am, 2 pm, and 2 hours after dinner, NutriClear or NutriClear Chocolate and Whey Protein Isolate - Original, Chocolate or Vanilla (3 level scoops) or Pea Protein Isolate or Whey Protein Concentrate (2 level scoops) between meals, Amino Acid Quick-Sorb (15-20 drops) between meals as required, Cytozyme-AD (3-6) or ADB5-Plus (3), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), Inositol (3) or Inositol Powder (1½ tsp), Blackcurrant Seed Oil or Evening Primrose Oil (6-9), Multi-Mins (1-3), GSH-Plus (1-3), Cr-Zyme (3-6) or Aqueous Chromium (3-9 drops)

Secondary Support: Amino Sport (6-12), Stamina Caps (3), Berberine HCl (1), Bio-3B-G (1-2) each waking hour for 10 days, then (3) three times daily until resolved

BLOOD SUGAR, MANAGEMENT and MODULATION

Reduce or eliminate intake of refined and high-glycemic index/glycemic load (GI/GL) carbohydrates.

Bio-Glycozyme Forte (3-6) with breakfast and lunch or mid-morning and mid-afternoon, Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Biomega-3 (6) or Biomega-3 Liquid (1-2 tsp), Whey Protein Isolate - Original, Chocolate or Vanilla or Pea Protein Isolate or Whey Protein Concentrate (2 level scoops)

Secondary Support: Amino Acid Quick-Sorb (1-2 squirts) as needed, Beta-TCP (2-6) before bedtime, ADHS (1-3) at both breakfast and lunch, Cytozyme-PAN (3-9), Cytozyme-LV (3-9), Cytozyme-AD (3-9) or ADB5-Plus (2-4), Berberine HCl (1), Tri-Chol (3-6), V-Zyme (1), Cr-Zyme (3-6)

Alternative Support: Aloe (Aloe vera), Cinnamon (Cinnamomum verum), Bitter Melon (Momordica charantia), Fenugreek (Trigonella foenum-graecum)

BLOOD, THICK (STASIS) | Increased Blood Viscosity (Elevated Hematocrit)

Rule out ischemic heart disease, dehydration, increased serum fibrinogen, diets high in iron and mucus producing foods (dairy, gluten, etc.).

Biomega-3 (9) or Biomega-3 Liquid (1-2 tsp) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Intenzyme Forte (12) on an empty stomach, E-Mulsion 200 or E-200 Hγ (2), Tocotrienols (2), CoQ-Zyme 30 (3) or CoQ-Zyme 100 Plus (1-3), Garlic Plus (3), Super Phosphozyme Liquid (90 drops) or Iodizyme-HP (½-1), PCOH-Plus (3-6), Cytozyme-SP (6-9)

Secondary Support: Sculacia (1-2), Garlic Plus (3-6), Bio-K Forte Caps (1)

Alternative Support: Grapefruit Seed (Citrus paradisi) extract, Cod Liver Oil, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Naringin (citrus bioflavonoid), Phlebotomy (blood donation), Earthing/Grounding

BLOOD, THIN | Decreased Blood Viscosity (Lowered Hematocrit)
Rule out anemia, vitamin/mineral (B12, iron) deficiencies, and blood-thinning, prescription medications such as Warfarin (Coumadin®).

Chlorocaps or Chlorella Caps (6), Bio-K-Mulsion (2-3 drops), Methylfolate Plus (1-3) or 5-MTHF Plus Forte (1)
**Alternative Support:** Grapefruit (*Citrus paradisi*) extract, Naringin (citrus bioflavonoid), Burdock (*Arctium lappa*), Rhodiola (*Rhodeola rosea*)

**BLOOD VESSEL LEAKAGE/RUPTURE | Microangiopermeability/Capillary Fragility**
Bio-FCTS (3-6), EGCG-200mg (2), Bio-Cyanidins (3), Bio-C Plus 1000 (3), MCS-2 (3), Beta-TCP (6)
**Alternative Support:** Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**BLUE BABY | Cyanosis or Insufficient Blood Oxygenation**
Stamina Caps (1-2), OOrganic-15 (1-2), Super Phosphozyme Liquid (5-20 drops) in water, Ca/Mg-Zyme (1-3), Biomega-3 (1-2) or Biomega-3 Liquid (1 tsp)
**Secondary Support:** Bio-Cardiozyme Forte (1-2), Cytozyme-AD (1) or ADB5-Plus (2), L-Arginine (1-2), Bio-E-Mulsion Forte (1-2 drops), Acetyl-L-Carnitine (1)

**BODY ODOR (Bromhidrosis) | Foul-Smelling Perspiration**
Rule out digestive dysfunction secondary to hypochlorhydria (protein putrefaction, etc.), dysbiosis, and sinus or periodontal infection.

Hydro-Zyme (6-9) or Betaine Plus-HP (1), Beta-TCP (6), Colon-Plus Caps (15)
**With Light Colored Stools, Constipation, or Absent a Gallbladder:** Beta Plus (3-6)
**Secondary Support:** Mg-Zyme (3-6) or Mg-Orotate 500 (2), Aqua Mag-Cl (2-3 tsp) at bedtime, Zn-Zyme (1-2), Chlorocaps or Chlorella Caps (6), Bio-6-Plus (6) just after meals, Renal Plus or Nephra-Zyme (6), Livotrit Plus (3-6), MCS-2 (3), GSH-Plus (3), Argizyme (3), B6 Phosphate (3)

**BOILS, CARBUNCLES, CYSTS | Localized Skin Abscess or Infection**
Rule out zinc deficiency, infection, and diabetes.

Liquid Iodine or Liquid Iodine Forte applied topically to the lesion after applying moist heat three times daily, Bio-Immunozyme Forte (9), Intenzyme Forte (20) between meals for one week on an empty stomach, then (9) between meals until resolved, Cytozyme-THY (15), Mn-Zyme (3), Garlic Plus (3-6), Chlorocaps and/or Chlorella Caps (3)
**Secondary Support:** Neutrophil Plus (6) before meals, Bio-Ae-Mulsion (6 drops) in water for one week, then (2 drops), Bio-C Plus or Bio-C Plus 1000 (1-3), IAG (3 tsp), FC-Cidal (3)
**Alternative Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Myrrh (*Commiphora myrrha*), Nattokinase & Serrapeptase (enzymes from natto & silk worm), Echinacea (*Echinacea angustifolia*), Goldenseal (*Hydrastis canadensis*), Burdock (*Arctium lappa*), Dandelion (*Taraxacum officinale*), Fenugreek (*Trigonella foenum-graecum*), Colloidal Silver, Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**BONE FRACTURE | Cracked, Splintered or Bisected Bone from Physical Trauma**
Rule out long-term usage of bisphosphonate class, bone drugs such as Fosamax.
Intenzyme Forte (5) four times daily on an empty stomach, Osteo-B Plus or Osteo-B II (9-18) for 10 days, then (6) daily until completely healed, Flax Seed Oil (3), Biomega-3 (6) or Biomega-3 Liquid (1-2 tsp), or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12) or SunFlax Caps (4), KappArest (8), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), ChondroSamine-S or ChondroSamine Plus (3), Gammanol Forte (3-12), Bio-D-Mulsion Forte (4-8 drops), Ca/Mg-Zyme (3-6), Bio-K-Mulsion (6-9 drops) or Bio-K Forte Caps (3) unless client is on the anticoagulant drug, warfarin (Coumadin®), pregnant, or lactating

**With Bone Pain:** Bio-Allay (3-6), Sculacia (3-6), DL-Phenylalanine (3)

**Female Hormonal Support:** Equi-Fem and Cytozyme-F (3-6)

**Male Hormonal Support:** Palmetto-Plus Forte and Cytozyme-M (3-6)

**Secondary Support:** Bio-Musculoskeletal (1), Ca/Mg Plus (3-6), Purified Chondroitin Sulfates (3), Thyrostim (3-6)

**Alternative Support:** Boron (mineral) or Boric Acid (Acidum boricum), Silicon (Saccharum officinarum), Strontium (alkaline metal)

**Alternative Pain Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Blue Lotus (Nymphaea caerulea), Wild Opium Lettuce (Lactuca vivosa), Kratom (Mitragyna speciosa), Kava Kava (Piper methysticum), White Willow (Salix alba), Arnica (Arnica montana) pellet, cream, gel or ointment

**BONE & BONE MARROW HEALTH & HEALING | Maintenance Support**

*Rule out vitamin D (lack of sunlight) & K deficiencies, poor diet (processed foods and lack of greens), inadequate essential fatty acid (EFA) intake, and lack of weight-bearing exercise.*

Osteo-B II (6-12) or Osteo-B Plus (3-6), Bio-D-Mulsion Forte (4-8 drops), Bio-K Forte Caps (3) or Bio-K-Mulsion (3-9 drops), Optimal EFAs Caps or SunFlax Caps (3-6), Cytozyme- Trachea (3-6), Chlorocaps or Chlorella Caps (3-6), B12-2000 Lozenges (1-3), B6 Phosphate (3-6), Methylfolate Plus (3-6)

**BONE PAIN & INFLAMMATION**

Sculacia (3-6), Bio-Allay (3-6), KappArest (3-6), DL-Phenylalanine (3), Intenzyme Forte (12-24) between meals, Bio-D-Mulsion Forte (4-8 drops), Optimal EFAs Caps or SunFlax Caps (6)

**Alternative Pain Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Blue Lotus (Nymphaea caerulea), Wild Opium Lettuce (Lactuca vivosa), Kratom (Mitragyna speciosa), Kava Kava (Piper methysticum), White Willow (Salix alba), Arnica (Arnica montana) pellet, cream, gel or ointment

**BONE SPURS (Osteophytes) | Abnormal Small Bony Outgrowths (Heel Commonly)**

*Rule out primary thyroid and anterior pituitary hypofunction, mineral (magnesium) insufficiencies, hypochlorhydria, and parathyroid and digestive dysfunction.*

Super Phosphozyme Liquid (1-2 droppers full BID away from meals), Bio-K Forte Caps (3-6), Liquid Iodine (30-60 drops) or Liquid Iodine Forte (15-30 drops) in water or Iodizyme-HP (½), Bio-D-Mulsion Forte (2-4 drops), C/Cal/Mag Powder (2 tsp), Intenzyme Forte (12-18) on an empty stomach, BioProtect (3-6), Bio-Cyanidins (3), EGCG-200mg (1-2), Optimal EFAs Caps (6-12)
**With Primary Thyroid Hypofunction or Thyroid Hypofunction Secondary to Anterior Pituitary Hypofunction:** Thyrostim (6), GTA (6), and Meda-Stim (6) in lieu of the Iodine, Osteo-B Plus or Osteo-B II (9), Optimal EFAs Caps or Flax Seed Oil (6) or SunFlax Caps (4) or Biomega-3 (6) or Biomega-3 Liquid (1-2 tsp) or EFA-Sirt Supreme (12), Super Phosphozyme Liquid (60-90 drops) or Super Phosphozyme (6-9), Chondro-Plus (6)

**Secondary Support:** B6 Phosphate (9), Mg-Zyme (3-6) or Mg-Orotate 500 (2) at bedtime increasing to bowel tolerance, MSM (3) or MSM Powder (1 tsp), Bio-B 100 (3-9)

**Alternative Support:** Magnesium (Chloride) Oil (transdermal topically)

**BOWEL DETOXIFICATION | Elimination of Gastrointestinal/Colon Toxins**

A.D.P. (6), Chlorocaps or Chlorella Caps or Gastrazyme (3-6), Bio-HPF (6), Colon-Plus Caps (6), IPS (6), Beta-TCP (6)

**With Constipation:** Add Mg-Zyme (6) or Mg-Orotate 500 (2) at bedtime or Aqua Mag-Cl in choice of beverage (3 tsp), then (2-3 tsp) every hour to bowel tolerance

**BOWEL DYSBIOSIS | Gut Flora Imbalance from Putrefaction, Fermentation, etc.**

NutriClear or NutriClear Chocolate (2 servings) for five days, increase by (1 serving) every three days until maximum of (5 servings), then decrease by (1 serving) daily every three days until no longer needed; Livotrit Plus (3), Beta-TCP (6), Gastrazyme (6), IPS (6), Bio-FCTS (4), EGCG-200mg (2) before meals, B12-2000 Lozenges (2), Colon-Plus Caps (15), Bio-Cyanidins (3), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12)

**With Bacterial Infection:** Neutrophil Plus (6) before meals

**With Viral Infection:** UltraVir-X (4) before meals

**Secondary Support:** A.D.P. (3), Dysbiocide (4), Bromelain Plus CLA (3) on an empty stomach, Bio-Immuozyme Forte (3), ProMulti-Plus (6) or Bio-Multi Plus (3), Neonatal Multi-Gland (6), MCS-2 (1-2)

**BOWEL BACTERIAL FLORA, RESTORATION and REPOPULATION**

**After Antibiotic Therapy or A.D.P. Supplementation:** BioDophilus-FOS (3) or BioDoph-7 Plus (3), IPS (6), Butyric-Cal-Mag (6)

**BOWEL MOVEMENTS, DIFFICULT or PAINFUL | Chronic Constipation**

*Rule out dehydration (increase water intake to minimum of 8 glasses of water daily), hypochlorhydria, pyloric or ileocecal valve dysfunction, processed foods diet, and lack of exercise.*

Bio-Detox Packs (3) or Livotrit Plus (6-12), Beta TCP (6-12), Hydro-Zyme (3-9), Mg-Zyme (3) or Mg-Orotate 500 (2) at bedtime to bowel tolerance or Aqua Mag-Cl (3 tsp) in choice of beverage, then (2-3 tsp) every hour to bowel tolerance, Folate-5 Plus (3), Colon-Plus Caps (5) with each meal

**Secondary Support:** Bio-C Plus or Bio-C Plus 1000 (1-3), Bio-FCTS (1-2), EGCG-200 (1-2), Lactozyme (3), Cytozyme-THY (15), Saccharomyces boulardii (3), Optimal EFAs Caps (6)

**Alternative Support:** Dried Plums (“Prunes”), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**BOWEL TONIC | Restoration and Promotion of Proper Bowel Function**

EFA-Sirt Supreme (12) or Optimal EFAs Caps (6) or Biomega-3 (3-6) or Biomega-3 Liquid (1-2 tsp), Beta Plus and Colon Plus (3-6) both in the morning and at bedtime
Secondary Support: Colon-Plus Caps (6-12), BioDoph-7 Plus (3), Butyric-Cal-Mag (6-12)

BRADYCARDIA | Slow Heartbeat Rate (Less than 60 Beats/Minute)

Rule out endocrine hypofunction (thyroid, parathyroid, anterior pituitary, adrenal), and vitamin B1 (thiamine) deficiency.

Bio-Cardiozyme Forte (6), Super Phosphozyme Liquid (60 drops) or Super Phosphozyme (6-9) or Iodizyme HP (½-1), Cytozyme-AD (6) or ADB5-Plus (2-4)

With Decreased Systolic BP: Bio-3B-G (9-12) or (2) per hour for 10 days, if severe

With Decreased Diastolic BP: Bio-D-Mulsion Forte (2-4 drops), Ca/Mg Plus (3)

Secondary Support: Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), GTA (3), Meda-Stim (3), Gammanol Forte (6), Bio-CMP (1-3)

BRAIN, CONCUSSION or INJURY | Traumatic Injury to the Brain

Nuclezyme-Forte (6), NeuPerazine (1-2), VasculoSirt (10), Cognitive Enhancer (1) before breakfast & (1) before lunch or dinner, Optimal EFAs Caps or EFA-Sirt Supreme (12) or Mixed EFAs (6 tbsp), Bioctasol Forte (6), Cytozyme-B (3), Ginkgo Biloba (3), TMG Powder (1-2 level tsp), Bio-D-Mulsion Forte (2-4 drops)

Secondary Support: Aqua Mag-Cl in beverage choice (1-3 tsp), Aqueous Zinc (3-6 tsp), Bio-B3 Plus 250 (1), Carbamide Plus (3), Nephra-Zyme (3-6)

Alternative Support: Turmeric/Curcumin (BCM-95®), Vinpocetine derived from Lesser Periwinkle (Vinca minor)

BRAIN, DYSFUNCTION

Rule out inadequate dopamine production due to nutrient deficiencies: vitamins B, C, E, folic acid, niacin, and iron; gut dysbiosis (microbiome perspective) must be considered as well.

Nuclezyme-Forte (6-9), ProMulti-Plus (6-9), PhenilTropic (1-2), DopaTropic Powder (1 tsp), Cytozyme-B (1-3), Multi-Mins (6), L-Tyrosine (3), Optimal EFAs Caps or EFA-Sirt Supreme (6-12) or Biomega-3 (6-9) or Biomega-3 Liquid (1-2 tsp), SunFlax Caps (6-9), CoQ-Zyme 30 or CoQ-Zyme 100 Plus (1-3), Bio-Cyanidins (1-2), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), Taurine (1-3), Acetyl-L-Carnitine (3), Cognitive Enhancer (1) before breakfast & (1) before lunch or dinner, Phosphatidylserine and Phosphatidylcholine (1-2), TMG Powder (1-2 level tsp), Basic Nine (1-2), Bio-B 100 (1-3), Bio-C Plus 1000 (1-3), B12-2000 Lozenges (1-3), MSM (3-9) or MSM Powder (1-2 tsp), Mg-Zyme (3) or Mg-Orotate 500 (2) at bedtime, Ginkgo Biloba (1-3), B6/B1 Plus Zinc (1-2)

Antioxidant Support: BioProtect (3-6), EGCG-200mg (1-2), GSH-Plus (3-6), Lipoic Acid Plus (1-3), Dismuzyme Plus (3-6), E-200 H2 (3-6), E-Mulsion 200 (3-6), Bio-GGG-B (3-9), Bio-D-Mulsion Forte (4-8 drops)

Blood Sugar Support: GlucoBalance (6-9), Optimal EFAs Caps or Bio-Glycozyme Forte (9)

Circulation Support: VasculoSirt (6-9), Bio-K Forte Caps (1-3), Porphyra-Zyme (12-24) with Intenzyme Forte (12-24) on an empty stomach in divided doses, Bio-GGG-B (6-9) and Niacin 100 (1)

Connective Tissue Support: Acetyl-L-Carnitine (3-9), Bio-GGG-B (6-9), Nuclezyme-Forte (6-9)

Detoxification Support: OOrganic-15 (6-9), Lipoic Acid Plus (3) or R-Lipoate CBG (1), GSH-Plus (3-6), NAC (3-6), BioProtect (1-3), Dismuzyme Plus (3-9), Acetyl-L-Carnitine (3)
**EFA Synergist Support**: Beta-TCP (6-12), Phosphatidylcholine (3), Bio-GGG-B (3-9), Bio-D-Mulsion Forte (4-8 drops), E-Mulsion 200 (1-3)

**Mitochondrial Support**: D-Ribose (1-3 tsp), Acetyl-L-Carnitine (3-6), CoQ-Zyme 100 Plus (1-3), ProMulti-Plus (6-9)

**Secondary Support**: Sesame Seed Oil Caps (1-3), Blackcurrant Seed Oil (3-9), Evening Primrose Oil (3-9), Mixed EFAs (1-3 tsp)

**Alternative Support**: Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Gotu Kola (Centella asiatica), Valerian (Valeriana officinalis), Schisandra (Schisandra sinesis), Korean Ginseng, Vinpocetine derived from Lesser Periwinkle (Vinca minor), Milk Thistle (Silybum marianum, silymarin), Fenugreek (Trigonella foenum-graecum), Red Clover (Trifolium pratense), Ginseng (Panax ginseng), Peppermint (Mentha piperita), Blueberries, Magnesium-L-threonate (MgT), Magnesium (Chloride) Oil (transdermal topically), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C), Coffee (Coffeea cruda/arabica) organic & dark roasted

**BREAST DEVELOPMENT, DELAYED or RETARDED**

Gammanol Forte (6), Equi-Fem or PMT (6), Cytozyme-PT/HPT (6), ADHS (3), EFA-Sirt Supreme (12) or Optimal EFAs Caps (6), Bio-D-Mulsion Forte (2-4 drops)

**BREASTFEEDING (Lactation) | Maternal Support**

Pre-Natal Packs (1), Flax Seed Oil or SunFlax Caps (4), Biomega-3 (6) or Biomega-3 Liquid (1-2 tsp) or Optimal EFAs Caps (6-12) or EFA-Sirt Supreme (12), Osteo-B Plus or Osteo-B II (3), Folic Acid 800 (1), Bio-D-Mulsion Forte (1-3 drops), BioDophilus Caps (3), Amino Sport (6-9), Whey Protein Isolate - Original, Chocolate or Vanilla or Pea Protein Isolate or Whey Protein Concentrate (2 level scoops)

**Alternative Support**: Fenugreek (Trigonella foenum-graecum) as an extract or tea, Blessed Thistle (Cnicus benedictus)

**BREAST LUMPS (Fibrocystic Breast Disease)**

Rule out breast cancer, pharmaceutical estrogen contraceptives, iodine deficiency, and dietary sugar; eliminate coffee (caffeine), alkaloids, black tea, and chocolate.

Ca D-Glucarate (3-6), Bio-B Complex (1-3), B6 Phosphate (3-6), Livotrit Plus (3) or MCS-2 (6-12), Beta-TCP (3-6), Bio-D-Mulsion Forte (2-4 drops), E-Mulsion 200 (1-2), Mg-Zyme (1-3) or Mg-Orotate 500 (2) at bedtime, Phosphatidylcholine (3-6)

**Secondary Support**: Bio-Detox Packs (3), Colon-Plus Caps (6-12), Thiamin 50 (5-10)

**Alternative Support**: Progesterone (15-20 mg) topical cream daily

**BREAST TENDERNESS or PAIN with MENSES (Mastalgia)**

Rule out dysbiosis, food allergies or sensitivities, and hormonal imbalances with hormone replacement therapy (HRT).

Equi-Fem or PMT (3), MCS-2 (3), Livotrit Plus (3-6), Beta-TCP (6), Colon-Plus Caps (6-12) before meals, Phosphatidylcholine (6), Blackcurrant Seed Oil or Evening Primrose Oil (6-9), Inositol (3-6) or Inositol Powder (1½ tsp), Bio-D-Mulsion Forte (2-4 drops), Mg-Zyme (3) or Mg-Orotate 500 (2) at bedtime, E-Mulsion 200 (1-2)

**With Pain**: Bio-Allay (3), Sculacia (3), DL-Phenylalanine (1-3)
**Alternative Pain Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Blue Lotus (Nymphaea caerulea), Wild Opium, Lettuce, Kratom (Mitragyna speciosa), Kava Kava (Piper methysticum), White Willow (Salix alba), Chaste Berry (Vitex agnus-castus), Witch Hazel (Hamamelis virginiana) transdermal topically, Arnica (Arnica montana) pellet, cream, gel or ointment

**BREATHING, IRREGULAR**

Mg-Zyme (6) or Mg-Orotate 500 (2) or Aqua Mag-Cl (3 tsp) in choice of beverage, Bio-Cardiozyme Forte (6), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Bio-D-Mulsion Forte (2-4 drops)

**BRONCHITIS, CHILDREN or INFANTS | Inflammation of the Bronchial Tubes**

IAG (¼ tsp), C/Ca/Mag (½ tsp), Neutrophil Plus (1-2), Bio-D-Mulsion (2 drops), NAC (1)

**Secondary Support:** HR#9 Bacterial Detox (1-30 drops) at 2x dosage for older children

**BRONCHITIS | Inflammation of the Bronchial Tubes**

*Rule out asthma, emphysema, allergy, mucus, intestinal parasites, hypochlorhydria, smoking, pollution exposure, and chronic cold.*

Pneuma-Zyme (6), BioProtect (6), Bio-Cyanidins (3), NAC (3), Whey Protein Isolate - Original, Chocolate or Vanilla or Pea Protein Isolate or Whey Protein Concentrate (2 scoops), Neutrophil Plus (6), Liquid Iodine (30 drops) or Liquid Iodine Forte (15 drops) in water and Bromelain Plus CLA (12) on an empty stomach with mucus, OOrganic-15 (9) before meals, Bio-FCTS (4), EGCG-200mg (2), Bio-D-Mulsion Forte (2-4 drops), NitroGreens (1 serving), Flax Seed Oil (6) or SunFlax Caps (4), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), E-Mulsion 200 or E-200 Hγ (2), Tocotrienols (2), Bio-C Plus 1000 (1-3), Se-Zyme Forte (1-3) or Selenomethionine (1-2), L-Carnitine Powder (1 tsp)

**With Pain:** Bio-Allay (3), Sculacia (3), DL-Phenylalanine (3)

**Secondary Support:** Cytozyme-AD (6) or ADB5-Plus (3), GSH-Plus (6), Bio-Immunozyme Forte (3), ResveraSirt-HP (1-3), HistoPlex (6-9) on an empty stomach, Mg-Zyme (3) or Mg-Orotate 500 (2) at bedtime, Bio-Ae-Mulsion (3-9 drops), FC-Cidal (3), Phosphatidylcholine (3), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12)

**Optional Alternative Protocol:** Glutathione, nebulized and inhaled at 120-200 mg twice daily (Wright)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Siberian Ginseng a.k.a. Eleutherooccus senticosus, Astragalus (A. membranaceus), Myrrh (Commiphora myrrha), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C), Black Seed (Nigella sativa)

**BRUCELLOSIS (Undulant Fever) | Infectious Bacterial Disease**

*Rule out manganese deficiency and exposure to dairy, pork, red meat, chicken or household pets as possible transmission factors.*

Mn-Zyme Forte (6), Bio-Immunozyme Forte (6), Cytozyme-THY (6), Bio-C Plus 1000 (3), HR#2 Lymphatic Drainage (2 capfuls)

**Secondary Support:** Dismuzaime Plus Granules (2 tbsp), IAG (2 tsp), Bio-FCTS (6), EGCG-
200mg (2), Bio-Cyanidins (2)

**Alternative Support:** Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**BRUISE EASILY (Capillary Fragility or Hyperpermeability) | Black & Blue Spots**

*Rule out bioflavonoid and vitamin K deficiencies.*

Bio-Cyanidins (3), Bio-FCTS (3), EGCG-200mg (3), Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3) or Mixed Ascorbate Powder (1 tsp), Bio-K-Mulsion (10-20 drops), Bio-K Forte Caps (1), Bioctasol Forte (3-6), Bromelain Plus (3-6) on an empty stomach, E-Mulsion 200 (1-2)

**Secondary Support:** CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 (1-2), Ginkgo Biloba (3-6)

**Alternative Support:** Bilberry (Vaccinium myrtillus), Hawthorn (Crataegus oxyacantha/monogyna), Arnica (Arnica montana) pellet, cream, gel or ointment, Inositol hexaphosphate (IP-6), Dimethylglycine (DMG), Alfalfa (Medicago sativa), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**BRUISES, HEMATOMAS, CONTUSIONS | Damaged Blood Vessels**

Intenzyme Forte (10) ASAP after injury, then (20) daily on an empty stomach, BioProtect (6) for two weeks, then (3) daily, Bio-Cyanidins (3-6), Bio-FCTS (6), EGCG-200mg (2)

**Secondary Support:** Dismuzyme Plus Granules (3 tbsp), Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3) or Mixed Ascorbate Powder (1 tsp)

**Alternative Support:** Arnica (Arnica montana) pellet, cream, gel or ointment, Oregano (Origanum vulgare) oil transdermal topically, Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**BRUXISM | Involuntary Grinding or Clenching of Teeth**

*Rule out intestinal parasites, mineral (calcium/magnesium) deficiency, high-processed food diet, food/environmental sensitivities, and stress.*

Multi-Mins (3) and (2) at bedtime, Bromelain Plus CLA (9) on an empty stomach and (3) at bedtime, Bio-3B-G (6), B6 Phosphate (3), V.H.P. (2) and (2) at bedtime, Ca/Mg-Plus (6), HR#5 Chronic Stress (1 capful), Bio-C Plus (6) or Bio-C Plus 1000 (3), De-Stress (1-2) daily and at bedtime, Mood Enhancer (1-2) before meals or at bedtime, Melatonin-B6/Mg (½ tab) before bedtime

**Secondary Support:** A.D.P. (9) with parasitic infestation, Ca/Mg Plus (6), Tyrosine (3), HR#5 Chronic Stress (2 capfuls)

**Alternative Support:** S-adenosylmethionine (SAMe), Belladonna (homeopathic), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**BULIMIA | Eating Disorder - Excessive Appetite & Vomiting**

*Rule out zinc deficiency, emotional/psychological stress, and need for broad-spectrum, multivitamin and mineral supplementation.*

Zn-Zyme Forte (4), Cu-Zyme (1) after 30 days of zinc supplementation, Aqueous Multi-Plus (1 tbsp) or Bio-Multi Plus Iron & Copper Free (4) or ProMulti-Plus (6), Whey Protein Isolate - Original, Chocolate or Vanilla (3 scoops) or Pea Protein Isolate or Whey Protein Concentrate (2 scoops), St. John's Forte (4), De-Stress (1-2) daily and at bedtime, Mood Enhancer (1-2) before meals or at bedtime, BioDoph-7 Plus (1-3) or BioDophilus Caps (3)
**Secondary Support:** Amino Sport (6-12), Li-Zyme Forte (6), 5-HTP (1-3) or 5-HTP Plus Forte (1) or Neuro-5-HTP Plus (1-3), CoQ-Zyme 30 or CoQ-Zyme 100 (3), PheniTropic (1-2), Cognitive Enhancer (1) before breakfast and (1) before lunch or dinner, Bio-D-Mulsion Forte (2-4 drops), MygranX (2), HR#5 Chronic Stress (1 capful)

**Optional Protocol:** Inositol or Inositol Powder in megadoses up to 18 grams

**Alternative Support:** S-adenosylmethionine (SAMe), Gamma-aminobutyric acid (GABA), Milk Thistle (*Silybum marianum*, silymarin), Burdock (*Arctium lappa*), Ginger (*Zingiber officinale*), Licorice (*Glycyrrhiza glabra*)

**BUN (Blood Urea Nitrogen) HIGH | Renal Dysfunction Indicator**

Renal Plus or Nephra-Zyme (6-24), Argizyme (3-6)

**With Hypochlorhydria and/or High Protein Intake:** Hydro-Zyme (6-24)

**BUNION | Bursitis of Big Toe Joint at First Metatarsal**

Optimal EFAs Caps or Flax Seed Oil (6) or SunFlax Caps (4), Bio-D-Mulsion Forte (2-4 drops), Intenzyme Forte (9-12) on an empty stomach, ChondroSamine Plus (6-9), KappArest (8), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2)

**With Pain:** Bio-Allay (3), Sculacia (3), DL-Phenylalanine (1-3)

**Alternative Pain Support:** Turmeric/Curcumin (BCM-95®), Boswellia (*Boswellia sacra*) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Blue Lotus (*Nymphaea caerulea*), Wild Opium Lettuce (*Lactuca vivosa*), Kratom (*Mitragyna speciosa*), Kava Kava (*Piper methysticum*), White Willow (*Salix alba*), Arnica (*Arnica montana*) pellet, cream, gel or ointment

**Alternative Support:** Tea Tree (*Melaleuca alternifolia*) oil (transdermal topically)

**BURNING/TINGLING HANDS or FEET | Indication of Hepatobiliary Dysfunction**

Rule out hepatobiliary dysfunction, portal congestion, fat-soluble vitamin deficiency, dietary artificial fats, and diabetic peripheral neuropathy.

Bio-Detox Packs (1), Livotrit Plus (3), MCS-2 (4), Chlorocaps or Chlorella Caps (6), Beta-TCP (6), Bio-GGG-B (12), Bio-B 100 (6-12), HR#6 Environmental Detox (1 capful)

**Secondary Support:** Flax Seed Oil (6) or SunFlax Caps (4) or Biomega-3 (6) or Biomega-3 Liquid (1-2 tsp) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Lactozyme (9) before meals, Saccharomyces boulardii (3), Mg-Zyme (4-6) or Mg-Orotate 500 (2) or Aqua Mag-Cl (2-3 tsp) at bedtime to bowel tolerance, Bio-K Mulsion (1-2 drops)

**Alternative Support:** Tea Tree (*Melaleuca alternifolia*) oil (transdermal topically)

**BURNS | Adjunctive Support following Medical Treatment**

Intenzyme Forte (10) ASAP after injury, then (20) on an empty stomach to onset of healing, then (9) daily, BioProtect (6), Bio-Ae-Mulsion Forte (10 drops) for 30 days, then (5 drops), L-Arginine (12), Bio-GGG-B (6-9), Multi-Mins *Iron & Copper Free* (3), Gammanol Forte (3), NutriClear or NutriClear Chocolate and Whey Protein Isolate - Original, Chocolate or Vanilla or Pea Protein Isolate or Whey Protein Concentrate (2 scoops) between meals

**Amino Acids Support:** Amino Sport (3-6), Chlorocaps (6-9), Cytozyme-THY (3-9)

**Secondary Support for Scarring Minimization:** Blackcurrant Seed Oil or Evening Primrose Oil (6-9), Bio-E-Mulsion Forte (30 drops) in Aloe (*Aloe vera*) juice with Liquid Iodine Forte (30 drops) applied topically to burns three times daily, Chlorocaps or Chlorella Caps (3), Mg-Zyme (3-6) or Mg-Orotate 500 (2) or Aqua Mag-Cl (2-3 tsp) at bedtime, Potassium-
**Arnica**

**Kratom** (a.k.a. Mitragyna speciosa)

**With Pain:** Lipoic Acid Plus (1 day), then Bio-Iodine Forte (6 days), or Optimal EFAs Caps (3-6)

**Super Phosphozyme Liquid (40 drops), Blackcurrant Seed Oil or Evening Primrose Oil (6-9)**

**Mulsion Forte (6-12) on an empty stomach, Bio-C Plus (6) or Bio-C Plus 1000 (3), EGCG-200mg (2), Bio-Cyanidins (3), Chondro-Plus or ChondroSamine Plus (1) every waking hour until symptomatic relief, then (4) daily until symptoms abate

**Acute with Hypoadrenia:** ADB5-Plus (3-6), Cytozyme-AD (3-6)

**Acute with Low Phosphorus:** Super Phosphozyme Liquid (3-6 droppers) or Super Phosphozyme (3-6)

**Acute with Mineral Deficiency:** Bio-CMP or Ca/Mg-Zyme (9-18)

**Acute with Pain:** Bio-Allay (3-6), Sculacia (3-6), DL-Phenylalanine (3)

**Alternative Pain Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Blue Lotus (Nymphaea caerulea), Wild Opium Lettuce (Lactuca vivosa), Kratom (Mitragyna speciosa), Kava Kava (Piper methysticum), White Willow (Salix alba), Arnica (Arnica montana) pellet, cream, gel or ointment

**Secondary Support:** B12-2000 Lozenges (1) six times daily, KappArest (8), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), Bio-D-Mulsion Forte (2-4 drops), Liquid Iodine Forte (60 drops) or Iodizyme-HP (½), Bio-B 100 (15), Folate-5 Plus (1-3), MSM (3) or MSM Powder (1 tsp), CoQ-Zyme 30 or CoQ-Zyme 100 (1-3), Bromelain Plus (3) on an empty stomach

**Alternative Support:** Turmeric/Curcumin (BCM-95®), N-Acetylglucosamine (NAG), Boron (mineral) or Boric Acid (Acidum boricum), Silica (Silicon dioxide), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**Bursitis, Chronic | Bursa Inflammation - Shoulder, Elbow, Knee Joint**

Super Phosphozyme Liquid (40 drops), Blackcurrant Seed Oil or Evening Primrose Oil (6-9) or Optimal EFAs Caps (6-9) or EFA-Sirt Supreme (12), Liquid Iodine (40 drops) or Liquid Iodine Forte (20 drops), Osteo-B II (6-12) or Osteo-B Plus (6-9) Bio-B Complex (6) for 30 days, then Bio-B 100 (9), B12-2000 Lozenges (2), KappArest (8), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), Bio-D-Mulsion Forte (2-4 drops)

**With Pain:** Bio-Allay (3), Sculacia (3), DL-Phenylalanine (1-3)

**Alternative Pain Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Blue Lotus (Nymphaea caerulea), Wild Opium Lettuce (Lactuca vivosa), Kratom (Mitragyna speciosa), Kava Kava (Piper methysticum), White Willow (Salix alba), Arnica (Arnica montana) pellet, cream, gel or ointment

**Rule out gastric dysfunction (hypochlorhydria), inflammation, essential fatty acid (EFA) and mineral deficiencies, tissue alkalinity, and injury.**

HCL-Plus (1) per waking hour, Bio-Ae-Mulsion (1 drop) per waking hour, Bio-E Mulsion (5 drops) per waking hour, Blackcurrant Seed Oil or Evening Primrose Oil (6-9), Mn-Zyme (1-3), Amino Sport (6-12), Intenzyme Forte (6-12) on an empty stomach, Bio-C Plus (6) or Bio-C Plus 1000 (3), EGCG-200mg (2), Bio-Cyanidins (3), Chondro-Plus or ChondroSamine Plus (1) every waking hour until symptomatic relief, then (4) daily until symptoms abate

**Acute with Hypoadrenia:** ADB5-Plus (3-6), Cytozyme-AD (3-6)

**Acute with Low Phosphorus:** Super Phosphozyme Liquid (3-6 droppers) or Super Phosphozyme (3-6)

**Acute with Mineral Deficiency:** Bio-CMP or Ca/Mg-Zyme (9-18)

**Acute with Pain:** Bio-Allay (3-6), Sculacia (3-6), DL-Phenylalanine (3)

**Alternative Pain Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Blue Lotus (Nymphaea caerulea), Wild Opium Lettuce (Lactuca vivosa), Kratom (Mitragyna speciosa), Kava Kava (Piper methysticum), White Willow (Salix alba), Arnica (Arnica montana) pellet, cream, gel or ointment

**Secondary Support:** B12-2000 Lozenges (1) six times daily, KappArest (8), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), Bio-D-Mulsion Forte (2-4 drops), Liquid Iodine Forte (60 drops) or Iodizyme-HP (½), Bio-B 100 (15), Folate-5 Plus (1-3), MSM (3) or MSM Powder (1 tsp), CoQ-Zyme 30 or CoQ-Zyme 100 (1-3), Bromelain Plus (3) on an empty stomach

**Alternative Support:** Turmeric/Curcumin (BCM-95®), N-Acetylglucosamine (NAG), Boron (mineral) or Boric Acid (Acidum boricum), Silica (Silicon dioxide), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)
**Optional Alternative Protocol:** Intravenous vitamin B12 (Wright)

**CADMIUM, HEAVY METAL DETOXIFICATION**
Porphyra-Zyme (12) on an empty stomach, BioProtect (6), MSM (3) or MSM Powder (1 tsp), Zn-Zyme Forte (3), Bio-Multi Plus *Iron & Copper Free* (6), Methionine-200 (3), L-Lysine HCl (3), Chlorocaps or Chlorella Caps (3-6), HR#7 Heavy Metal Detox (1 capful) for one week, then (2 capfuls) for 30 days

**Secondary Support:** Basic Nine (6), Garlic Plus (6), Bio-E-Mulsion Forte (30 drops) or E-Mulsion 200 or E-200 H† (1), Tocotrienols (2), Methionine-200 (3)

**Alternative Support:** Coriander (*Coriandrum sativum*) a.k.a. Cilantro, Alfalfa (*Medicago sativa*), Burdock (*Arctium lappa*), Red Clover (*Trifolium pratense*), Milk Thistle (*Silybum marianum*, silymarin)

**CALCIUM DEFICIENCY, FREQUENT FEVERS**
Bio-CMP (3-6) or C/Cal/Mag Powder (2-3 tsp), Bio-D-Mulsion Forte (2-4 drops), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12)

**Secondary Support:** Bio-Immunozyme Forte (3-6), if caused by immune insufficiency

**CALCIUM DEFICIENCY, GENERAL**
Osteo-B Plus or Osteo-B II (4) or C/Cal/Mag Powder (2-3 tsp), Bio-D Mulsion Forte (2-4 drops), Flax Seed Oil or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12) or SunFlax Caps (4)

**CALCIUM DEFICIENCY, MUSCLE CRAMPING, FOOT/LEG AT REST or SLEEPING**
Bio-CMP (3-6), EFA-Sirt Supreme (12) or Optimal EFAs Caps (6) or Mixed EFAs (3-6 tsp) or Flax Seed Oil (6) or SunFlax Caps (4), Bio-D-Mulsion Forte (2-4 drops), Melatonin-B6/Mg (½ tab) before bedtime

**CALCIUM DEFICIENCY, SKIN RASHES & HIVES**
Ca/Mg-Zyme or Bio-CMP (3-6), EFA-Sirt Supreme (12) or Optimal EFAs Caps (6) or Mixed EFAs (3-6 tbsp), Bio-D-Mulsion Forte (2-4 drops)

**CALCIUM, SERUM, HIGH**
EFA-Sirt Supreme (12) or Optimal EFAs Caps (6) or Mixed EFAs (2-3 tsp), Super Phosphoyme Liquid (1-2 droppers) for three weeks, Bio-K-Mulsion (1-3 drops)

**Secondary Support:** Biomega-3 (3-9) or Biomega-3 Liquid (1-2 tsp), Mg-Zyme (3-6) or Mg-Orotate 500 (2) at bedtime, K-Zyme (3-6)

**CALCIUM, SERUM, LOW**
Ca/Mg-Plus (6-9), Bio-D-Mulsion (3-6 drops) or Bio-D-Mulsion Forte (1-2 drops), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12)

**CALF MUSCLE, PULLED or STRAINED**
ChondroSamine-S or ChondroSamine Plus (3), Bio-CMP (6), Intenzyme Forte (12) on an empty stomach, KappArest (4-8), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), EFA-Sirt Supreme (12) or Optimal EFAs (6), Bio-D-Mulsion Forte (2-4 drops)

**With Pain:** Bio-Allay (3), Sculacia (3), DL-Phenylalanine (1-3)

**Alternative Pain Support:** Turmeric/Curcumin (BCM-95®), Boswellia (*Boswellia sacra*) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Blue Lotus (*Nymphaea caerulea*), Wild Opium Lettuce (*Lactuca vivosa*), Kratom (*Mitragyna speciosa*), Kava Kava (*Piper methysticum*), White Willow (*Salix alba*), Arnica (*Arnica*...
Rule out genetic predisposition, environmental triggers, excess psychological stress, cancer, supportive prophylaxis and adjuvant prevention

Anti-Cancer, Screening

Rule out magnesium, vitamin D, iodine and other vital nutrient deficiencies, chronic stress, dietary sugars and sugar substitutes (aspartame, sorbitol, sucralose), excessive dietary red meat (acid-forming), minimal dietary vegetables, cooked food dietary (enzyme-destroying), distilled water intake (acidic), digestive enzymes insufficiency, minimal to no exercise, synthetic hormones (parabens, birth control pills), environmental toxins, chronic inflammation, oxygen deficit (shallow breathing), toxic exposure (chemicals, plastics, etc.), estrogen dominance (unfermented soy phytoestrogens), excessive clinical radiation, EMF over-exposure, obesity, oral/dental infections, and metaphysical deficits (anger, bitterness, unforgiveness).

VascoSirt (10), ResveraSirt-HP (1-3), Intenzyme Forte (12-36) on an empty stomach, Cytozyme-Trachea (12), Dismuzyme Plus Granules (3 tbsp), KappArest (8), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), Bio-Ae-Mulsion Forte (15 drops), Bio-D-Mulsion Forte (2-5 drops), MCS-2 (3), Beta-TCP (6), Mixed EFAs (2 tbsp) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Liquid Iodine Forte (30 drops) or Iodizyme-HP (½-1), Bio-C Plus (6) or Bio-C Plus 1000 (3), L-Ariginine (3), Bio-Immunozyme Forte (12), IAG (3 tsp), Bio-FCTS or Bio-Cyanidins (3-6), EGCG-200mg (2), POA-Phytolens (3), Ca D-Glucarate (3-9), NAC or GSH-Plus (3), Chlorocaps or Chlorella Caps (6), Cytozyme-THY (3), Garlic Plus (3-6), B12-2000 Lozenges (3), Se-Zyme Forte (2-5) or Selenomethionine (2-3), B6-Phosphate (6-12), L-Carnitine Powder (1 tsp), ORoganic-15 (3), Tocotrienols (2), BioDoph-7 Plus (2-4), Saccharomyces boulardii (3), Immuno-gG (6), Inositol (2) or Inositol Powder (1½ tsp), HR#2 Lymphatic Drainage (1 capful)

With Pain: Bio-Allay (3), Sculacia (3), DL-Phenylalanine (3)

Alternative Pain Support: Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Blue Lotus (Nymphaea caerulea), Wild Opium Lettuce (Lactuca vivosa), Kratom (Mitragyna speciosa), Kava Kava (Piper methysticum), White Willow (Salix alba), Arnica (Arnica montana) pellet, cream, gel or ointment

Secondary Support: 10-Day BioDetoxification Kit (Pea or Whey), NitroGreens (1 scoop)

Alternative Support: Turmeric/Curcumin (BCM-95®), Indole-3-Carbinol (I3C) and/or Diindolylmethane (DIM), Bitter Melon (Momordica charantia), Sea or Rock Crystal Salt, Milk Thistle (Silybum marianum, silymarin), Chamomile (Matricaria chamomilla) tea, Beta-glucan (polysaccharide sugars), Intravenous Ascorbic Acid (IAA), Aromatherapy, Massage, Acupuncture, Meditation, Biofeedback, Yoga, Cruciferous vegetables (broccoli, Brussels sprouts, cabbage, and cauliflower for its Isothiocyanates), Magnesium (Chloride) Oil (transdermal topically), Coffee (Coffee cruda/arabica) organic & dark roasted, Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C), Black Seed (Nigella sativa)

Cancer, Screening

Anti-Malignan Antibody Screen (AMAS) Blood Test (www.amascancertest.com)

Cancer, Supportive Prophylaxis and Adjuvant Prevention

Rule out genetic predisposition, environmental triggers, excess psychological stress,
depression, pharmaceutical drugs (SSRIs and Statins), excessive intake of alcohol, tobacco, processed and refined foods, charred broiled meats, high-carb and/or high-protein diet, cooked food diet, unfermented soy products, sugars and artificial sweeteners (aspartame, sorbitol, sucralose), aluminum antiperspirants, lack of exercise, obesity, abortion, sunshine and/or vitamin D deficiency, environmental toxins (chemical cleansers and cosmetics), contaminated drinking water, microwaved foods, et cetera ad infinitum given our 21st century culture.

Bio-D-Mulsion Forte (3-5 drops), 10-Day BioDetoxification Kit (Pea or Whey) Program (2), Bio-Immunozyme Forte (3), Intenzyme Forte (6) on an empty stomach, Bio-Trophic Plus (3), VasculoSirt (10), ResveraSirt-HP (1-3), BioProtect (3), Flax Seed Oil (6) or SunFlax Caps (4) or Biomega-3 (6) or Biomega-3 Liquid (1-2 tsp) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), BioProtect (3), IAG (1-2 tsp), Garlic Plus (3-6), Dismuzyme Plus Granules (1-2 tsp), Liquid Iodine Forte (10 drops), Folic Acid 800 (2), B12-2000 (1), Zn-Zyme (2), Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3), Cytozyme-THY (3), NitroGreens (1 scoop), Whey Protein Isolate (Lactoferrin protein) or Pea Protein Isolate or Whey Protein Concentrate (2 scoops), Berberine HCl (2), NAC (3), L-Glutamine (3) or L-Glutamine Powder (2 tsp), Immuno-gG (6), Ca D-Gluaracate (3), EGCG-200mg (1-2)

Breast, Uterine or Ovarian Cancer - Genetic Predisposition to Feminizing Cancer:
Iodizyme-HP (1-3), Livitrit Plus (3-6) and Beta-TCP (6-12) or MCS-2 (6-12), Bio-D-Mulsion Forte (3-5 drops), Phosphatidylcholine (3-6), Liquid Iodine Forte (5-20 drops), Tocotrienols (3), Ca D-Gluaracate (3-6), CLA (3), CoQ-Zyme 30 or CoQ-Zyme 100 (1-3), Se-Zyme Forte (2) or Selenomethionine (1), Methylfolate Plus (3) or 5-MTHF Plus Forte (1), GSH-Plus (3) or NAC (3-6), Dismuzyme Plus (3-6), KappArest (6-9), Basic Nine (1), Bio-Cyanidins (3), BioFCTS (3-9), EGCG-200mg (2), Cytozyme-THY (3), Cytozyme-AD (3-6) or ADB5-Plus (4), Cytozyme-F (3), Immuno-gG (6), B12-2000 Lozenges (1-3), Melatonin-B6/Mg (½ tab) before bedtime

Colon Cancer:
Bio-D-Mulsion Forte (3-5 drops), Bromelain Plus CLA (3-6), Saccharomyces boulardii (3), GSH-Plus (3-6), CoQ-Zyme 30 or CoQ-Zyme 100 Plus (1-3, Immuno-gG (6-9), Bio-C Plus (6-12) or Bio-C Plus 1000 (3-6), Ginkgo Biloba (3-6), POA-Phytolens (3-6), Selenomethionine (1), EGCG-200mg (1-2), TMG Powder (1-2 level tsp)

Prostate Cancer:
Bio-D-Mulsion Forte (3-5 drops), Palmetto-Plus Forte (3-9), KappArest (3-9), Lipoic Acid Plus or R-Lipoate CBG (1-3), Bio-FCTS (3-9), EGCG-200mg (1-2), Iodizyme-HP (1) or Liquid Iodine Forte (30-90 drops), Cytozyme-THY (3), Aqueous Zinc (3 tsp), Aqueous Selenium (3 drops) or Selenomethionine (1), Garlic Plus (3-6), Immuno-gG (6-9), Dismuzyme Plus (3) or Dismuzyme Plus 5000 (3), GSH-Plus (3), Cytozyme-M (3), NitroGreens (1 scoop)

Alternative Support: Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C), Ginger (Zingiber officinale)

BRC products with potential to provide adjunctive, "anti-cancer" nutrients:

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Myrrh (Commiphora myrrha), Nattokinase & Serrapeptase (enzymes from natto & silk worm), Echinacea (Echinacea angustifolia), Astragalus (A. membranaceus), Sodium Bicarbonate (baking soda), Apple Cider Vinegar & Honey (raw organic), Genistein (soy, red clover, coffee), Ginger (Zingiber officinale), Carotenoids, Benign Bacteria: Clostridium acetobutylicum, Lactobacillus casei, Streptococcus thermophilus, Streptomyces parvulus, Coconut (MCTs) and Olive Oils (raw organic), Black Cohosh (Actaea racemosa), Indole-3-Carbinol (I3C), Diindolylmethane (DIM) & Sulforaphane (cruciferous vegetables), Feverfew (Tanacetum parthenium), Kelp, Theanine, D-Limonene (citrus fruit peel extract), Dimethyl sulfoxide (DMSO), Inositol hexaphosphate (IP-6), Milk Thistle (Silybum marianum, silymarin), Citrus Pectin, Mistletoe (Viscum album), Dimethylglycine (DMG), Bee Propolis (bee resin flavonoid), Chamomile (Matricaria chamomilla) for the apigenin flavonoid, Lycopene (red plant/vegetable carotenoid), Luteolin (citrus bioflavonoid), Coffee (Coffee cruda/arabica) organic & dark roasted, Pomegranate (Punica granatum), Ketogenic Diet, Piperine (black pepper), Green Tea (Camellia sinensis), Black Seed (Nigella sativa), Earthing/Grounding, and Medical Marijuana (see the note below for the latest information on this controversial subject)

**N.B.** The U.S. National Cancer Institute (NCI) of the National Institutes of Health (NIH) has finally confirmed that recent "preclinical marijuana studies" (published on PubMed and the National Library of Medicine) have confirmed the clinical efficacy of “cannabinoids” in cancer treatment by inhibiting tumor growth thereby causing cell death, blocking cellular growth and the development of blood vessels (angiogenesis), which impedes the delivery of nutrients for continuing cancer growth (August 2015).

**CANDIDA ALBICANS (Candidiasis) | Chronic Fungal/Yeast Infection**

Rule out adrenal and immune dysfunction, long-term antibiotic therapy or hormone replacement therapy (HRT), hypochlorhydria, carbohydrate intensive diet, digestive dysfunction with inflammation, and dysbiosis; eliminate all refined and high-glycemic index/glycemic load (GI/GL) carbohydrates, alcohol, fermented foods, dairy, hydrogenated fats and oils, fruit juices, and simple sugars.

10-Day BioDetoxification Kit (Pea or Whey) Program (2), then A.D.P. (5) three times daily before meals for one week, then (3) three times daily, Bio-B 100 (12), MSM (3) or MSM Powder (1 tsp), Caprin (6-9), FC-Cidal (6), Bio-FCTS (3-6), EGCG-200mg (2), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Blackcurrant Seed Oil (3), Garlic Plus (3-6), Liquid Iodine (30 drops) or Liquid Iodine Forte (15 drops) twice daily or Iodizyme-HP (½); after three weeks, reduce protocol by 50% and add Lactozyme (6) before meals, Saccharomyces boulardii (3), HR#8 Fungal/Yeast Infection (3-4 capfuls)
**Vaginal Tract Fungal/Yeast Infection:** Douche once daily for seven days with Liquid Iodine Forte (100 drops), Bio-Ae-Mulsion (10 drops), Lactozyme (2 crushed), Chlorocaps (1) in warm distilled water for up to 10 minutes duration

**Secondary Support:** Neonatal Multi-Gland (9), Bromelain Plus (3), GSH-Plus (3), Bio-C Plus (6) or Bio-C Plus 1000 (3), E-Mulsion 200 or E-200 H (2), Tocotrienols (2), L-Glutamine (3) or L-Glutamine Powder (1 tsp), BioProtect (3), Dismuzyme Plus Granules (1 tbsp), BioDophilus-FOS (1 tsp) or BioDoph-7 Plus (3)

**With Pain:** Bio-Allay (3), Sculacia (3), DL-Phenylalanine (1-3)

**Alternative Pain Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Blue Lotus (Nymphaea caerulea), Wild Opium Lettuce (Lactuca vivosa), Kratom (Mitragyna speciosa), Kava Kava (Piper methysticum), White Willow (Salix alba), Arnica (Arnica montana) pellet, cream, gel or ointment

**Alternative Support:** Aloe (Aloe vera) juice, Olive Leaf (Olea Europaea), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**Canker Sores (Aphthous Ulcers) | Herpes Simplex Virus Type 1**

**Rule out hypochlorhydria, biliary insufficiency or stasis, mineral (calcium, magnesium, iodine) insufficiency, adrenal dysfunction, dysbiosis, and food (citrus, dairy, shell fish, gluten, nightshade vegetables) sensitivities; avoid toothpaste with sodium lauryl sulfate.**

UltraVir-X (3-9), L-Lysine HCl (3-6), Bio-Multi Plus Iron & Copper Free (6), Lactozyme (6) or BioDophilus-FOS (1 tsp), Bio-C Plus (6) or Bio-C Plus 1000 (3), Blackcurrent Seed Oil or Evening Primrose Oil (6-9) or Optimal EFAs Caps (3-9), SunFlax Caps (4), Hydro-Zyme (9) or Betaine Plus-HP (3) with meals, IAG (3 tsp), ADHS (1-3), Se-Zyme Forte (2) or Selenomethionine (1), Zn-Zyme Forte (1), Folate-5 Plus (1), B12-2000 (1)

**Secondary Support:** L-Glutamine Powder (5-10 tsp), Bio-CMP (3-6) or C/Cal/Mag Powder (3-6 tsp), Beta-TCP (6), Bio-FCTS (4) before meals, EGCG-200mg (2), Bio-B 100 (3-6), HR#4 Detox Virus (2 capsfuls), HR#5 Chronic Stress (1 capful)

**Alternative Support:** Myrrh (Commiphora myrrha), Witch Hazel (Hamamelis virginiana), Bee Propolis (bee resin flavonoid), Calendula (Calendula officinalis), Charcoal (topically), Alfalfa (Medicago sativa), Burdock (Arctium lappa), Goldenseal (Hydrastis canadensis), Red Clover (Trifolium pratense), Comfrey (Symphytum officinale) transdermal topically, Sodium Bicarbonate (mouthwash), Apple Cider Vinegar & Honey (raw, organic), Beeswax Lip Balm, Lysine/Zinc Oxide Lip Balm, Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**Capillary Fragility | Microvasculature Easily Bruised**

**Rule out bioflavonoid deficiency (vitamin C), hepatobiliary congestion, increased blood viscosity, anemia, hormonal imbalance, and spleen dysfunction.**

Bio-FCTS (3-9), EGCG-200mg (2), Bio-Cyanidins (3-9), Beta-TCP (6), Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3), Chlorocaps or Chlorella Caps (6), Bio-K Mulsion (2-4 drops), MCS-2 (3-6), MSM (3) or MSM Powder (1 tsp)

**Secondary Support:** C/Cal/Mag Powder (1-3 tsp), Purified Chondroitin Sulfates (3), EFA-Sirt Supreme (12) or Optimal EFAs Caps (6), Cytozyme-THY (3)

**Alternative Support:** Butcher's Broom (Ruscus aculeatus), Ascorbyl Palmitate (fat-soluble
vitamin C), Liposomal C (molecule-soluble vitamin C)

**CARBOHYDRATE SENSITIVITY (Syndrome X/Metabolic Syndrome) | Abnormal Blood Glucose Metabolism w/Insulin Resistance Leading to CAD, Diabetes, Stroke**

Rule out adrenal dysfunction (hyperadrenia), digestive dysfunction, reactive hypoglycemia, fungal infection, excess carbohydrate intake, and vitamin (thiamine) and mineral (magnesium) deficiencies associated with decreased Kreb's cycle ATP energy production.

10-Day BioDetoxification Kit (Pea or Whey) Program (2), then:

*With Normal Blood Pressure and Lipid (HDL, LDL, Triglycerides) Levels:* Bio-Glycozyme Forte (9), Cytozyme-PAN (6), Bio-3B-G (6) before bedtime

*With Decreased Blood Pressure:* Cytozyme-AD (6) or ADB5-Plus (4)

*With Increased Triglycerides, Decreased HDL, or Increased LDL Cholesterol:* Gluco-Balance (9), ADHS (2-4) with breakfast and lunch, Cytozyme-PAN (6), Biomega-3 (6) or Biomega-3 Liquid (1-2 tsp) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12)

*With Reactive Hypoglycemia/Syndrome X:* Betaine Plus-HP (3) with meals increased by (1) every third day to gastric distress

*With Abnormal Blood Lipid Panel (Increased LDL and/or Triglycerides, Decreased HDL) following Weight Loss and Decreased Blood Pressure:* PCOH-Plus (3-6) and Tocotrienols (2)

**Secondary Support:** Neonatal Multi-Gland (6), Lipoic Acid Plus (3-6) or R-Lipoate CBG (1-2), NutriClear or NutriClear Chocolate, Whey Protein Isolate - Original, Chocolate or Vanilla or Pea Protein Isolate or Whey Protein Concentrate (2 scoops) between meals, Cytozyme-PT/HPT (3-6)

**CARBUNCLES | Localized Bacterial Skin Infection**

Liquid Iodine or Liquid Iodine Forte topically applied to the lesion after applying moist heat three times daily, Bio-Immunozyme Forte (9), Intenzyme Forte (5) four times daily between meals for one week, then (3) three times daily between meals until resolved, Neutrophil Plus (2) three times daily before meals

*Secondary Support:* Cytozyme-THY (6), Bio-Ae-Mulsion (3 drops) in water twice daily for one week, then (2 drops) daily, IAG (3 tsp) daily

**CARDIAC ARRHYTHMIA (Dysrhythmia) | Irregular Heartbeat**

Rule out vitamin (thiamine, choline) and mineral (copper, magnesium) deficiencies, cardiac tissue trauma, heart valve stenosis or fibrosis, and increased blood viscosity in hypertension.

Bio-Carboxyzyme Forte (9-12), VasculoSirt (10), ResveraSirt-HP (1-3), Cytozyme-H (3-6), Bio-3B-G (3-9), Phosphatidylcholine (3), Biomega-3 (6) or Biomega-3 Liquid (1-2 tsp) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Lipid-Sirt (8), Mg-Zyme (4) or Mg-Orotate 500 (2) or Aqua Mag-Cl (2 tsp) at bedtime increased by (1 tsp) daily to bowel tolerance, Purified Chondroitin Sulfates (3), OOrganic-15 (9-15), EGCG-200mg (1-2), Melatonin-B6/Mg (½ tab) before bedtime

*With Decreased Blood Pressure:* Bio-3B-G (6-12) between meals, ADB5-Plus (4)

*With Increased Blood Pressure:* Bio-CarboxySirt BP (1 rounded scoop), Bio-GGG-B (6-12), CoQ-Zyme 30 (6) or CoQ-Zyme 100 Plus (3)

*Secondary Support:* Taurine (3), L-Carnitine (6), Cu-Zyme (1), E-Mulsion 200 (2) or E-200
CARDIOVASCULAR SYSTEM, LOW PALMITATE (FAT)

Alternative Support: Turmeric/Curcumin (BCM-95®), Magnesium (Chloride) Oil (transdermal topically)

CARDIOVASCULAR DISEASE (CVD) | Heart Muscle w/Related Vascular Disorders

Rule out chronic inflammation and stress, excessive omega-6 EFAs (vegetable oils), inadequate exercise, excessive alcohol intake (limit of 2 glasses of wine daily), smoking, and statin drug "side" effects.

Bio-Cardiozyme Forte (3-9), Cytozyme-H (3-6), Vasculosirt (10), ResveraSirt-HP (1-3), Dr. Houston's Lipid Kit or Lipid-Sirt (8), Biomega-3 (6) or Biomega-3 Liquid (1-2 tsp) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), CoQ-Zyme 30 or CoQ-Zyme 100 (1-3), Intenzyme Forte (12) on an empty stomach, OOrganic-15 (6), Bio-B 100 (3-9), Bio-FCTS (4), EGCG-200mg (1-2), Bio-D-Mulsion Forte (2-4 drops), Folic Acid 800 (1), Bio-CMP (3), E-Mulsion 200 or E-200 H₂ (1-2), Tocotrienols (2), D-Ribose (2 tsp), Bio-Trophic Plus (3), NitroGreens (1 scoop), L-Arginine (3), Bio-Ae-Mulsion Forte (1-2 drops), Bio-K-Mulsion (1-2 drops), Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3), Se-Zyme Forte (1) or Selenomethionine (1)

Heart Healthy, Anti-Inflammatory Diet: Nuts, Fish, Beans/Legumes, Spices/Herbs, Avocado, Fruit (fresh organic), Flaxseed raw organic, Greens (leafy organic), Wheat Germ, Green Tea (Camellia sinensis)

Secondary Support: De-Stress (1-2), Mood Enhancer (1-2) before meals or at bedtime, Bio-Cyanidins (3), Acetyl-L-Carnitine (3), Taurine (3), KappArest (8), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), DopaTropic Powder (1 rounded tsp), Blackcurrant Seed Oil (1-3) or Evening Primrose Oil (1-3), Garlic Plus (3-6), Phosphatidylcholine (3), Ginkgo Biloba (3)

Alternative Support: Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Quercetin (plant/food bioflavonoid), White Tea (EGCG), Pomegranate (Punica granatum) juice and extract, Chocolate (Cocoa Flavanols 70-85%+ Cacao), Ashwagandha (Withania somnifera), Rhodiola (Rhodeola rosea), Cordyceps Mushroom (Cordyceps sinensis), Magnesium (Chloride) Oil (transdermal topically), Strontium (alkaline metal), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C), Hemp Seed (Cannabis sativa), Earthing/Grounding

CARDIOVASCULAR SYSTEM, HIGH BLOOD PRESSURE (Hypertension)

Bio-CardioSirt BP (1 rounded scoop), Renal Plus or Nephra-Zyme (9), ADHS (3), Vasculosirt (10), ResveraSirt-HP (1-3), Flax Seed Oil (6) or SunFlax Caps (4) or Biomega-3 (6) or Biomega-3 Liquid (1-2 tsp) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Mg-Zyme (6) or Mg-Orotate 500 (2) at bedtime or Aqua Mag-Cl (3 tsp) in choice of beverage, then (2-3 tsp) every hour to bowel tolerance, Beta-TCP (6), Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3), Bio-Trophic Plus (3), NitroGreens (1 scoop)


Alternative Support: Coconut (MCTs) and Olive Oil (extra virgin organic), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C), aerobic exercise

CARDIOVASCULAR SYSTEM, LOW BLOOD PRESSURE (Hypotension)
Secondary Support: Cytozyme-AD (3-6) or ADB5-Plus (4) with adrenal insufficiency

CARDIOVASCULAR SYSTEM, SUPPORT and MAINTENANCE

Bio-Cardiozyme Forte (6) or Bio-Cardio Packs (1-2), VasculoSirt (10), ResveraSirt-HP (1-3), Dr. Houston’s Lipid Kit or Lipid-Sirt (8), Mg-Zyme (4) or Mg-Orotate (2) at bedtime, Flax Seed Oil (3-6), Biomega-3 (6) or Biomega-3 Liquid (1-2 tsp) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Bio-D-Mulsion Forte (2-4 drops), Bio-Ae-Mulsion Forte (1-2 drops), Folic Acid 800 (1), B6-Phosphate (6-12), DHEA-10 mg (1), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), CoQ-Zyme 30 or CoQ-Zyme 100 Plus (3), Bio-K Forte Caps (1-2), Bio-Trophic Plus (3), Tocotrienols (3), NitroGreens (1 scoop), Acetyl-L-Carnitine (1-3), CLA (3-6), EGCG-200mg (1-2)

Endocardium & Microbial Support: Bio-Immunozyme Forte (6-9), A.D.P. (9-12), IAG (3 tsp), Bio-FCTS (3-6), EGCG-200mg (2), Garlic Plus (6-9), Bromelain Plus CLA (6-9) on an empty stomach

Microvasculature Repair: Bio-Cyanidins (3-9), Bio-FCTS (3-9), EGCG-200mg (2), Bio-C Plus (6-12) or Bio-C Plus 1000 (3-6)

Myocardium Injury & Scarring: Cytozyme-H (3-9), Bio-Cardiozyme Forte (6-12), Bio-FCTS (3-6), EGCG-200mg (2), CoQ-Zyme 100 Plus (1-3)

Parasympathetic Dominance: Bio-3B-G (6-9), ADB5-Plus (3-6), Super Phosphozone (3), DopaTropic Powder (1-3 tsp), HCl-Plus (3-6)

Sympathetic Dominance: Bio-GGG-B (3), De-Stress (1-3), Li-Zyme Forte (3), Phenitropic (1-3), Neuro-5-HTP Plus (1-3), Bio-CMP (3), Ca/Mg-Zyme (3-6), Potassium-HP (1-2 scoops), K-Zyme (1)

Secondary Support: Bio-GGG-B (6-12), Bio-Ae-Mulsion Forte (3-6 drops), Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3), E-Mulsion 200 or E-200 H2 (3-6), BioProtect (3-6), PCOH-Plus (1-3), D-Ribose (2 tsp), L-Arginine (1-3), L-Carnitine Powder (1 tsp), L-Lysine HCl (1-3), Garlic Plus (3), Taurine (1-3), Ginkgo Biloba (3), Potassium-HP (1 scoop), Selenomethionine (1)

Alternative Support: Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Coconut (MCTs) and Olive Oil (extra virgin organic), Quercetin (plant/food bioflavonoid), Hawthorn (Crataegus oxyacantha/monogyna), Coffee (Coffea cruda/arabica) organic & dark roasted, Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

CARPAL TUNNEL SYNDROME (CTS) and REPEITIVE STRAIN INJURY (RSI)

Rule out occupational stress, joint dysfunction (wrist, elbow, etc.), tissue alkalinity, and vitamin (B6) and mineral (magnesium, zinc) deficiencies.

Intenzyme Forte (9-12) on an empty stomach, B6 Phosphate (12), CoQ-Zyme 30 or CoQ-Zyme 100 (1-3), Mg-Zyme (6) or Mg-Orotate 500 (2) or Aqua Mag-Cl (2-3 tsp) in choice of beverage at bedtime increased daily to bowel tolerance, Zn-Zyme Forte (3), Bromelain Plus (3) on an empty stomach, ChondroSamine Plus or ChondroSamine-S (3-6), Bio-GGG-B (3-9), Phosphatidylcholine (3)

Secondary Support: Osteo-B Plus or Osteo-B II (6), HCl-Plus (6-9), Renal Plus or Nephra-Zyme (9-12), Cytozyme-AD or ADB5-Plus (3-6), MSM (1-2), Ginkgo Biloba (3), St. John's
Fortem (3), Mood Enhancer (1-2) before meals or at bedtime

**Optional Alternative Protocol:** Liquid B12 with Dimethyl sulfoxide (DMSO) applied to the underside of the affected wrist (Wright)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Magnesium (Chloride) Oil (transdermal topically), Boswellia (Boswellia sacra) a.k.a. Frankincense, Skullcap (Scutellaria baicalensis), Butcher's Broom (Ruscus aculeatus), Marshmallow (Althaea officinalis), Aloe (Aloe vera), Devil's Claw (Harpagophytum procumbens)

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**CARTILAGE INJURIES | Connective Tissue Damage and Repair**

Bio-Musculoskeletal (1-3), Purified Chondroitin Sulfates (6-12), ChondroSamine-S or ChondroSamine Plus (3-9), Chondro-Plus (3-9), Intenzyme Forte (12) on an empty stomach, KappArest (8), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), C/Cal/Mag Powder (1-3 tsp), Bio-D-Mulsion Forte (4-8 drops), MSM (3-9) or MSM Powder (1-3 tsp), Optimal EFAs Caps or EFA-Sirt Supreme or Biomega-3 (3-6) or Biomega-3 Liquid (1-2 tsp), Mn-Zyme (1-3), Cytozyme-Trachea (6-9), Amino Sport (6-12)

**Female Anabolic Hormone Support:** Cytozyme-F or Cytozyme-O (6-12)

**Male Anabolic Hormone Support:** Cytozyme-M or Cytozyme-Orchic (6-12)

**With Stress:** ADHS (3) or ADB5-Plus (4) before noon

**With Pain:** Bio-Allay (3), Sculacia (3), DL-Phenylalanine (1-3)

**Alternative Pain Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Blue Lotus (Nymphaea caerulea), Wild Opium Lettuce (Lactuca vivosa), Kratom (Mitragyna speciosa), Kava Kava (Piper methysticum), White Willow (Salix alba), Arnica (Arnica montana) pellet, cream, gel or ointment

**Secondary Support:** Ca/Mg-Zyme (6-12), Gammanol Forte (6-12), Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3), ECGC-200mg (2), Osteo-B II (3-9), Whey or Pea Protein Isolate (2 scoops)

**Alternative Support:** Water in abundance, Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

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**CEPHALAGIA, GENERAL or TENSION | Non-Specific Symptom Headache**

Mg-Zyme (6) or Mg-Orotate 500 (2) at bedtime or Aqua Mag-Cl (3 tsp) in beverage choice, HistoPlex-AB (6), MCS-2 (3), Beta-TCP (3-6), EFA-Sirt Supreme (12) or Optimal EFAs Caps (6) or Biomega-3 (6) or Biomega-3 Liquid (1-2 tsp), Bromelain Plus (3-6) on an empty stomach, CoQ-Zyme 30 or CoQ-Zyme 100 (3), Cognitive Enhancer (1) before breakfast & (1) before lunch or dinner, Mood Enhancer (1-2) before meals or at bedtime, Melatonin-B6/Mg (½ tab) before bedtime

**With Stress:** ADHS (3) or ADB5-Plus (4) before noon

**With Pain:** Bio-Allay (3-6), Sculacia (3-6), DL-Phenylalanine (3-6)

**Alternative Pain Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Blue Lotus (Nymphaea caerulea), Wild Opium Lettuce (Lactuca vivosa), Kratom (Mitragyna speciosa), Kava Kava (Piper methysticum), White Willow (Salix alba), Arnica (Arnica montana) pellet, cream, gel or ointment

**Secondary Support:** 5-HTP (1-3) or 5-HTP Plus Forte (1) or Neuro-5-HTP Plus (1-3), Li-Zyme Forte (3-6), V.H.P. (1-3), Bio-B 100 (3-6), MSM (3) or MSM Powder (1 tsp), Ginkgo
IPS (6), B12-2000 Lozenges (1-2), Acetyl-L-Carnitine (3), Bio-Glycozyme Forte (3-6), Cytozyme-AD (3-16), Garlic Plus (3), Dismuzyme Plus (3) or Dismuzyme Plus 5000 (3), St. John’s Forte (2-4), Mood Enhancer (1-2) before meals or at bedtime, Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3), EGCG-200mg (2), TMG Powder (1-2 level tsp), Melatonin-B6/Mg (½ tab) before bedtime

Secondary Support: NitroGreens (1 scoop), 7-Keto-Zyme (1-3) or 7-Keto-Zyme Forte (1), Porphyra-Zyme (12), Neonatal Multi-Gland (6), Bio-3B-G (6-12), Mn-Zyme (1), Mg-Zyme (1-3) or Mg-Orotate 500 (2) at bedtime, Super Phosphozyme Liquid (60 drops), Acetyl-L-Carnitine (3), L-Tyrosine (3), CoQ-Zyme 30 or CoQ-Zyme 100 Plus (1-3), DHEA-5 mg (1) or 7-Keto-Zyme (1), Pregnenolone 25 (1)

Alternative Support: Coconut Oil (organic extra virgin), Vinpocetine derived from Lesser Periwinkle (Vinca minor), Boron (mineral) or Boric Acid (Acidum boricum), Ginseng (Panax ginseng), Rosemary (Rosmarinus officinalis), Dimethylaminoethanol (DMAE), Dimethyglycine (DMG), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

CERVICAL DYSLASIA | Pre-Malignant, Abnormal Cervical Tissue Growth

Equi-Fem (6), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Blackcurrant Seed Oil or Evening Primrose Oil (6), Biocatsol Forte (3-6), Bio-FCTS (3), EGCG-200mg (2), Se-Zyme Forte (2) or Selenomethionine (1), Zn-Zyme Forte (2), Folate-5 Plus (1), Bio-Ae-Mulsion (2 drops), Bio-C Plus 1000 (3-6) or Bio-C Plus 1000 (1-3), E-Mulsion 200 or E-200 Hγ (2), Tocotrienols (3), Bio-D-Mulsion Forte (2-4 drops), B12/Folate Plus (3-6)

Alternative Support: Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

CELIAC (SPRUE) DISEASE (Gluten Intolerance) | Inability to Metabolize Gluten

Rule out hypochlorhydria, intestinal parasites, infection, food allergy/sensitivity, prolonged diarrhea, magnesium depletion, bowel dysbiosis, digestive enzymes deficit, and inflammation.

N.B. National Institutes of Health (NIH) statistics: 5-10% of the world’s population suffers from gluten sensitivity; 1 out of 133 Americans (about 3 million) have Celiac Disease, 97% of which have not been diagnosed, and 41% of which are asymptomatic (60% of children).
(12), L-Glutamine (3-6), BioDophilus-FOS (6) or BioDoph-7 Plus (3) or Lactozyme (6) before meals, Saccharomyces boulardii (3), Amino Sport (6-12)

**Secondary Support:** Bio-Cyanidins (3), EGCG-200mg (2), Neutrophil Plus (6) with bacterial infection or UltraVir-X (4) before meals with viral infection, Bio-Immunozyme Forte (3), Bio-Multi Plus (3), Neonatal Multi-Gland (6), GSH-Plus (3), Se-Zyme Forte (1-2) or Selenomethionine (1), Zn-Zyme Forte (1-2), Bio-Ae-Mulsion (3 drops), B6 Phosphate (3)

**Alternative Support:** Olive Leaf (*Olea Europaea*), Goldenseal (*Hydrastis canadensis*), Alfalfa (*Medicago sativa*)

**CEREBRAL PALSY | Paralysis/Muscular Impairment Disorder Usually at Birth**

Nuclezyme-Forte (6), Bio-GGG-B (3), Mixed EFAs (2 tbsp) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), Bioctasol Forte (3-6), Bio-D-Mulsion Forte (2-4 drops)

**CEREBROSPINAL FLUID (CSF) PRESSURE, HIGH | Tumor, Swelling or Bleeding**

*Rule out hydrocephalus.*

Bio-FTCS (3), EGCG-200mg (2), Bio-C Plus (6) or Bio-C Plus 1000 (3), HistoPlex or HistoPlex-AB (6), Argizyme (6), Beta-TCP (6), L-Glutamine (3) or L-Glutamine Powder (1 tsp)

**Secondary Support:** Bio-Cyanidins (3), ADHS (2-4) and DHEA-5 mg (1-2)

**Alternative Support:** Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**CERVICAL DYSPLASIA | Abnormal Cervix Cellular Development (Precancerous)**

*Rule out endocrine dysfunction, essential fatty acid (EFA) deficiency, anemia, tumors, cysts, endometriosis, and Syndrome X/Metabolic Syndrome from a refined carbohydrate diet.*

Folate-5 Plus (6), B-12 200 Lozenges (2), Liquid Iodine Forte (50 drops) in 2-3 ounces of water for douching three times weekly for three weeks, Liquid Iodine Forte applied topically twice per day; Dismuzyme Plus Granules (2 tbsp) 3 times daily

**With Menstrual Cramps:** Bio-CMP (4) at onset, then (2) per hour until abated to a maximum of (12); use Ca/Mg Zyme (4) per hour, if additional mineralization is required

**With Menstrual Bleeding:** Fe-Zyme in dosage required to correct anemia, Ca/Mg Plus (6)

**With Testosterone Insufficiency:** b-VITAL (2)

**With Exogenous Estrogen Therapy:** Liquid Iodine Forte (50 drops), Ca D-Glucarate (4)

**CHEEKS, CAPILLARY DILATION**

*Rule out gastric dysfunction.*

Bio-Cyanidins (6), Bio-FTCS (3), EGCG-200mg (2), ResveraSirt-HP (1-3)

**CHEILOSIS | Mouth/Lips Disorder with Fissures at Corners of Mouth**

Bio-GGG B (6) or Bio-B Complex (3), B6 Phosphate (6), Mixed EFAs (3 tbsp), Biomega-3 (6) or Biomega-3 Liquid (1-2 tsp) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Bio-D-Mulsion Forte (2-4 drops)

**CHELATION THERAPY, ORAL | Arteriosclerosis or Atherosclerosis Therapy**

Porphyra-Zyme (6) two to four times daily between meals and apart from mineral supplementation, Intenzyme Forte (6) two to four times daily on an empty stomach with Porphyra-Zyme, Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), Chondro-Plus (6), Bio-K-Mulsion
(1-3 drops), Multi-Mins *Iron & Copper Free* (3-9) after 14 days to replenish trace minerals

**Secondary Support:** Bio-GGG-B (6-12), Bio-Ae-Mulsion (3-6 drops), Cytozyme-Trachea (3-6), Bio-FCTS or Bio-Cyanidins (3-6), EGCG-200mg (2), BioProtect (3-6), Biomega-3 (6) or Biomega-3 Liquid (1-2 tsp) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Super PhosphoZyme Liquid (30-60 drops), Purified Chondroitin Sulfates (3), DopaTropic Powder (1 rounded tsp)

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**CHEMOTHERAPY (Cancer Drug Therapy) | Adjunctive Support Program**

NutriClear or NutriClear Chocolate (1-3 servings) in choice of beverage, Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), BioProtect (3), Bio-FCTS (3), NAC (3), EGCG-200mg (1-2), Liquid Iodine (10-30 drops), L-Glutamine Powder (5-10 tsp), Gammanol Forte (3), Cytozyme-THY (3), Bio-D-Mulsion Forte (3-5 drops), Whey Protein Isolate - Original, Chocolate or Vanilla or Pea Protein Isolate or Whey Protein Concentrate (2 scoops) with choice of beverage

**Secondary Support:** Livotrit Plus (3), Beta-TCP (3-12), NAC (3), Bio-Ae-Mulsion (3 drops), Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3), POA-Phytolens (6)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Boswellia (*Boswelia sacra*) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Astragalus (*A. membranaceus*), Maitake Mushroom, Ginseng (*Panax ginseng*), Milk Thistle (*Silybum marianum*, silymarin), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

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**CHEST COLD, LUNG CONGESTION**

Pneuma-Zyme or Neutrophil Plus or A.D.P. or Bio-Immunozyme Forte (4-16)

**Secondary Support:** C/Cal/Mag Powder (2-4 tsp) and IAG (2-4 tsp) in choice of beverage, HR2-Lymphatic Drainage (1 capful)

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**CHEST PAINS, DULL, WORSE on EXERTION**

*Rule out serious cardiovascular and pulmonary causes.*

Bio-Cardiozyme Forte (4), VasculoSirt (10), Mg-Zyme (6) or Mg-Orotate 500 (2) at bedtime or Aqua Mag-Cl (3 tsp) in choice of liquid, Porphyra-Zyme (9) on an empty stomach, Multi-Mins (4), Beta-TCP (6), Bio-Allay (3-6), Sculacia (3-6), DL-Phenylalanine (3-6)

**Alternative Pain Support:** Turmeric/Curcumin (BCM-95®), Boswellia (*Boswelia sacra*) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Blue Lotus (*Nymphaea caerulea*), Wild Opium Lettuce (*Lactuca vivosa*), Kratom (*Mitragyna speciosa*), Kava Kava (*Piper methysticum*), White Willow (*Salix alba*), Arnica (*Arnica montana*) pellet, cream, gel or ointment

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**CHICKEN POX (Varicella) | Contagious Herpes Zoster Viral Skin Infection**

Bio-Immunozyme Forte (3), Cytozyme-THY (3), Aqueous Multi-Plus (1 tbsp), IAG (2 tsp) in acute phase, then (1 tsp) daily, UltraVir-X (1), Cytozyme-Parotid-TS (1), Liquid Iodine (5 drops) in water, HR2-Lymphatic Drainage (1 capful), HR4-Detox/Virus (1 capful)

**Alternative Support:** Lotions (Calamine), Oatmeal (bath)

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**CHILDHOOD DISEASES (Febrile) | Chicken Pox, Measles, Mumps, Rubella, etc.**

*Rule out viral infection, malnutrition, and stress; recommend bed rest.*

Bio-Immunozyme Forte (3), Cytozyme-THY (6), Aqueous Multi-Plus (1 tbsp), IAG and
C/Cal/Mag Powder (2 tsp) each in acute phase, then (1) in chronic phase, UltraVir-X (1-3), Neutrophil Plus (1-3), Cytozyme-Parotid-TS (3), Liquid Iodine (5 drops) in water, HR#2 Lymphatic Drainage (1 capful), HR#4 Detox/Virus (1 capful)

**Alternative Support:** Lotions (Calamine), Oatmeal (bath)

**CHILDREN, UNDERDEVELOPMENT**

Cytozyme-PT/HPT (1-2), Thyrostim (1-2), GTA (1-2), Liquid Iodine (1-2) drops, Biomega-3 Liquid (1 tsp), Neonatal Multi-Gland (1-3), Gammanol Forte (1)

**Secondary Support:** PhenITropic (1), Amino Sport (1-3), L-Glutamine (1) or L-Glutamine Powder (½ tsp)

**With Hypogonadism:** Neonatal Multi-Gland (1-3), Cytozyme-M (1-3) for boys or Cytozyme-F (1-3) for girls

**CHILDREN'S HEALTHCARE - BASIC PROPHILAXIS**

Bio-D-Mulsion Forte (1-2 drops), Aqueous Multi-Plus (1 tsp - children over 4 years old)

**CHLAMYDIA | Sexually Transmitted Infection (STI) - Bacterium (C. trachomatis)**

Bio-Immunozyme Forte (6), Cytozyme-THY (15), Intenzyme Forte (12-15) on an empty stomach, A.D.P. (5) three times daily before meals for one week, then (3) three times daily before meals for one week, Bio-C Plus (12) or Bio-C Plus 1000 (6), IAG (4-6 tsp), Neutrophil Plus (6), Liquid Iodine Forte (30 drops) or Iodizyme-HP (½), Se-Zyme Forte (1-2) or Selenomethionine (1), Garlic Plus (3-6), HR#2 Lymphatic Drainage (2 capfuls), HR#9 Bacteria Detox (2 capfuls)

**Secondary Support:** BioDophilus Caps (3), FC-Cidal (3-6), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 (1-2), Zn-Zyme Forte (1)

**Alternative Support:** Astragalus (A. membranaceus), Red Clover (Trifolium pratense), Goldenseal (Hydrastis canadensis), Echinacea (Echinacea angustifolia), Kelp (brown seaweed algae), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**CHOLESTEROL, LOW (Hypocholesterolemia) | Decreased Serum Fatty Lipid Sterol**

*Rule out immune and hepatobiliary dysfunction, manganese deficiency, endocrine hyperfunction (thyroid, adrenal), vegetarian diet, dietary saturated fats insufficiency, autoimmune dysfunction (neoplastic) in severe cases, and statin drug "side" effects.*

Bio-Immunozyme Forte (6), Mn-Zyme (5-10), Livotrit Plus (3), Bio-GGG-B (6-9), Biomega-3 (6) or Biomega-3 Liquid (1-2 tsp) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12)

**Secondary Support:** Beta-TCP (6), MCS-2 (4), Neonatal Multi-Gland (6), Mixed EFAs (1-2 tbsp), PCOH-Plus (2-3)

**Alternative Support:** Coconut Oil (MCTs) and Olive Oil (organic extra virgin)

**CHOLESTEROL, HIGH (Hypercholesterolemia) | High Serum Fatty Lipid Sterol**

*Rule out endocrine dysfunction (thyroid, adrenal), carbohydrate sensitivity, lack of exercise, high-carbohydrate and sugar diet, chronic sleep deprivation, dysbiosis, essential fatty acid (EFA) deficiency, and prolonged bowel transit time; eliminate refined carbohydrates and hydrogenated trans fats from the diet, and increase dietary fiber.*

Lipid-Sirt (9), Red Yeast Rice (3-6), Niacin 100 (1-3), PCOH-Plus (6-9) daily (am, pm, and bedtime), E-200 Hγ (3-6), ResveraSirt-HP (1-3), Lipoic Acid Plus (1-3) or R-Lipoate CBG (1), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), NAC (3-6), EGCG-200mg (1-2), Garlic Plus
(3-6), Beta-TCP (6-9), Tri-Chol (3-6), Whey Protein Isolate - Original, Chocolate or Vanilla (1 scoop) or Pea Protein Isolate (1 scoop) or Whey Protein Concentrate (2 scoops) twice daily between meals, Lipid-X (1) before each meal with saturated fat (apart from Lipid-Sirt or Optional EFAs Caps), Bio-GGG-B (6-12), Bio-C Plus (6) or Bio-C Plus 1000 (3), BioDoph-7 Plus (3), E-Mulsion 200 (3), Tocotrienols (2), Bio-D-Mulsion Forte (2-4 drops), Blackcurrant Seed Oil (1-2), Cr-Zyme (3-6), V-Zyme (6-9)

**Optional Lipid Modulation Support:** Dr. Houston's Lipid Kit

**Secondary Support:** GlucoBalance (3-6), ADHS (2-4) before noon, Bio-FCTS (3), EGCG-200mg (2), Betaine Plus-HP (3), Beta Plus (6), Livitrot Plus (3-6), Tri-Chol (3-6), Berberine HCl (1-2)

**Alternative Support:** Coconut Oils (MCTs) and Olive Oils (organic extra virgin), Cinnamon (*Cinnamomum verum*) for proanthocyanidins, Beta-glucan (polysaccharide sugars), Guggul (*Commiphora mukul*) for cholesterol lowering/antioxidant properties, Red Grapefruit (*Citrus paradisi*) extract for bioactive compounds & antioxidant properties, Blueberries, Aloe (*Aloe vera*), Apple Cider Vinegar & Honey (raw, organic), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C), Astaxanthin/Lutein/Zeaxanthin (Carotenoids), Hemp Seed (*Cannabis sativa*), Glucomannan (fiber polysaccharide), Raw/Organic Diet: dairy, eggs, avocados, berries, nuts & seeds, sunshine

**CHOLESTEROL (Increase HDL/Decrease LDL) | Lipoproteins Modulation**

VasculoSirt (10), GlucoBalance (9) for 30 days, then (6) daily, EGCG-200mg (2), Flax Seed Oil or SunFlax Caps (4) or Biomega-3 (6) or Biomega-3 Liquid (1-2 tsp) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), ResveraSirt-HP (1-3), Niacin 100 (1), Whey Protein Isolate - Original, Chocolate or Vanilla or Pea Protein Isolate or Whey Protein Concentrate (2 scoops), PCOH-Plus (2) in am and pm, ADHS (1) with breakfast and lunch, Mn-Zyme (3), BioDoph-7 Plus (3), Tri-Chol (3-6), Aqueous Chromium (3-9 drops)

**Optional Lipid Modulation Support:** Dr. Houston's Lipid Kit

**Oxidized/LDL Cholesterol Program:** Bio-Ae-Mulsion Forte (3-9 drops), Mixed Ascorbate Powder (3 tsp), E-200 Hz (3-6), BioProtect (3-6), Red Yeast Rice (3-9), Niacin 100 (1-3), PCOH-Plus (3-6), Tri-Chol (3-9), Lipid-Sirt (3-9)

**Secondary Support:** Cytozyme-PAN (6), Garlic-Plus (6), Liquid Iodine (30 drops) or Liquid Iodine Forte (15 drops) in water, Berberine HCl (1)

**Alternative Support:** Coconut Oil (MCTs), Indian Gooseberry (*Phyllanthus emblica*) a.k.a. Amla, Pecan-enriched diet, Coffee (Coffee cruda/araabica) organic & dark roasted

**CHRONIC FATIGUE SYNDROME (CFS) | Myalgic Encephalomyelitis**

Rule out viral or fungal infection (mononucleosis, hepatitis, EBV, CMV, candidiasis), intestinal parasites, heavy metal toxicity, digestive dysfunction, Leaky Gut Syndrome, magnesium and trace element deficiencies, carbohydrate sensitivity, and artificial sweeteners (aspartame, sorbitol, sucralose).

10-Day BioDetoxification Kit (Pea or Whey) Program (2), then: NutriClear or NutriClear Chocolate and Whey Protein Isolate - Original, Chocolate or Vanilla or Pea Protein Isolate or Whey Protein Concentrate (2 scoops) daily between meals, IPS (3), CoQ-Zyme 100 Plus (1-2), D-Ribose (2-4 tsp), MCS-2 (3), Livitrot Plus (1-3), Beta-TCP (6), Bio-Glycozyme Forte (3) at 10 am, 3 pm and 2 hours after dinner, Cytozyme-AD (3-6), ADB5-Plus (3), Bio-
Lotus (a.k.a. Frankincense) Alternative Pain Support: Plus 1000 (3), Optimal EFAs Caps (6), L-Carnitine Powder (1 tsp), Chromium Picolinate (2), Intenzyme Forte (12-24) on an empty stomach, Basic Nine (1-2), Lipoic Acid Plus (3-6) or R-Lipoate CBG (1-2), St. John’s Forte (2-4), Mood Enhancer (1-2) before meals or at bedtime

**With Viral Issues:** UltraVir-X (3) and Bio-FCTS (6) before meals, EGCG-200mg (2)

**With Bacterial Issues:** Neutrophil Plus (3) before meals

**Secondary Support:** Phenitrocin (1-2), Bio-Cyanidins (3), Neonatal Multi-Gland (6), Mg-Zyme (4) or Mg-Orotate 500 (2) at bedtime increased by (1) daily to bowel tolerance, Cytozyme-THY (3), Cytozyme-SP (3), Garlic Plus (3), HR#1 Detoxification 1 capful), HR#2 Lymphatic Drainage (1 capful)

**Alternative Support:** Coconut Oil (MCTs), Dimethylglycine (DMG), Gamma-aminobutyric acid (GABA), Nicotinamide adenine dinucleotide (NADH), Astragalus (A. membranaceus), Black Walnut (Juglans nigra), Rhodiola (Rhodeola rosea), Beta-glucan (polysaccharide sugars), Magnesium (Chloride) Oil (transdermal topically)

**CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD) | Impaired Respiration**

Rule out asthma, emphysema, allergy, mucus, intestinal parasites, hypochlorhydria, smoking, pollution exposure, and chronic cold.

Pneuma-Zyme (6), BioProtect (6), Whey Protein Isolate - Original, Chocolate or Vanilla or Pea Protein Isolate or Whey Protein Concentrate (2 scoops), Neutrophil Plus (6), Liquid Iodine (30 drops) or Liquid Iodine Forte (15 drops) in water and Bromelain Plus CLA (12) on an empty stomach with mucus, OOorganic-15 (9) before meals, Bio-FCTS (4), EGCG-200mg (2), Bio-D-Mulsion Forte (2-4 drops), NitroGreens (1 serving), Flax Seed Oil (6) or SunFlax Caps (4), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), E-Mulsion 200 or E-200 H+ (2), Tocotrienols (2), Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3), Se-Zyme Forte (1-3) Selenomethionine (1-2), L-Carnitine Powder (1 tsp)

**Secondary Support:** Cytozyme-AD (6), ADB5-Plus (3), GSH-Plus (6), NAC (3), Bio-Immunozyme Forte (3), ResveraSirt-HP (1-3), HistoPlex (6-9) on an empty stomach, Bio-C Plus 1000 (3), Mg-Zyme (3) or Mg-Orotate 500 (2) at bedtime, Bio-Ae-Mulsion (3-9 drops), Phosphatidylycholine (3), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12)

**Optional Alternative Protocol:** Glutathione, nebulized and inhaled at 120-200 mg twice daily (Wright)

**Alternative Support:** Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**CHRONIC PELVIC PAIN SYNDROME (CPPS) | Prostatic Inflammation**

Rule out poor pelvic circulation cause by bicycle riding, for example, and chronic stress.

Palmetto-Plus or Palmetto-Plus Forte (3), EGCG-200mg (1-2), EFA-Sirt Supreme (12) or Optimal EFAs Caps (6), Bio-D-Mulsion Forte (2-4), Zn-Zyme Forte (2), Bio-C Plus (6) or Bio-C Plus 1000 (3)

**Pain Support:** Bio-Allay (3), Sculacia (3), DL-Phenylalanine (3)

**Alternative Pain Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Blue Lotus (Nymphaea caerulea), Wild Opium Lettuce (Lactuca vivosa), Kratom (Mitragyna
Aloe (Aloe vera), Kava Kava (Piper methysticum), White Willow (Salix alba), Arnica (Arnica montana) pellet, cream, gel or ointment

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Echinacea (Echinacea angustifolia), Stinging Nettle (Urtica dioica), Cramp Bark (Viburnum opulus), Chamomile (Matricaria chamomilla), Crataeva, Pomegranate (Punica granatum) seed/juice not from concentrate, Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**CIRCULATION, POOR or IMPAIRED | Cardiovascular System Disorder**

Rule out anemia, atherosclerosis, vitamin B complex deficiency, and endocrine dysfunction (pituitary, thyroid, adrenal).

Bio-Trophic Plus (3), Porphyra-Zyme (12) on an empty stomach, Intenzyme Forte (9-18) on an empty stomach, VasculoSirt (10), ResveraSirt-HP (1-3), L-Carnitine Powder (1 tsp), Super Phosphozyme Liquid (60-90 drops) in water, Nuclezyme Forte (3), B12-2000 Lozenges (3-6), Bio-GGG-B (3-6), Thyrostrong (3), Chlorocaps or Chlorella Caps (3), Neonatal Multi-Gland (6), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), Phosphatidylcholine (3)

**With Anemia:** Fe-Zyme as required

**With Decreased Blood Pressure:** ADB5-Plus (3-6)

**With Nitric Oxide Insufficiency:** Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3) to bowel tolerance, Methylfolate Plus (1-3) or 5-MTHF Plus Forte (1), Beta-TCP (3-6), L-Arginine (3)

**Secondary Support:** Bio-Cyanidins (3), Se-Zyme Forte or Selenomethionine (1), Ginkgo Biloba (3), Beta-TCP (6), Mg-Zyme (4-6) or Mg-Orotate 500 (2) or Aqua Mag-Cl (2-3 tsp) at bedtime, then increase to bowel tolerance

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Hawthorn (Crataegus oxyacantha/monogyna), Cayenne Pepper (Capsicum annuum), Cinnamon (Cinnamomum verum) for Proanthocyanidins, Para-aminobenzoic acid (PABA), Dimethylglycine (DMG), Vinpocetine derived from Lesser Periwinkle (Vinca minor), Butcher's Broom (Ruscus aculeatus), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C), Hemp Seed (Cannabis sativa)

**CIRRHOSIS, HEPATIC | Chronic Interstitial Inflammation of the Liver**

Rule out viral infection (hepatitis), alcoholism, drug abuse, diabetes, heavy metal toxicity, and malnutrition; ensure hepatic condition is monitored by qualified health professional.

10-Day BioDetoxification Kit (Pea or Whey) Program (2), then: NutriClear or NutriClear Chocolate and Whey Protein Isolate - Original, Chocolate or Vanilla (1 scoop) or Pea Protein Isolate or Whey Protein Concentrate (2 scoops) each between meals, Beta-TCP (9), Livotrit Plus (3-6), Cytozyme-LV (6), MCS-2 (6), Phosphatidylcholine (12), Evening Primrose Oil or Blackcurrant Seed Oil (3), Bio-B 100 (3-6), Hydro-Zyme (1-3) with meals, Garlic Plus (3), BioDoph-7 Plus (1-3), Taurine (3), L-Carnitine Powder (1 tsp)

**Secondary Support:** GSH-Plus (6), IPS (6), B12-2000 Lozenges (3), Bio-K-Mulsion (1-3 drops), Bio-Allay or Sculacia (3-6), Cytozyme-LV (3), Bio-Cyanidins (3), EGCG-200mg (2), HR#2 Lymphatic Drainage (1 capful)

**Alternative Support:** Milk Thistle (Silybum marianum, silymarin), S-Adenosylmethionine (SAMe), Dimethylglycine (DMG), Alfalfa (Medicago sativa), Inositol hexaphosphate (IP-6), Aloe (Aloe vera), Burdock (Arctium lappa), Dandelion (Taraxacum officinale), Barberry
(Berberis vulgaris), Coffee (Coffea cruda/arabica) organic & dark roasted

**CLAVICLE (Collarbone) INJURY**

Intenzyme Forte (5) 4 times daily on an empty stomach, Osteo-B Plus or Osteo-B II (9) for 10 days, then (6) daily until healed completely, Flax Seed Oil (6) or SunFlax Caps (4) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Bio-D-Mulsion Forte (2-4 drops), ChondroSamine-S or ChondroSamine Plus (6) or Chondro-Plus (3), Bio-K-Mulsion (1-2 drops) twice daily, unless client is on the blood thinner warfarin (Coumadin®)

*Secondary Support:* Purified Chondroitin Sulfates (3)

**CLOTS, BLOOD | Coagulated Mass of Blood Factors**

*Rule out magnesium deficiency.*

Intenzyme Forte (12) on an empty stomach, VasculoSirt (10), ResveraSirt-HP (1-3), Bio-FCTS (3), Porphyra-Zyme (9) on an empty stomach, Multi-Mins (6), EGCG-200mg (2), CoQ-Zyme 30 (3) or CoQ-Zyme 100 Plus (2), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), E-Mulsion 200 or E-200 H<sub>7</sub> (2), Tocotrienols (2), Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3)

*Secondary Support:* L-Arginine (3), NAC (3), CLA (3), PCOH-Plus (3), Gammanol Forte (3), Bio-C Cyanidins (3), Folic Acid 800 (1)

*Alternative Support:* Grapefruit Seed (Citrus paradisi) extract, Cod Liver Oil, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Naringin (citrus bioflavonoid), Phlebotomy (blood donation), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C), Earthing/Grounding

**COGNITION, IMPAIRED**

Cognitive Enhancer (1) before breakfast & (1) before lunch or dinner, Nuclezyme Forte (3), Cytozyme-B (3), B6/B1 Plus Zinc (1-2), Ginkgo Biloba (3), NeuPerzine (1-3), PheniTropic (1-3), Phosphatidylserine (1-3), DopaTropic Powder (1-2 tsp), Neuro 5-HTP Plus (1-3), TMG Powder (1-2 level tsp), Optimal EFAs Caps (6) or Optimal EFAs Liquid (1-3 tsp), L-Glutamine (3-6) or L-Glutamine Powder (1 tsp), Bio-B3 Plus 250 (1)

*Secondary Support:* Phosphatidylcholine (1-3), Pregnenolone 25 (1), Acetyl-L-Carnitine (3), Amino Acid Quick-Sorb (15-20 drops or 1-2 squirts)

**COLD, COMMON | Acute Contagious Disease of Upper Respiratory Tract**

*Rule out highly refined diet, lowered resistance, and stress; recommend frequent hand washing, and keeping hands away from eyes, nose and mouth.*

Bio-Immunozyme Forte (3-6), Neutrophil Plus (6-20), IAG and C/Cal/Mag Powder (3-6 tsp) each in divided doses, Bio-C Plus (12) or Bio-C Plus 1000 (6) increased to bowel tolerance, Bio-Ae-Mulsion Forte (8 drops) in water twice daily for three days, Bio-D-Mulsion Forte (2-4 drops), A.D.P. (6) taken at onset (and used as lozenges for as long as tolerable before swallowing), UltraVir-X (3-6), HR#2 Lymphatic Drainage (2 capfuls), HR#4 Detox Virus (2 capfuls)

*With High Fever:* Ca/Mg Zyme (4) hourly for adults and (1-2) for children

*Secondary Support:* Garlic Plus (3-6), Cytozyme-THY (3), Bio-FCTS (3-6), EGCG-200mg (2), E-Mulsion 200 or E-200 H<sub>7</sub> (1-2), Tocotrienols (2), Se-Zyme Forte or Selenomethionine (1), Zn-Zyme Forte (1-2), Liquid Iodine Forte (30 drops) in water, Liquid Iodine or Liquid Iodine Forte in water (gargle)
**Alternative Support:** Zinc Acetate (lozenge), Olive Leaf (*Olea Europaea*), Echinacea (*Echinacea angustifolia*), Elderberry (*Sambucus canadensis*), Andrographis (*A. paniculata*), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C), Chicken Soup (homemade)

**COLD EXTREMITIES | Hands & Feet**

*Rule out hypothyroidism, iron deficiency, and hormonal dysfunction.*

| Thyrostim (3), Liquid Iodine (30 drops) or Liquid Iodine Forte (15 drops), Ca/Mg Plus (4), Cytozyme-PT/HPT (3), GTA (3), Bio-3B-G (3), Meda-Stim (1), Flax Seed Oil (6) or SunFlax Caps (4) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Bio-D-Mulsion Forte (2-4 drops) |

**COLD EXTREMITIES | Impaired Circulation by Arterial Blockage**

| Porphyra-Zyme (9) on an empty stomach, Multi-Mins (6), Liquid Iodine (30 drops) or Liquid Iodine Forte (15 drops), Bio-D-Mulsion Forte (2-4 drops), Fe-Zyme (1-3) |

**COLD SORES (Fever Blisters) | Herpes Simplex/Labialis Affecting Lips and Nose**

| L-Lysine (4), UltraVir-X (4), C/Cal/Mag Powder (3-6 tbsp), Flax Seed Oil (6) or SunFlax Caps (4) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Lactozyme (3), Saccharomyces boulardii (3), Bio-FCTS (3), EGCG-200mg (2), Bio-B 100 (3-9) or Bio-B Complex (1-3), Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3), Zn-Zyme (1), E-Mulsion 200 (2), Bio-E-Mulsion Forte (5 drops), Garlic Plus (3-6) |

**Alternative Support:** L-Lysine (cream), Astragalus (*A. membranaceus*), Lemon Balm (*Melissa officinalis*), Zinc Acetate (lozenge), Yogurt and Colloidal Silver (transdermal topically), Echinacea (*Echinacea angustifolia*), Goldenseal (*Hydrastis canadensis*), Beeswax and Lysine/Zinc Oxide (lip balm), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**COLDs, FLU and FEVER SYMPTOMS | Muscle and Body Aches & Pains**

*Rule out vitamin D and magnesium deficiencies, inadequate sleep, rest and exercise, sugar-laden diet, and emotional stress.*

| Bio-Ae-Mulsion Forte (8 drops) in water twice daily for three days, then (2) twice daily until abated, Bio-C Plus 1000 (6-9), increasing to bowel tolerance with a maintenance of (2), Bio-Immunozyme Forte (3), Neutrophil Plus (4-20), A.D.P. (3-6), Garlic Plus (3-6), Bio-FCTS (2), EGCG-200mg (2), Bio-D-Mulsion Forte (2-4 drops), NAC (3-9), Bromelain Plus CLA (12-24) on an empty stomach, Ca/Mg-Zyme (4) hourly for adults and (1-2) hourly for children until fever abates, Melatonin-B6/Mg (½ tab) before bedtime, HR#2 Lymphatic Drainage (2 capfuls), HR#4 Detox Virus (2 capfuls) |

**With Aches & Pains:** IAG and C/Cal/Mag Powder (4-6 tsp) each daily in acute phase, then (2) in chronic phase

**Fever Reduction:** Ca/Mg Plus 6-12), Bio-Ae-Mulsion Forte & Bio-D-Mulsion Forte (9-18 drops each) by mouth for just a short time (3-6 days)

**Secondary Support:** Chlorcaps or Chlorella Caps (6), Cytozyme-THY (9), Liquid Iodine (60 drops) or Liquid Iodine Forte (30 drops) or Iodizyme-HP (½-1), Cytozyme-AD (6) or ADB5-Plus (2-4)

**Alternative Support:** Zinc Acetate (lozenge), Black Elderberry (*Sambucus nigra*), Olive
Leaf (*Olea Europaea*), Echinacea (*Echinacea angustifolia*), Goldenseal (*Hydrastis canadensis*), Maitake Mushroom, Astragalus (*A. membranaceus*), Nasal Saline Rinse, White Willow (*Salix alba*), Chicken Noodle Soup (homemade), Hydrogen Peroxide (H2O2) solution (ear drops), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**COLDs, COMMON | Head, Sinus & Throat**

*Wash hands frequently and avoid hand contact with eyes, nose and mouth.*

| Bio-Immunzyme Forte (6-12), Neutrophil Plus (6-12), MCS-2 (3), Beta-TCP (6), Garlic Plus (3-6), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3), Bio-D-Mulsion Forte (4-8 drops) with Bio-Ae-Mulsion Forte (9-12 drops), Se-Zyme Forte (2) or Selenomethionine (1), Chlorocaps or Chlorella Caps (6), IAG (2 tsp), A.D.P. (3-6), Histoplex-AB (3-9) |

**Chest Cold:** NAC (6-9), A.D.P. (12-15) for 2 weeks before meals, then (6-9) for 4 weeks

**Chronic Lung Condition:** Pneuma-Zyme (6-12), Bromelain Plus CLA (3-9)

**Alternative Support:** Echinacea (*Echinacea angustifolia*), Olive Leaf (*Olea Europaea*), Black Elderberry (*Sambucus nigra*), Bee Propolis (bee resin flavonoid), Grapefruit Seed (*Citrus paradisi*) extract, Andrographis (*A. paniculata*), Astragalus (*A. membranaceus*), American Ginseng (*Panax quinquefolius*), Goldenseal (*Hydrastis canadensis*), Slippery Elm (*Ulmus rubra*), Herbal Tea (Goldenseal, Elderberry, Ginger), Myrrh (*Commiphora myrrha*), Tea (Black, Green, White), Zinc Acetate (lozenge), Apple Cider Vinegar & Honey (raw organic), Apple Pectin (plant fiber), Agrimony (*Agrimonia eupatoria*), Oscillococcinum (homeopathic), Wild Indigo (*Baptisia australis*), Chinese Skullcap (*Scutellaria baicalensis*), Cordyceps Mushroom (*Cordyceps sinensis*), Cinnamon (*Cinnamomum verum*), Pomegranate (*Punica granatum*), Cranberry (*Vaccinium macrocarpon*), Dandelion (*Taraxacum officinale*), Maitake Mushroom, Mullein(*Verbascum thapsus*), Red Marine Algae, Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**COLIC, INFANT | Painful Abdominal Spasms**

| BioDophilus-FOS (½-1 tsp), Cytozyme-THY (½-1), Bromelain Plus CLA (½-2) on an empty stomach |

**Secondary Support:** Aqueous Multi-Plus (½ tsp), Lactoyme (1-2) or Biodoph-7 Plus (1), Saccharomyces boulardii (1), Bio-6 Plus (1-2), HR#1 Detoxification (½ tsp)

**COLITIS | Inflammatory Bowel Disease (IBD)**

*Rule out hypochlorhydria, intestinal parasites, microbial overgrowth (dysbiosis), food allergy/sensitivity, bowel inflammation, biliary insufficiency, leaky gut, bacterial/fungal/yeast infections, toxic bowel, and autoimmune disease.*

10-Day BioDetoxification Kit (Pea or Whey) Program (2), then: NutriClear or NutriClear Chocolate and Whey Protein Isolate - Original, Chocolate or Vanilla or Pea Protein Isolate or Whey Protein Concentrate (2 scoops) twice daily between meals, MCS-2 (4), Beta-TCP (6), Gastrazyme (6), IPS (9) am and pm on empty stomach, B12-2000 Lozenges (2), Folate-5 Plus (1-3), POA-Phytolens (3), Bio-D-Mulsion Forte (2-4), Colon-Plus Caps (15), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), L-Glutamine (3-6) or L-Glutamine Powder (1 tsp), Chlorocaps or Chlorella Caps (3-9), Immuno-gG (3-6), Butyric-Cal-Mag (6), BioDophilus-FOS
CONGESTIVE HEART FAILURE (CHF) | Inadequate Peripheral Blood Circulation

**With Pain:** Bio-Allay (3), Sculacia (3), DL-Phenylalanine (3)

**Secondary Support:** Bio-Cyanidins (3), EGCG-200mg (2), Neutrophil Plus (6) with bacterial infection or UltraVir-X (4) before meals with viral infection, Bio-Immunozyme Forte (3), Bio-Multi Plus (3), Neonatal Multi-Gland (6), GSH-Plus (3), Se-Zyme Forte (3) or Selenomethionine (1-2), Zn-Zyme Forte (1-2), Thiamin 50 (1-2), Bio-Ae-Mulsion (3 drops)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Black Seed (Nigella sativa)

### COLON INFECTION

A.D.P. (6-12), Gastrazyme (6), Colon-Plus Caps (6-12), Chlorocaps or Chlorella Caps (6), Bio-HPF (6), Butyric-Cal-Mag (6-9), L-Glutamine (3-6) or L-Glutamine Powder (1-3 tsp)

**With Bacterial Infection:** Neutrophil Plus (6) before meals

**With Viral Infection:** UltraVir-X (4) before meals

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Black Seed (Nigella sativa)

### COLON SUPPORT | Nutrient Supplementation

Bromelain Plus CLA (6-12) with and apart from meals, Butyric-Cal-Mag (3-9), Chlorocaps or Chlorella Caps (6-9), Colon Plus (1-3 tsp) or Colon-Plus Caps (3-6), Gastrazyme (6-9), L-Glutamine (3-9), Saccharomyces boulardii (3-6) before meals

**Alternative Support:** Coffee (Coffea cruda/arabica) organic & dark roasted, Black Seed (Nigella sativa)

### COLON TOXICITY

*Rule out a deficiency of digestive and hepatic detoxification enzymes, inadequate HCl production, and prebiotic/probiotic and fiber insufficiencies.*

Colon-Plus Caps (6-12) or Colon Plus (3 tsp), A.D.P. (6-12), IAG (1-3 tsp), Butyric-Cal-Mag (6), Chlorocaps (6-12) and/or Chlorella Caps (3-6), BioDoph-7 Plus (3-6)

### CONCEPTION DYSFUNCTION | Female Inability to Conceive

Bio-Glycozyme Forte (6) between meals, Gammanol Forte (6), B-12/Folate Plus (6) or Methylfolate Plus (3) or 5-MTHF Plus Forte (1), b-VITAL (2), Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3), EGCG-200mg (2), Bio-D-Mulsion Forte (2-4), E-Mulsion 200 or E-200 H2 (2), Tocotrienols (2), B6 Phosphate (6-12)

**Secondary Support:** Equi-Fem (6), Thyrostim (3), Meda-Stim (3), GTA (3)

**Alternative Support:** Para-aminobenzoic acid (PABA) at 300 mg, Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C), Black Seed (Nigella sativa)

### CONGESTIVE HEART FAILURE (CHF) | Inadequate Peripheral Blood Circulation

Bio-Cardiozyme Forte (6-12) or (2) per hour in an emergency up to a maximum of (20-30), Cytozyme-H (6-12), CoQ-Zyme 30 (3-6) or CoQ-Zyme 100 Plus (3), Mg-Orotate 500 (1-3), Beta TCP (6), L-Arginine (8-16), L-Carnitine (3-6), Taurine (3-6), Multi-Mins (3), Bio-3B-G (6-12), Bio-C Plus (6) or Bio-C Plus 1000 (3), Bio-D-Mulsion Forte (2-4 drops), Biomega-3 (6) or Biomega-3 Liquid (1-2 tsp) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), MCS-2 (3)
**With Lung Congestion**: Pneuma-Zyme (6-12) and Renal Plus (6-12)

**Secondary Support**: Cytozyme-AD (6-12), ADB5-Plus (2-4), Stamina Caps (6-12), Bio-Cardio Packs (1-3), Potassium-HP (1 scoop)

**Alternative Support**: Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

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**CONJUNCTIVITIS** ("Pink Eye") | **Inflammation of the Eyelid’s Conjunctiva**

IAG (6 tsp), L-Lysine HCl (20) daily for 3 days, A.D.P. (9), Bio-Immunozyme Forte (3-6), Bio-FCTS (6-12), EGCG-200mg (2), Bio-Ae-Mulsion (3-6 drops) in water, Bio-C Plus (6-12) or Bio-C Plus 1000 (3-6), KappArest (8), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Intenzyme Forte (9-12 on an empty stomach)

**Secondary Support**: HR#2 Lymphatic Drainage (3 capfuls)

**Alternative Support**: Sterile cold water (eye wash), Echinacea (*Echinacea angustifolia*), Eyebright (*Euphrasia officinalis*), Goldenseal (*Hydrastis canadensis*), Chamomile (*Matricaria chamomilla*) tea compress, Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

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**CONSTIPATION** | **Infrequent and/or Incomplete Evacuation or Hard Stools**

*Rule out fiber (fruits, vegetables, whole grains) deficiency, dehydration, hypochlorhydria, hypothyroidism, essential fatty acids and digestive enzymes insufficiencies, food sensitivities, parasites, bowel dysbiosis, heavy metal toxicity, drug "side" effects, and lack of exercise; eliminate processed foods, and drink a lot of water.*

Hydro-Zyme (3-9) with meals, Beta Plus or Beta-TCP (6-12), Colon-Plus Caps (9-15), Saccharomyces boulardii (6) before meals, Folate-5 Plus (1), E-Mulsion 200 or E-200 H_{f} (2), Tocotrienols (2), Butyric-Cal-Mag (6), Garlic Plus (3-6), Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3) daily to bowel tolerance, Lactozyme (3-6) and BioDophilus-FOS (½-2 tsp) or BioDophilus-7 Plus (3) for bowel flora replenishment, Thiamin 50 (1-2), Aqua Mag-Cl (1-3 tsp), Mg-Zyme (3-9) or Mg-Orotate 500 (2) or Mixed Ascorbate Powder (3-6 tsp) at bedtime, increase by (1) daily to bowel tolerance

**Secondary Support**: IPS (3-6) before bed and upon arising, HistoPlex (6-9), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Cytozyme-THY (9), Livotrith Plus (3-6) and Beta-TCP (6-12), MCS-2 (3), Bio-6 Plus (6-12), Phosphatidylcholine (3-6), Folic Acid 800 (6), Chlorocaps or chlorella Caps (3), Lipid-X (3) before bedtime

**Alternative Support**: Prunes (now called "dried plums"), Figs (dried), Fiber (flax seeds or psyllium seed husks), Bran (cereal), Olive Oil (virgin raw organic), Aloe (*Aloe vera*), Ginger (*Zingiber officinale*), Cascara Sagrada (*Rhamnus purshiana*), Senna, Slippery Elm (*Ulmus rubra*), Alfalfa (*Medicago sativa*), Coffee (Coffee cruda/arabica) organic & dark roasted, Milk Thistle (*Silybum marianum*, silymarin), Apple Cider Vinegar & Honey (raw, organic), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C), Hemp Seed (*Cannabis sativa*)

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**CONSTIPATION and DIARRHEA, ALTERNATING, INFANT**

IPS (1), Lactozyme (1), Saccharomyces boulardii (1), HR#1-Detoxification (½ tsp)

**Secondary Support**: Bio-6 Plus (1), Colon Plus (1)

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**CONSTIPATION, INFANT**

BioDophilus-FOS (½ tsp), Cytozyme-THY (½-1), Bromelain Plus CLA (½-2),
**Secondary Support:** Aqueous Multi-Plus (½ tsp), Lactozyme (1-2) or BioDoph-7 Plus (1), Saccharomyces boulardii (1), Bio-6 Plus (1-2), Beta-TCP (1-2), IPS (1), Mixed EFAs (1 tsp) or Optimal EFAs Caps (1) or EFA-Sirt Supreme (1)

**Alternative Support:** Bran (cereal)

**CONTRACEPTION, ORAL | Exogenous Estrogen Therapy or Birth Control Pills**
PMT (6), Blackcurrant Seed Oil or Evening Primrose Oil (6) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Meda-Stim (3), Folic Acid 800 (1), Gammanol Forte (6), ADHS (3), b-VITAL (3)

**Alternative Support:** Progesterone (topical cream)

**CONTUSIONS (Bruises) | Subsurface Tissue Injury with Skin Unbroken**
Intenzyme Forte (10) ASAP on an empty stomach, then (5) four times daily on an empty stomach, BioProtect (6) for two weeks, then (3) daily, Bio-Cyanidins (2-4), Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3), EGCG-200mg (2)

**Secondary Support:** Dismuzyme Plus Granules (3 tbsp), Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3), EGCG-200mg (2)

**Alternative Support:** Topical application of Flaxseed (Linum usitatissimum), Oregano (Origanum vulgare) and Olive Oils (raw organic) may accelerate healing (anecdotal), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**CONVULSIONS (Seizures) | Paroxysmal, Involuntary Muscular Contractions**
Sculacia (1-3), Taurine (1-3), Mg-Zyme (1-3) or Mg-Orotate 500 (2) at bedtime, Mn-Zyme (1-3), B6 Phosphate (1-3), E-200 Hγ (1-3), A.D.P. (1-3), V.H.P. (1-3), Melatonin-B6/Mg (½ tab) before bedtime, Phenitropic (1-2), Cognitive Enhancer (1) before breakfast & (1) before lunch or dinner

**Alternative Support:** Gamma-aminobutyric acid (GABA) at 1,500 mg, Peppermint (Mentha piperita), Ashwagandha (Withania somnifera)

**COPPER TOXICITY, HEAVY METAL DETOXIFICATION**
Porphyra-Zyme (12-18) on an empty stomach in divided doses, BioProtect (6), MSM (3), Zn-Zyme Forte (3), Mo-Zyme Forte (3), Mn-Zyme (1-3), Se-Zyme Forte (1-3), Fe-Zyme (1-3), NAC (1-3), GSH-Plus (1-3), Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3), EGCG-200mg (1-2), Bio-Multi Plus Iron & Copper Free (6), Bio-Cyanidins (3), HR#7 Heavy Metal Detox (1 capful) for one week, then (2) for 30 days

**Secondary Support:** Basic Nine (6), Garlic Plus (6), Bio-E-Mulsion Forte (30 drops) or E-Mulsion 200 (1-3) or E-200 Hγ (1), Tocotrienols (2), Methionine-200 (3)

**Alternative Support:** Coriander (Coriandrum sativum) a.k.a. Cilantro, Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**CORNs and CALLUSES | Thickened Skin over Underlying Bones (Hyperkeratosis)**
EFA-Sirt Supreme (12) or Optimal EFAs Caps (6) or Flax Seed Oil (6) or SunFlax Caps (4), Garlic Plus (3), Cytozyme-Trachea (6)

**Alternative Support:** Olive Oil (virgin raw organic), Tea Tree (Melaleuca alternifolia) oil (transdermal topically), Thuja (homeopathic cream/ointment)

**CORONARY ARTERY DISEASE (CAD) or Atherosclerosis | Arterial “Hardening”**
See "Atherosclerosis"
COSTOCHONDRTIS | Costal Cartilages Inflammation w/Anterior Chest Wall Pain

Rule out spinal misalignment.

B6 Phosphate (3-6), Bio-Allay (3), Sculacia (3), DL-Phenylalanine (1-3)

**Alternative Pain Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Blue Lotus (Nymphaea caerulea), Wild Opium Lettuce (Lactuca vivosa), Kratom (Mitragyna speciosa), Kava Kava (Piper methysticum), White Willow (Salix alba), Arnica (Arnica montana) pellet, cream, gel or ointment, Black Seed (Nigella sativa)

COUGHING, CHILDREN

IAG (3 tsp), HR#2 Lymphatic Drainage (2 capfuls)

**Alternative Support:** Honey (raw organic), Mucolytic Drainage Formula (1 tsp every 4 hrs)

COUGHS, CHRONIC

Pneuma-Zyme (6), EFA-Sirt Supreme (12) or Optimal EFAs Caps (6), Flax Seed Oil (6) or SunFlax Caps (4), Bio-D-Mulsion Forte (2-4 drops), ADHS (3), NAC (3), Cytozyme-THY (3)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Cocoa Bean (Theobroma cacao), Myrrh (Commiphora myrrha)

CRADLE CAP, INFANTS (Cranial Dermatitis)

Lactozyme (1-2), Saccharomyces boulardii (1), Bio-6 Plus (1-2)

CRAMPS, MENSTRUAL

Bio-CMP (3) every hour and Mg-Zyme (3) every hour to bowel tolerance or Mg-Orotate 500 (2) at bedtime, Equi-Fem (6), Biomega-3 (6) or Biomega-3 Liquid (1-2 tsp) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Blackcurrant Seed Oil (3-6), Bio-D-Mulsion Forte (2-4 drops), Bio-B 100 (3), NAC (2), DL-Phenylalanine (1-3)

**With Pain:** Bio-Allay (3), Sculacia (3), DL-Phenylalanine (1-3)

**Alternative Pain Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Blue Lotus (Nymphaea caerulea), Wild Opium Lettuce (Lactuca vivosa), Kratom (Mitragyna speciosa), Kava Kava (Piper methysticum), White Willow (Salix alba), Arnica (Arnica montana) pellet, cream, gel or ointment

**Alternative Support:** Echinacea (Echinacea angustifolia), Goldenseal (Hydrastis canadensis), Astragalus (A. membranaceus), Licorice (Glycyrrhiza glabra), Cherry Bark

CRAMPS, LEG and MUSCLE without EXERCISE (Resting or Nocturnal)

Bio-CMP (6-12) apart from meals or C/Cal/Mag Powder (3 tsp) in choice of beverage on an empty stomach, Mg-Zyme (6) or Mg-Orotate 500 (2) at bedtime or Aqua Mag-Cl (3 tsp) in choice of beverage, Optimal EFAs Caps (6) or EFA-Sirt Supreme (12) or Flax Seed Oil (6) or SunFlax Caps (4), Blackcurrant Seed Oil (6), Bio-D-Mulsion Forte (2-4 drops), Super Phosphozyme (6)

**Secondary Support:** Aqua Mag-Cl (transdermal topically)

CRAMPS, LEG and MUSCLE with EXERCISE

E-Mulsion 200 (2) or Bio-E-Mulsion Forte (30 drops) or E-200 H2 (1), Tocotrienols (2), Bioctasol Forte (3-6), V.H.P. (1-2), Melatonin-B6/Mg (½ tab) before bedtime, Bio-CMP (3),
Bio-C Plus 1000 (3-6) or Bio-C Plus 1000 (1-3), MSM (1-2) or MSM Powder (1 tsp), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Bio-D-Mulsion Forte (2-4 drops)

**Secondary Support:** Aqua Mag-C (transdermal topically)

**Alternative Support:** Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

### CRAVINGS, CARBOHYDRATES/SWEETS

Bio-Glycozyme Forte (3), Mg-Zyme (4) or Mg-Orotate 500 (2) at bedtime, Beta Plus (6), Flax Seed Oil (6) or SunFlax Caps (4) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Inositol (3-6) or Inositol Powder (1½ tsp), 5-HTP (1-3) or 5-HTP Plus Forte (1) or Neuro-5-HTP Plus (1-3), L-Glutamine (3-6) or L-Glutamine Powder (1 tsp), Immuno-gG (3), L-Tyrosine (1-3), Cr-Zyme (6-9)

**Salt Craving:** Cytozyme-AD (3-6) and/or ADB5-Plus (2-4)

**Secondary Support:** DopaTropic Powder (1 rounded tsp), Cytozyme-PAN (3-6)

**Alternative Support:** Gymnema ("sugar destroyer")

### C-REACTIVE PROTEIN (CRP), HIGH | Blood Globulin Protein Inflammation

Intenzyme Forte (3-6) on an empty stomach, B6 Phosphate (3-6), Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3), Bio-FCTS (1-2), Bio-D-Mulsion Forte (2-4 drops), E-Mulsion 200 or E-200 Hy (3-9), Tocotrienols (3), Biomega-3 (6) or Biomega-3 Liquid (1-2 tsp) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2)

**Secondary Support:** Dismuzyme Plus Granules (1-3 tbsp), Bio-Cardiozyme Forte (6-9), BioProtect (3-6), Mixed Ascorbate Powder (2 tsp)

**Alternative Support:** Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

### CREATININE, HIGH | Muscle Metabolic Breakdown Byproduct

**With Kidney Dysfunction:** Renal Plus or Nephra-Zyme (6-15) and Argizyme (6-9)

**With Prostatic Hypertrophy:** Palmetto-Plus or Palmetto-Plus Forte (6-12), Zn-Zyme Forte (6-9), Biomega-3 (6) or Biomega-3 Liquid (1-2 tsp) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12)

**Secondary Support:** Liquid Iodine (10-40 drops) or Liquid Iodine Forte (5-20 drops)

### CROHN'S DISEASE (Ileitis or Enteritis) | Inflammation of the Ileum

*Rule out hypochlorhydria, intestinal parasites, infection, food allergy/sensitivity, prolonged diarrhea with magnesium depletion, and bowel inflammation.*

10-Day BioDetoxification Kit (Pea or Whey) Program (2), then: NutriClear or NutriClear Chocolate and Whey Protein Isolate - Original, Chocolate or Vanilla or Pea Protein Isolate or Whey Protein Concentrate (2 scoops) twice daily, MCS-2 (4), Beta-TCP (6), Gastrazyme (6), IPS (9) am and pm on an empty stomach, B12-2000 Lozenges (2), Folate-5 Plus (1-3), POA-Phytolens (3), KappArest (8), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), Bio-D-Mulsion Forte (2-4 drops), Colon-Plus Caps (15), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), L-Glutamine (3-6) or L-Glutamine Powder (1 tsp), Cytozyme-LV (3), Bio-B 100 (3-9), Bromelain Plus CLA, Butyric-Cal-Mag (6), POA-Phytolens (3), Intenzyme Forte (6-12) on an empty stomach, BioDophilus-FOS (6) or BioDoph-7 Plus (3-6) or Lactozyme (6) before meals

**Secondary Support:** Bio-Cyanidins (3) Bio-Immunozyme Forte (3), Bio-Multi Plus (3), Neonatal Multi-Gland (6), GSH-Plus (3), Se-Zyme Forte (1-2) or Selenomethionine (1), Zn-
Zyme Forte (1-2), Bio-Ae-Mulsion (3 drops), Bio-FCTS (3), EGCG-200mg (2)

With Bacterial Infection: Neutrophil Plus (6) before meals
With Viral Infection: UltraVir-X (4) before meals

Alternative Support: Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Aloe (Aloe vera), N-Acetylglucosamine (NAG), Burdock (Arctium lappa), Fenugreek (Trigonella foenum-graecum), Goldenseal (Hydrastis canadensis), Licorice (Glycyrrhiza glabra), Milk Thistle (Silybum marianum), silymarin), Beta-glucan (polysaccharide sugars)

CROUP, CHILDREN (over 3 years old)
IAG (½-1 tsp), Cytozyme-THY (1-3), C/Cal/Mag Powder (½-1 tsp), Neutrophil Plus (1-3), Bio-Ae-Mulsion (1-2 drops), Bio-C Plus (1-2), Bio-E-Mulsion Forte (5 drops), Zn-Zyme (1)

Secondary Support: A.D.P. (1-2) crushed in food, HR2-Lymphatic Drainage (1-2 capfuls)

CRYING, CONSTANT, INFANTS
Lactoyme (1), Saccharomyces boulardii (1), Bio-6-Plus (1), IPS (1) for digestive support
Secondary Support: De-Stress (1), Mood Enhancer (1) before meals or at bedtime, Ca/Mg-Zyme (1), HR#3 Acute Stress (1 capful) for emotional support

CUTICLES, CRACKED
EFA-Sirt Supreme (12) or Optimal EFAs Caps (6), E-Mulsion 200 or E-200 H (1), Tocotrienols (1), Osteo-B Plus or Osteo B-II (3), Mixed EFAs, Blackcurrant Seed Oil, Evening Primrose Oil, Bio-Ae-Mulsion, or Bio-E-Mulsion Forte (transdermal topically)

CUTS HEAL SLOWLY
Bio-Immunozyme Forte (3-6), Chlorella (3-6) as well as topically applied, Bio-Ae-Mulsion (1-2 drops), E-Mulsion 200 or E-200 H (2), Tocotrienols (2), Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3), Bio-D-Mulsion Forte (2-4 drops), Aqueous Zinc (½-1 bottle) until unpleasant taste, then switch to Zn-Zyme (1-2) or Zn-Zyme Forte (1), MSM (2) or MSM Powder (1 tsp), Folic Acid 800 (1), Bromelain Plus (2) on an empty stomach, ChondroSamine Plus (3)

Alternative Support: Calendula (Calendula officinalis) as a liquid or spray, Apple Cider Vinegar & Honey (raw organic) transdermal topically, Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

CYSTIC FIBROSIS | Respiratory System Hereditary Disease

Rule out iron, copper, and vitamin A deficiencies.

Pneuma-Zyme (3), Intenzyme Forte (12) on an empty stomach, Bio-6-Plus (3), MCS-2 (3), Beta-TCP (6), KappArest (8), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), HistoPlex (6), Bio-FCTS (3), EGCG-200mg (2), Bio-MCT (1 tbsp), Biomega-3 (6) or Biomega-3 Liquid (1-2 tsp) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), NAC (3), L-Arginine (3-6), Bio-Ae-Mulsion (3 drops), Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3), Bio-E-Mulsion Forte (5 drops) or E-Mulsion 200 or E-200 H (1), Bio-K-Mulsion (1), Tocotrienols (2), Iodizyme-HP (½-2), Bio-B 100 (3-9), Bio-D-Mulsion Forte (2-4)

Secondary Support: 10-Day BioDetoxification (Pea or Whey) Program (2), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), NitroGreens (1 scoop), MSM (3) or MSM Powder (1 tsp), Cytozyme-THY (3), Cytozyme-SP (3), Bio-Cyanidins (3), Chlorocaps or Chlorella Caps (3)

Alternative Support: Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a.
Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Cayenne Pepper (*Capsicum annuum*), Ginger (*Zingiber officinale*), Alfalfa (*Medicago sativa*), Eucalyptus (*E. globulus*), Echinacea (*Echinacea angustifolia*), Tea Tree (*Melaleuca alternifolia*) oil, Thyme (*Thymus vulgaris*), Goldenseal (*Hydrastis canadensis*), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**CYSTITIS, INTERSTITIAL | Inflammation of the Bladder**

*Rule out magnesium deficiency, increased or decreased urinary pH, immune dysfunction, infection (bacterial, fungal, viral), and food/environmental sensitivity.*

UT Complex (3), Argizyme (6), Intenzyme Forte (16) on an empty stomach, Blackcurrant Seed Oil or Evening Primrose Oil (6-9)

**Urinary pH Above 6.5:** Super Phosphozyme Liquid (90 drops) with "acid ash diet" low in protein until normal

**Urinary pH Below 5.5:** Bio-CMP (9) before meals with high complex carb diet until normal

**Secondary Support:** Renal-Plus or Nephra-Zyme (9), Bio-Ae-Mulsion Forte (2 drops), Mg-Zyme (3-6) or Mg-Orotate 500 (2) at bedtime to bowel tolerance

**Alternative Support:** Turmeric/Curcumin (BCM-95®), D-mannose, Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Black Seed (*Nigella sativa*)

**CYSTS, BREAST | Closed, Bladderlike Sacs Filled with Fibrous Tissue**

Liquid Iodine (30 drops) or Liquid Iodine Forte (15 drops), Aqueous Selenium (15 drops) or Selenomethionine (1), Intenzyme Forte (12) on an empty stomach, Bio-Ae-Mulsion Forte (15 drops), Optimal EFAs Caps or Flax Seed Oil (6) or EFA-Sirt Supreme (12), Equi-Fem (6), MCS-2 (6), Mixed EFAs (3 tbsp), Bio-D-Mulsion Forte (2-4 drops)

**Alternative Support:** Iodine (topically on cyst); avoid tea, coffee, chocolate, and caffeine

**CYSTS, CERVICAL or OVARIAN | Closed, Bladderlike Sac Filled w/Fibrous Tissue**

Equi-Fem (6), Intenzyme Forte (12) on an empty stomach, Bio-Ae-Mulsion Forte (15 drops), Bio-D-Mulsion Forte (2-4 drops), Liquid Iodine (30 drops) or Liquid Iodine Forte (15 drops), Aqueous Selenium (15 drops) or Selenomethionine (1), EFA-Sirt Supreme (12) or Optimal EFAs Caps or Flax Seed Oil (6) or SunFlax Caps (4), MCS-2 (3), Beta-TCP (6)

**Secondary Support:** Douche with (1) cup distilled water containing Bio-Ae-Mulsion Forte (15 drops), Bio-D-Mulsion (5-10 drops) or Bio-D-Mulsion Forte (2-4), and Liquid Iodine (30 drops) or Liquid Iodine Forte (15 drops) once daily

**CYSTS, FIBROID | Closed, Bladderlike Sac Filled with Fibrous Tissue**

Intenzyme Forte (16) on an empty stomach, Bio-D-Mulsion Forte (2-4 drops), Liquid Iodine or Liquid Iodine Forte (20-30 drops) and topically twice daily, if visible, and 150 drops in warm distilled water as douche every other day for three weeks, Bromelain Plus CLA (18-36) between meals, Beta-TCP (3-9), Bio-Ae-Mulsion Forte (12-24 drops), E-Mulsion 200 (1-2) or E-200 H₇ (1)

**Female:** Equi-Fem (6) if not on hormone replacement therapy (HRT) or PMT (6), if on HRT

**Male:** Multi-Plus Iron & Copper Free (6)

**Secondary Support:** Bio-Immunozyme Forte (3), Blackcurrant Seed Oil or Evening Primrose Oil (6-9), BioProtect (3), Bio-E-Mulsion Forte (10 drops) three times daily in water, Tocotrienols (2)
**CYSTS, SEBACEOUS | Closed, Bladderlike Sac Filled with Oily Substance (Sebum)**

Iodizyme-HP (1-3), Liquid Iodine Forte (18-36 drops internally and topically), Beta-TCP (6-9), Bromelain Plus CLA (18-36) on an empty stomach, Evening Primrose Oil or Blackcurrant Seed Oil (3-6), Bio-Ae-Mulsion Forte (10-20 drops for one week), Bio-B 100 (6-9), B12/Folate Plus (3), Garlic Plus (3), HR#2 Lymphatic Drainage (1 capful)

**Optional Alternative Protocol**: SSKI/DMSO (Saturated Solution of Potassium Iodide as in Liquid Iodine and Dimethyl Sulfoxide) in a 1:1 solution of 1-2 ounces each; rub a few drops vigorously into the cyst at least twice daily; not recommended for long-term use to preclude thyroid dysfunction (Wright)

**Alternative Support**: Aloe (Aloe vera) gel, Milk Thistle (Silybum marianum, silymarin), Witch Hazel (Hamamelis virginiana) transdermal topically, Burdock (Arctium lappa), Goldenseal (Hydrastis canadensis)

**CYTOMEGALOVIRUS (CMV) | Herpes Viral Infection**

Rule out poor diet, chronic endocrine hypofunction, immune dysfunction, unresolved prior infection, IV drug abuse, sexually transmitted disease (STD), and stress.

**Acute Phase**: Bio-Immunozyme Forte (6), UltraVir-X (6), Cytozyme-THY (15), Cytozyme-LV (3-6), Livotrít Plus (3) increased to (6) daily, Beta-TCP (9), Dismuzyme Plus Granules (6 tsp), IAG (6 tsp), HR#9 Lymphatic Drainage and HR#4 Detox Virus (1 capful) daily for 30 days, then (1) each daily, Liquid Iodine Forte (100 drops) in water or Iodizyme-HP (½-1), Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3), Bio-FCTS (6), EGCG-200mg (2)

**Chronic Phase**: Bio-Immunozyme Forte (3), UltraVir-X (6), Cytozyme-THY (6), Cytozyme-LV (3), Livotrít Plus (3), Beta-TCP (6), Dismuzyme Plus Granules (2 tsp), IAG (2 tsp), HR#9 Lymphatic Drainage (2 capfuls) and HR#4 Detox Virus (1 capful) daily for 30 days, then (1 capful) each, Liquid Iodine Forte (100 drops) in water or Iodizyme-HP (½-1), Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3), Bio-FCTS (6), EGCG-200mg (2)

**Secondary Support**: Bio-Cyanidins (3), Mg-Zyme (4) or Mg-Orotate 500 (2) at bedtime, then increase by (1) daily to bowel tolerance, Neonatal Multi-Gland (6), BioProtect (3), Amino Sport (6-12), Flax Seed Oil or Biomega-3 (6) or Biomega-3 Liquid (1-2 tsp) or Optimal EFAs Caps (6), E-Mulsion 200 (3)

**When Asymptomatic**: Continue with Livotrít Plus (3), Bio-Immunozyme Forte (3), Beta-TCP (3), UltraVir-X (3), and IAG (1 tsp) daily for one year

**Alternative Support**: Turmeric/Curcumin (BCM-95®), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**DANDRUFF (Pityriasis Capitis)**

Rule out food allergies and digestive dysfunction.

Cytozyme-Trachea (6), MCS-2 (3), Beta-TCP (6), EFA-Sirt Supreme (12) or Optimal EFAs Caps (6) or Mixed EFAs (6 tbsp), A.D.P. (6), Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3), Bio-B 100 (3), Lactozyme (3), Saccharomyces boulardii (3), Bio-Ae-Mulsion Forte (1-3 drops), Se-Zyme Forte (1) or Selenomethionine (1)

**Secondary Support**: Amino Sport (6-12)

**Alternative Support**: Kelp (brown seaweed algae), Tea Tree (Melaleuca alternifolia) & Rosemary (Rosmarinus officinalis) essential oils, Apple Cider Vinegar & Honey (raw organic) transdermal topically, Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-
soluble vitamin C)

**DEAFNESS (Hypoacusis) | Hearing Loss**

EFA-Sirt Supreme (12) or Optimal EFAs Caps or Flax Seed Oil (6) or SunFlax Caps (4), MCS-2 (3), Bio-3BG (6), Beta-TCP (6), E-Mulsion 200 or E-200 H₂ (2), Tocotrienols (2), Ginkgo Biloba (3), Bio-D-Mulsion (2-4 drops), B12-2000 Lozenges (1-2), Bio-Ae-Mulsion Forte (4 drops), L-Arginine (3), Liquid Iodine (1-2 drops), Mg-Zyme (1) or Mg-Orotate 500 (2) at bedtime, Zn-Zyme (1-2) or Zn-Zyme Forte (1)

**DEEP VEIN THROMBOSIS (DVT) | Venous Blood Clot Occlusion**

Porphyra-Zyme (6) two to four times daily between meals and apart from mineral supplementation, Intenzyme Forte (6) two to four times daily on an empty stomach, Chondro-Plus (6), Multi-Mins Iron & Copper Free (3-6), Super Phosphozyme Liquid (20-30 drops), Bio-K-Mulsion (3 drops)

*With Arteriosclerosis:* Increase Bio-K-Mulsion to 20-30 drops daily

*Secondary Support:* EFA-Sirt Supreme (12) or Optimal EFAs Caps or Biomega-3 (6) or Biomega-3 Liquid (1-2 tsp), Bio-FCTS (3-6), EGCG-200mg (2), Garlic Plus (3-6), POA-Phytolens (3-6), B6 Phosphate (3), Bio-C Plus (6) or Bio-C Plus 1000 (3), Folic Acid 800 (3)

*Alternative Support:* Turmeric/Curcumin (BCM-95®), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**DEMENTIA | Brain Disorder - Impaired Memory, Concentration, Judgment**

*Rule out hypochlorhydria, antacid use, vitamin D deficiency, and processed as well as overcooked foods.*

VasculoSirt (10), NeuPerzine (1-3), Li-Zyme (3-6), Acetyl-L-Carnitine (1-2), Cognitive Enhancer (1) before breakfast & (1) before lunch or dinner, Cytozyme-AD (3-6) and/or ADB5-Plus (2-4), Phosphatidylcholine (3-6), Phosphatidylserine (1-2), Biomega-3 (3) or Biomega-3 Liquid (1-2 tsp) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), B12-2000 Lozenges (1-2), Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3), E-200 H₂ (1-2), Ginkgo Biloba (3-6), Bio-D-Mulsion Forte (2-4 drops), Folic Acid 800 (2), PheniTropic (1-3), B6/B1 Plus Zinc (1-2), Cytozyme-B (3-6), DopaTropic Powder (1 tsp), GSH-Plus (3), KappArest (6) Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), TMG Powder (1-2 level tsp), Mood Enhancer (1-2) before meals or at bedtime, EGCG-200mg (1-2)

*Secondary Support:* GlucoBalance (3-6), DHEA-5 mg (1-2) or 7-Keto-Zyme (3-6) or 7-Keto-Zyme Forte (1-3), Bio-Allay (3) or Sculacia (3), Pregnenolone 25 (1), MygranX (2)

*Alternative Support:* Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Coconut Oil (organic extra virgin), Cocoa (Theobroma cacao), Coffee (Coffeea cruda/arabica) organic & dark roasted, Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**DEMYELINATING POLYNEUROPATHY | Myelin Sheath Neurological Disorder**
With Low Systolic Blood Pressure:

Secondary Support: Acetyl-L-Carnitine (1-3), NAC (1-3), Cognitive Enhancer (1) before breakfast & (1) before lunch or dinner, Taurine (1-3), GSH-Plus (3), Inositol (3-6) or Inositol Powder (1½ tsp), Ginkgo Biloba (1-3), Bio-B 100 (3)

DENTAL ISSUES | Irritation or Inflammation

Osteo-B Plus or Osteo-B-II (4), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), Biocotanol Forte (3-6), Bio-D-Mulsion Forte (2-4 drops), Chlorocaps (3), Intenzyme Forte (12) on an empty stomach, KappArest (6), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2)

Alternative Support: Same as above

DEPRESSION, BIPOLAR or MANIC | Alternating Abnormal High and Low Moods

Rule out serotonin-dependent magnesium deficiency, hydrochloric acid, essential amino acids and vitamin (B1, B12) deficiencies, endocrine dysfunction, high-carb and/or junk food diet, carbohydrate sensitivity, dietary artificial sweeteners (aspartane, sorbitol, sucralose), dysbiosis, lack of aerobic exercise (walking), social/spiritual deficit, SSRI antidepressant use, and chronic STRESS.

Mood Enhancer (1-2) before meals or at bedtime, Li-Zyme Forte (2) per hour for two weeks, then (9) daily, 5-HTP (3-6) divided between am and pm or 5-HTP Plus Forte (1-3) or Neuro-5-HTP Plus (3-6), NeurPerzine (1-2), Phenitropic (1-2), Cognitive Enhancer (1) before breakfast & (1) before lunch or dinner, DopaTropic Powder (1 tsp), TMG Powder (1-2 level tsp), Melatonin-B6/Mg (½-1) before bedtime, Bio-3B-G (2) per hour for two weeks, if BP not elevated, then (9) daily, Nuclezyme Forte (6), Bio-D-Mulsion Forte (2-4 drops), Meda-Stim (3) before meals, Folic Acid 800 (2), Biomega-3 (6) or Biomega-3 Liquid (1-2 tsp) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Beta-TCP (6-9), St. John’s Forte (2-4), Mood Enhancer (1-2) before meals or at bedtime, Mg-Zyme (3) or Mg-Orotate 500 (2) at bedtime to bowel tolerance, B6/B1 Plus Zinc (1-2), Phosphatidylcholine (3), Cytozyme-B (1-3), L-Tyrosine (1-3), Se-Zyme Forte (1-3) or Selenomethionine (1-2), Taurine (3), Thiamin 50 (1-2), Zn-Zyme Forte (1), DL-Phenylalanine (3-6), Methionine-200 (3-6), B12-2000 Lozenges (3), Bio-B3 Plus 250 (1), Inositol (2) or Inositol Powder (1½ tsp)

With Poor Dream Recall: B6 Phosphate (9)

With Unipolar Depression without Mania: Amino Sport (6-12)

With Low Systolic Blood Pressure: ADB5-Plus (2-4)
**With Insomnia:** De-Stress (2) at bedtime and/or Melatonin-B6/Mg (½ tab) before bedtime

**Females:** Cytozyme-F (6-16), PMT (6-16)

**Males:** Cytozyme-M (6-16), Palmetto-Plus Forte (3-9)

**Geriatric:** Phosphatidylserine (6), L-Carnitine Powder (1 tsp)

**Optional Protocol:** 10-Day BioDetoxification Kit (Pea or Whey) Program (2)

**Secondary Support:** Chlorcaps or Chlorella Caps (6), E-Mulsion 200 or E-200 H₂ (3), Tocotrienols (3), Bio-Cardiozyme Forte (6-16), Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3), Bio-FCTS (2), EGCG-200mg (2), Rb-Zyme (1) to support neurotransmitter production, Ginkgo Biloba (3), MygranX (2)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Lemon Balm (Melissa officinalis), S-adenosylmethionine (SAMe), Gamma-aminobutyric acid (GABA), Nicotinamide adenine dinucleotide (NADH), Saffron, Kava Kava (Piper methysticum), Chamomile (Matricaria chamomilla), Magnesium (Chloride) Oil (transdermal topically), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**DERMATITIS, CHRONIC | Nonspecific Skin Irritation or Inflammation**

*Rule out an "atopic dermatitis" immune reaction and a clinical focus on symptomatic relief.*

GSH-Plus (1-3), Intenzyme Forte (15-30) in divided doses between meals, Blackcurrant Seed Oil or Evening Primrose Oil (12), Flax Seed Oil (6), SunFlax Caps (3-9), Bio-Ae-Mulsion Forte (9 drops) in water for 10 days, then (3 drops) daily, Bio-Immunozyme Forte (6), Histoplex or Histoplex-AB (6-9), KappArest (6-9), Bio-GGG-B (3-9), Bio-FCTS (3-6), EGCG-200mg (2), Hydro-Zyme (3-9), MSM (3) or MSM Powder (1 tsp), Bio-C Plus (3-6) or Bio-C Plus 1000 (3)

**Optional Protocol:** 10-Day BioDetoxification (Pea or Whey) Program (2)

**Secondary Support:** Bromelain Plus (15-30) on an empty stomach, Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), Ca/Mg-Plus (3), Bio-Multi Plus Iron & Copper Free (3), Berberine HCl (1), FC-Cidal (3)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Hawthorn (Crataegus oxyacantha/monogyna), Horsetail (Equisetum Arvense) as an emollient compress, Kelp (brown seaweed algae), Chamomile (Matricaria chamomilla), Dandelion (Taraxacum officinale) & Yellow Dock (Rumex crispus) as a poultice, Goldenseal (Hydrastis canadensis), Myrrh (Commiphora myrrha), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C), Black Seed (Nigella sativa)

**DETOXIFICATION, CHEMICAL | Purging Petrochemicals, Pesticides, Xenobiotics**

*Rule out magnesium deficiency, food poisoning, environmental toxins, chronic constipation, dietary excess (carbs, alcohol, hydrogenated fats and oils, etc.); drink 8-10 glasses of pure water daily; eliminate all refined carbohydrates, alcohol, dairy, processed foods, red meat, hydrogenated fats and oils, gluten grains, caffeine; increase intake of raw vegetables and fruit; eat poultry, lamb, veal, and fish in lieu of beef.*

10-Day BioDetoxification Kit (Pea or Whey) Program (2)

**Optional Protocol:** MCS-2 (3-6), Beta-TCP (6-12), Phosphatidylcholine (3-6), Cytozyme-Parotid-TS or Mo-Zyme (3-6), ADHS (2) in the morning, NitroGreens (1 scoop), Chlorcaps or Chlorella Caps (3-6), Ca D-Glucarate (3), Mixed Ascorbate Powder (1 tsp), EGCG-200mg (1-2), HR#1 Detoxification (1 capful), HR#6 Environmental Detox (1 capful)
Secondary Support: Bio-Trophic Plus (3), Nephra-Zyme (6-18), Porphyra-Zyme (8-24), NutriClear or NutriClear Chocolate (1-4 servings) with Colon-Plus (3-6 tsp) in choice of low-glycemic beverage, Multi-Mins Iron & Copper Free (4) apart from Porphyra-Zyme

Alternative Support: Bentonite/Montmorillonite Clay, Coriander (Coriandrum sativum) a.k.a. Cilantro, Zeolite, Apple Pectin (plant fiber), Charcoal (activated), D-Limonene (citrus fruit peel extract), Juniper Berries (Juniper communis), Cypress, Rosemary (Rosmarinus officinalis), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

DETOXIFICATION, GENERAL | Purging of Heavy Metals, Poisons, Xenobiotics, etc.

Rule out food poisoning, environmental toxins, chronic constipation, dietary excess (carbs, alcohol, hydrogenated fats and oils, etc.); drink 8-10 glasses of pure water daily; eliminate all refined carbohydrates, alcohol, dairy, processed foods, red meat, hydrogenated fats and oils, gluten grains, caffeine; increase intake of raw vegetables and fruit; eat poultry, lamb, veal, and fish in lieu of beef.

10-Day BioDetoxification Kit (Pea or Whey) Program (2)

Optional Protocol: NutriClear or NutriClear Chocolate and Whey Protein Isolate - Original, Chocolate or Vanilla or Pea Protein Isolate or Whey Protein Concentrate (2 scoops), Colon-Plus Caps (6) with meals, MCS-2 (3), Beta-TCP (6), Chlorocaps or Chlorella Caps (3-6), Ca D-Glucarate (3), EGCG-200mg (1-2), Mixed Ascorbate Powder (1 tsp), HR#1-Detoxification (1 capful)

Secondary Support: Neonatal Multi-Gland (9), IPS (6), GSH-Plus (3), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), NitroGreens (1 scoop)

Alternative Support: Bentonite/Montmorillonite Clay, Coriander (Coriandrum sativum) a.k.a. Cilantro, Zeolite, D-Limonene (citrus fruit peel extract), Apple Pectin (plant fiber), Juniper Berries (Juniper communis), Cypress, Rosemary (Rosmarinus officinalis), Charcoal (activated), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

DETOXIFICATION, HEAVY METALS | Purging of General and Specific Metals

Rule out food poisoning, environmental toxins, chronic constipation, dietary excess (carbs, alcohol, hydrogenated fats and oils, etc.); drink 8-10 glasses of pure water daily; eliminate all refined carbohydrates, alcohol, dairy, processed foods, red meat, hydrogenated fats and oils, gluten grains, caffeine; increase raw vegetables and fruit; eat poultry, lamb, veal, and fish in lieu of beef.

10-Day BioDetoxification Kit (Pea or Whey) Program (2)

Optional Protocol: Porphyra-Zyme (4-8) two to four times daily between meals and apart from mineral supplementation, MCS-2 (3-6), Beta-TCP (3-12), Multi-Mins (3-6) apart from Porphyra-Zyme, Phosphatidylcholine (3-6), Aqueous Selenium (3-4 drops) or Selenomethionine (1), Biomega-3 (6) or Biomega-3 Liquid (1-2 tsp) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Chlorocaps or Chlorella Caps (6-12), Ca D-Glucarate (3), EGCG-200mg (1-2), HR#7 Heavy Metal Detoxification (1 capful), add HR#2 Lymphatic Drainage (1 capful) after two weeks and BioDophilus Caps (2) or BioDoph-7 Plus (3) after 2 months, NitroGreens (1 scoop)

Secondary Support: Nephra-Zyme (6-24) and Argizyme (6-16) for renal support,
BioProtect (6), Garlic Plus (6), Bio-E-Mulsion Forte (30 drops) or E-Mulsion 200 or E-200 Hγ (1), Tocotrienols (2), Methionine-200 (3)

**Alternative Support:** Bentonite/Montmorillonite Clay, Coriander (*Coriandrum sativum*) a.k.a. Cilantro, Zeolite, D-Limonene (citrus fruit peel extract), Apple Pectin (plant fiber), Juniper Berries (*Juniper communis*), Cypress, Rosemary (*Rosmarinus officinalis*), Charcoal (activated), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**Aluminum:** Add Ca/Mg-Zyme (6-16), Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3)

**Arsenic:** Add Aqueous Selenium (1-3 drops) or Selenomethionine (1), Liquid Iodine (10-90 drops) or Liquid Iodide Forte (5-45 drops) or Iodizyme-HP (½)

**Cadmium:** Add Aqueous Selenium (1-3 drops) or Selenomethionine (1), Zn-Zyme Forte (1-6), Ca/Mg-Zyme (6-16)

**Copper:** Add Zn-Zyme Forte (3-12)

**Lead:** Add Ca/Mg-Zyme (3-16), Zn-Zyme Forte (1-6), Aqueous Selenium (1-3 drops) or Selenomethionine (1)

**Mercury:** Add Chlorocaps or Chlorella Caps (6-12), Mn-Zyme Forte (3-6), Aqueous Selenium (1-3 drops) or Selenomethionine (1)

**Uranium:** Add Ca/Mg-Zyme (6-16)

### DETOXIFICATION, HEPATIC and GASTROINTESTINAL, LOWER GI TRACT

Rule out food poisoning, environmental toxins, chronic constipation, dietary excess (carbs, alcohol, hydrogenated fats and oils, etc.); drink 8-10 glasses of pure water daily; eliminate all refined carbohydrates, alcohol, dairy, processed foods, red meat, hydrogenated fats and oils, gluten grains, caffeine; increase raw vegetables and fruit; eat poultry, lamb, veal, and fish in lieu of beef.

10-Day Bio Detoxification Kit (Pea or Whey) Program (2)

**Optional Protocol:** Bio-Detox Packs (3 packs) daily or Hydro-Zyme (6-24) or Betaine Plus HP (3-6), Bio-6 Plus (6-18), A.D.P. (3-12), Butyric-Cal-Mag (3-6), Saccharomyces boulardii (3), Ca D-Glucarate (3), EGCG-200mg (1-2), NitroGreens (1 scoop),

**Secondary Support:** Gastrazyme (6), Chlorocaps or Chlorella Caps (6), IPS (6-24), MCS-2 (3-6), Beta-TCP (6-12), Lactozyme (3-9), Saccharomyces boulardii (3), NutriClear or NutriClear Chocolate (1-3 servings) in choice of beverage with Colon Plus (1-2 tsp) and Flax Seed Oil (3) or SunFlax Caps (4), HR#1-Detoxification (1-2 capfuls)

### DETOXIFICATION, HEPATIC and GASTROINTESTINAL, UPPER GI TRACT

Rule out food poisoning, environmental toxins, chronic constipation, dietary excess (carbs, alcohol, hydrogenated fats and oils, etc.); drink 8-10 glasses of pure water daily; eliminate all refined carbohydrates, alcohol, dairy, processed foods, red meat, hydrogenated fats and oils, gluten grains, caffeine; increase raw vegetables and fruit; eat poultry, lamb, veal, and fish in lieu of beef.

10-Day Bio Detoxification Kit (Pea or Whey) Program (2)

**Optional Protocol:** Bio-Detox Packs (3 packs) daily or Hydro-Zyme (6-24) or Betaine Plus HP (3-6), Beta-TCP (2-12), MCS-2 (3-6), NitroGreens (1 scoop), Gastrazyme (6), Chlorocaps or Chlorella Caps (6), Bio-6 Plus (6-18), Bio-HPF (3-16) or A.D.P. (3-16), IPS (3-16), NutriClear or NutriClear Chocolate (1-6 servings) with Colon Plus (1-2 tsp) and Flax Seed Oil
Clinical and Experimental Immunology was evidently proven true in this study. Another 2014 modulatory drug would likely boost and preserve the process of islet regeneration, which accordingly, administration of curcumin as an established anti-inflammatory and immune modulatory drug would likely boost and preserve the process of islet regeneration, which was evidently proven true in this study. Another 2014 study published in the journal, “Clinical and Experimental Immunology” titled “Curcumin ameliorates autoimmune diabetes...” found that curcumin downregulates the T-cell response that destroys pancreatic beta cells.

Alternative Support: Bentonite/Montmorillonite Clay, D-Limonene (citrus fruit peel extract)

DIABETES, TYPE I (IDDM) | Insulin-Dependent Diabetes Mellitus

Glucometer must be utilized to monitor blood glucose levels during any supplemental program; rule out high-carbohydrate diet, dietary artificial sweeteners (aspartane, sorbitol, sucrolose), hypochlorhydria, and lack of exercise.

GlucoBalance (3-9) for 30 days, then (6) daily, Bio-B3 Plus 250 (9-12), Cytozyme-PAN (3-12), Bio-Cyanidins (3-6), B6 Phosphate (3-6), Flax Seed Oil (6) or SunFlax Caps (4), Biomega-3 (6) or Biomega-3 Liquid (1-2 tsp) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Sesame Seed Oil Caps (6) with pain, Betaine Plus-HP (1) with meals, then increase by (1) every three days to tolerance (gastric burning sensation), Lipoic Acid Plus (3-6) or R-Lipoate CBG (1-2), Bio-D-Mulsion Forte (4-8 drops), Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3), EGCG-200mg (1-2), E-Mulsion 200 or E-200 Hγ (1-2), Tocotrienols (2), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), Garlic Plus (3), ADB5-Plus (3-6), Methylfolate Plus (3) or 5-MTHF Plus Forte (1), Mg-Zyme (3-6) or Mg-Orotate 500 (3) at bedtime

With Mineral Insufficiency: Aqueous Chromium (9-12 drops) or Cr-Zyme (3-6) or Chromium Picolinate (3-6), V-Zyme (3)

Secondary Support: ADHS (1-2) twice daily in the morning, Cytozyme-H (6), Inositol (6) or Inositol Powder (1½ tsp), Whey Protein Isolate - Original, Chocolate or Vanilla or Pea Protein Isolate (1 scoop) or Whey Protein Concentrate (2 scoops) twice daily between meals, V-Zyme (3-6), Cr-Zyme (3) or Aqueous Chromium (2 drops), L-Arginine (3), Berberine HCl (1)

Alternative Support: Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Cinnamon (Cinnamomum verum) for proanthocyanidins to support cellular sensitivity to insulin, Gymnema (silvestre) to negate favorable taste of sugar, and to reduce blood sugar level; Glucomannan (fiber polysaccharide), Oregano (Origanum vulgare), Fenugreek (Trigonella foenum-graecum), Prickly Pear (Opuntia ficus-indica), Aloe (Aloe vera), Apple Pectin (plant fiber), Apple Cider Vinegar & Honey (raw organic), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C), Black Seed (Nigella sativa)

Nutrients Experimentally Shown to Stimulate Beta Cell Regeneration: Curcumin, Black Seed (Nigella sativa), Corn Silk, Chard, Berberine, Arginine, Genistein (phytoestrogen), Avocado, and even Honey & Stevia—paradoxically.

N.B. A recently reported "type I diabetic rodent study" revealed that turmeric's polyphenol extract, curcumin, may prevent, and even reverse Type I Diabetes by facilitating pancreatic beta cell regeneration. Researchers theorized that curcumin likely produces "a favorable systemic and pancreatic environment to foster bone marrow transplantation and islet neogenesis. Accordingly, administration of curcumin as an established anti-inflammatory and immune modulatory drug would likely boost and preserve the process of islet regeneration, which was evidently proven true in this study."

Another 2014 study published in the journal, "Clinical and Experimental Immunology" titled "Curcumin ameliorates autoimmune diabetes..." found that curcumin downregulates the T-cell response that destroys pancreatic beta...
cells, which resulted in improvement in Type I Diabetes. Therefore, such clients must be educated to understand that their “disease” can in fact be addressed—even “cured”—by clinically reversing their autoimmune dysfunction, and thereby regenerating their pancreatic beta cells for the renewed production of insulin.

**DIABETES, TYPE II (NIDDM) | Non-Insulin Dependent Diabetes Mellitus**

Rule out magnesium deficiency, hypochlorhydria, dysbiosis, and statin drug use; eliminate or reduce dietary sugars, artificial sweeteners (aspartame, sorbitol, sucralose) and starches; increase fiber intake and lean protein; exercise.

GlucoBalance (6-9), Optimal EFAs Caps or Biomega-3 (6) or Biomega-3 Liquid (1-2 tsp) or Sesame Seed Oil Caps (6), KappArest (8), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), Aqueous Chromium (9-12 drops) or Cr-Zym (3-6) or Chromium Picolinate (3-6), Cytozyme-PAN (3-9), Whey Protein Isolate - Original, Chocolate or Vanilla or Pea Protein Isolate (1-3 scoops) or Whey Protein Concentrate (2 scoops), Bio-Cyanidins (8-10), Beta-TCP (3-12), ADHS (1-2) with both breakfast and lunch, Bio-D-Mulsion Forte (2-4 drops), Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3), EGCG-200mg (1-2), E-Mulsion 200 or E-200 H3 (1-2), Tocotrienols (2), B6 Phosphate (3-6), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), Garlic Plus (3), ADB5-Plus (3-6), B12-2000 Lozenges (3), Bio-B3 Plus 250 (1), Methylfolate Plus (3) or 5-MTHF Plus Forte (1), 7-Keto-Zyme (3-6) or 7-Keto-Zyme Forte (1-3), Mg-Zyme (3-6) or Mg-Orotate 500 (3) at bedtime

**With Insulin Resistance:** GlucoBalance (6-9), Cr-Zyme (6), Aqueous Chromium (6-12)

**Secondary Support:** L-Arginine (4), Berberine HCl (1-3), CLA (6), UltraVir-X (6), Inositol (6) or Inositol Powder (1½ tsp), Cr-Zyme (3), V-Zyme (6-9)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Milk Thistle (Silybum marianum, silymarin) at 600 mg, Cinnamon (Cinnamomum verum), Bilberry (Vaccinium myrtillus), Apple Cider Vinegar & Honey (raw organic) before meals, Apple Pectin (plant fiber), Pomegranate (Punica granatum) juice/extract, Blueberries, Glucomannan (fiber polysaccharide), Fenugreek (Trigonella foenum-graecum), Prickly Pear (Opuntia ficus-indica), Bitter Melon (Momordica charantia), Oregano (Origanum vulgare), Mulberry, Aloe (Aloe vera), Beta-glucan (polysaccharide sugars), Coffee (Coffee cruda/arabica) organic & dark roasted, Ascorbyl Palmitate (fat-soluble vitamin C), Liposomical C (molecule-soluble vitamin C), Black Seed (Nigella sativa), Hemp Seed (Cannabis sativa), Earthing/Grounding

**N.B.** The Journal of the American Diabetic Association, "Diabetes Care," recently reported that turmeric extract was found to be 100% effective in preventing pre-diabetics from developing Type II Diabetes.

**DIABETIC POLYNEUROPATHY (Nephropathy/Neuropathy/Retinopathy) | Sensory and Motor Nerves Microvascular Injury**

Nephra-Zyme (6), Lipoic Acid Plus (6) or R-Lipoate CBG (1-2), NAC (3), EGCG-200mg (1-2), Acetyl-L-Carnitine (3), Cognitive Enhancer (1) before breakfast and (1) before lunch or dinner, Bio-D-Mulsion Forte (2-4), Bio-Ae-Mulsion Forte (1-3 drops), VasculoSirt (10), ResveraSirt-HP (1-3), Lipoic Acid Plus (3-6) or R-Lipoate CBG (1-2), Taurine (3), Blackcurrant Seed Oil, Evening Primrose Oil (6-9) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), GSH-Plus (3), Ginkgo Biloba (3-6), B12-2000 Lozenges (3), E-Mulsion 200 (3), B6 Phosphate
(3-6), Inositol (3-6) or Inositol Powder (1½ tsp), Bio-B 100 (3-6), Bio-B3 Plus 250 (1), Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3), L-Arginine (3), Berberine HCL (1)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Shark Cartilage, Benfotiamine (fat-soluble B1) at 300 mg/day up to 1200 mg daily in more serious/severe diabetic neuropathy, Magnesium (Chloride) Oil (transdermal topically), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C), Black Seed (Nigella sativa)

**DIABETIC ULCERS | Skin or Mucous Membrane Lesions**

Add Porphyra-Zyme (9) on an empty stomach, Multi-Mins (6), and Chlorella Caps (6) to the "Diabetes" protocols above

**Alternative Support:** Apple Cider Vinegar & Honey (raw, organic), Black Seed (Nigella sativa)

**DIAPER RASH | Irritant Dermatitis**

Bio-Ae-Mulsion (1-3 drops) internally and applied topically, A.D.P. (2) crushed in 4 ounces of water for topical application on affected area

**DIARRHEA, ACUTE or CHRONIC**

*Rule out dysbiosis, hypochlorhydria, food allergy/sensitivity, parasitic infestation, dietary allergies, infection, inflammation, toxicity, and stress; drink plenty of pure water.*

Bio-HPF (4) after each meal, Colon-Plus Caps (12-24), IPS (6-15) am and pm apart from food, Gastrazyme (12-24), Hydro-Zyme (6-18), IPS (9-15), Immuno-gG (3-6), Bio-MCT (1 tbsp), Flax Seed Oil (6) or SunFlax Caps (4) or Optimal EFAs Caps (6-9) or EFA-Sirt Supreme (12), Bio-6-Plus (3-9), BioDoph-7 Plus (3), L-Glutamine (3) or L-Glutamine Powder (1 tsp), Potassium-HP (1 scoop), Butyric-Cal-Mag (6), Garlic Plus (3), BioDophilus Caps (3), Chlorocaps or Chlorella Caps (3-15)

**Secondary Support:** A.D.P. (3) with each meal, Zn-Zyme Forte (1-3)

**Alternative Support:** Slippery Elm (Ulmus rubra), Kelp (brown seaweed algae), Charcoal (activated), Ginger (Zingiber officinale), Cayenne Pepper (Capsicum annuum), Fenugreek (Trigonella foenum-graecum), Chamomile (Matricaria chamomilla), Red Raspberry Leaf (Rubus idaeus), Bismuth (Pepto-Bismol®)

**DIARRHEA, ANTIBIOTIC-ASSOCIATED**

BioDophilus-FOS (6) or BioDoph-7 Plus (3), Lactozyme (6), Saccharomyces boulardii (3)

**DIARRHEA, INFANTILE**

BioDophilus-FOS (½-1 tsp), Cytozyme-THY (½-1), Bromelain Plus CLA (½-2) on an empty stomach, Bio-6 Plus (1-2), Saccharomyces boulardii (1)

**Secondary Support:** Aqueous Multi-Plus (½-1 tsp)

**DIARRHEA, TRAVELER'S**

*Rule out ulcers in those for whom low-dose HCl supplementation causes gastric distress.*

Hydro-Zyme (6-12), Gastrazyme (6-9), Saccharomyces boulardii (3-6), L-Glutamine (3) or L-Glutamine Powder (1-3 tsp), A.D.P. (6-12)

**Secondary Support:** Gammanol Forte (3-6), Chlorocaps or Chlorella Caps (6-9)
DIGESTION, GENERAL SUPPORT
Hydro-Zyme (6-12) or Betaine Plus HP (1-2), Beta-TCP (6), Bromelain Plus (6) and Bromelain Plus CLA (6) on an empty stomach, B12-2000 Lozenges (3), Bio-B with C (3-6)
Secondary Support: Gastrzyme (3), Chlorocaps or Chlorella Caps (6), Bio-6 Plus (3), Lactozyme or BioDoph-7 Plus (3), Saccharomyces boulardii (3), Intenzyme Forte (6-9) on an empty stomach, NitroGreens (1 scoop)
Alternative Support: Apple Cider Vinegar & Honey (raw organic), D-Limonene (citrus fruit peel extract)

DIGESTIVE DYSFUNCTION, GASTRIC | Indigestion Up to One Hour after Meals
Hydro-Zyme (6-12) or Betaine Plus HP (3-6), Zn-Zyme (3) or Zn-Zyme Forte (1), Bromelain Plus CLA (3) on an empty stomach, Beta-TCP (3-6), BioDophilus-FOS (1-2 tsp) or BioDoph-7 Plus (3), Gastrzyme (3), B12-2000 Lozenges (3)
Secondary Support: NitroGreens (1 scoop), Berberine HCl (1)

DIGESTIVE DYSFUNCTION, PANCREATIC | Indigestion 1-2 Hours after Meals
Bromelain Plus CLA (6) on an empty stomach or Bio-6 Plus (9) or Intenzyme Forte (9) on an empty stomach or BioDoph-7 Plus (3), B12-2000 Lozenges (3)
Secondary Support: NitroGreens (1 scoop), Berberine HCl (1)

DISC, DEGENERATIVE | Spine or Temporomandibular Joint (TMJ)
Rule out intestinal parasites, constipation, inflammation, ligamental laxity, and spinal dysfunction.
Osteo-B II (6), Chondro-Plus (3-9), Blackcurrant Seed Oil or Evening Primrose Oil (6-9) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Renal-Plus or Nephra-Zyme (9), Intenzyme Forte (10) immediately, then (5) three times daily on an empty stomach until resolved, Bio-D-Mulsion Forte (2-4 drops)
Cartilage Repair Support: Chondro-Plus (9-12) or Purified Chondroitin Sulfates (15-30)
With Pain: Bio-Allay (3-6), Sculacia (3-6), DL-Phenylalanine (3), Intenzyme Forte (15-30) in divided doses between meals
Alternative Pain Support: Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Blue Lotus (Nymphaea caerulea), Wild Opium Lettuce (Lactuca vivosa), Kratom (Mitragyna speciosa), Kava Kava (Piper methysticum), White Willow (Salix alba), Arnica (Arnica montana) pellet, cream, gel or ointment
Secondary Support: Bromelain Plus CLA (12) on an empty stomach, BioProtect (3) or Bio-FCTS (3-9), EGCG-200mg (2), Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3), Cytozyme-AD or ADB5-Plus (3-9), KappArest (8), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2)
Alternative Support: Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

DISC INJURY or INFLAMMATION
Intenzyme Forte (10-15) ASAP as a loading dose on an empty stomach, then (3) per hour on an empty stomach for the next 48 hours, then reduce to (9-12) until resolved; Bio-FCTS (3-9), EGCG-200mg (2), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Bio-CMP (3-12), KappArest (6), Lipoic Acid Plus (2) or R-Lipoate CBG (1-2), Bio-Allay or Sculacia (3-6),
ChondroSamine-S or ChondroSamine Plus (6-9), Chondro-Plus 6-12 or Purified Chondroitin Sulfates (9-15), Bio-D-Mulsion Forte (2-4 drops), Mn-Zyme (3), Renal Plus (9)

**With Microbial Inflammation:** A.D.P. (12), POA-Phytolens (9), Bromelain Plus CLA (15-30) on an empty stomach

**With Pain:** Bio-Allay (3-6), Sculacia (3-6), DL-Phenylalanine (3)

**Alternative Pain Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Blue Lotus (Nymphaea caerulea), Wild Opium Lettuce (Lactuca vivosa), Kratom (Mitragyna speciosa), Kava Kava (Piper methysticum), White Willow (Salix alba), Arnica (Arnica montana) pellet, cream, gel or ointment

**DISC LESIONS (Wound or Injury)**

ChondroSamine-S or ChondroSamine Plus (3), MSM (3-6) or MSM Powder (1-3 tsp), Bio-FCTS (6), EGCG-200mg (2), Biocatsol Forte (3-6), Intenzyme Forte (12) on an empty stomach, Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3)

**Alternative Support:** Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**DISLOCATION, JOINT | Bone Displacement w/Tissue/Ligament Bruising/Tearing**

Intenzyme Forte (10) ASAP on an empty stomach, then (5) four times daily, Chondro-Plus (6), KappArest (6-9) with inflammation, Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), Bio-D-Mulsion Forte (2-4 drops), Bio-C Plus (3-60 OR Bio-C Plus 1000 (1-3)

**With Pain:** Bio-Allay (3-6), Sculacia (3-6), DL-Phenylalanine (3)

**Alternative Pain Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Blue Lotus (Nymphaea caerulea), Wild Opium Lettuce (Lactuca vivosa), Kratom (Mitragyna speciosa), Kava Kava (Piper methysticum), White Willow (Salix alba), Arnica (Arnica montana) pellet, cream, gel or ointment

**Secondary Support:** Purified Chondroitin Sulfates (3), BioProtect (3), Amino Sport (6-12)

**Alternative Support:** Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**DISTAL SYMMETRIC POLYNEUROPATHY (DSP) | Common Diabetic Neuropathy**

Lipoic Acid Plus (3-6) or R-Lipoate CBG (1-3), NAC (3), Acetyl-L-Carnitine (3), Taurine (3), Blackcurrant Seed Oil or Evening Primrose Oil (6-9) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), GSH-Plus (3), Ginkgo Biloba (3), B12-2000 Lozenges (1-2), E-Mulsion 200 or E-200 H7 (3), Tocotrienols (2), B6 Phosphate (3-6), Inositol (3-6) or Inositol Powder (1½ tsp), Bio-B 100 (3-6), Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3), EGCG-200mg (2), Cognitive Enhancer (1) before breakfast & (1) before lunch or dinner

**Alternative Support:** Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**DIURETIC SUPPORT | Increased Urine Production and Output**

*Reduce dietary carbohydrates to a maximum of 50 grams daily.*

Renal Plus or Nephra-Zyme (9), B6 Phosphate (6), Carbamide (3-6), KappArest (6-9), ADHS (3), Bio-Cardiozyme Forte (3-6), Taurine (3), Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3), Potassium-HP (1 scoop), E-Mulsion 200 (1-3), Blackcurrant Seed Oil (1-3), Colon-Plus Caps
(3-9), Amino Sport (6-12), Pea or Whey Protein Isolate (2 level scoops)

**Secondary Support:** UT Complex (3)

**Alternative Support:** Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**DIVERTICULITIS | Painful Inflammation of Colonic Diverticula**

Rule out hypochlorhydria, intestinal parasites, infection, food allergy/sensitivity, lack of dietary fiber, and bowel inflammation.

10-Day BioDetoxification Kit (Pea or Whey) Program (2); NutriClear or NutriClear Chocolate and Whey Protein Isolate - Original, Chocolate or Vanilla or Pea Protein Isolate or Whey Protein Concentrate (2 scoops) twice daily, MCS-2 (4), Beta-TCP (6), Gastrazyme (6), IPS (6), B12-2000 Lozenges (2), Folate-5 Plus (1-3), POA-Phytolens (3-6), Bio-D-Mulsion Forte (2-4), Colon-Plus Caps (15), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Butyric-Cal-Mag (6), L-Glutamine (3-6) or L-Glutamine Powder (1 tsp), MSM (3) or MSM Powder (1 tsp), BioDophilus-FOS (6) or BioDoph-7 Plus (3) or Lactozyme (6) before meals, Saccharomyces boulardii (3), Bio-B 100 (3-9), Intenzyme Forte (6-12) on an empty stomach

**Secondary Support:** Bio-Cyanidins (3), Neutrophil Plus (6) with bacterial infection or UltraVir-X (4) before meals with viral infection, Bio-Immuonzyme Forte (3), EGCG-200mg (2), Bio-Multi Plus (3), Neonatal Multi-Gland (6), GSH-Plus (3), Se-Zyme Forte (1-2) or Selenomethionine (1), Zn-Zyme Forte (1-2), Bio-Ae-Mulsion (3 drops)

**Alternative Pain Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Blue Lotus (Nymphea caerulea), Wild Opium Lettuce (Lactuca vivosa), Kratom (Mitragyna speciosa), Kava Kava (Piper methysticum), White Willow (Salix alba), Arnica (Arnica montana) pellet, cream, gel or ointment

**Alternative Support:** Slippery Elm (Ulmus rubra), Alfalfa (Medicago sativa), Aloe (Aloe vera), Cayenne Pepper (Capsicum annuum), Chamomile (Matricaria chamomilla), Black Seed (Nigella sativa)

**DIZZINESS or FAINTNESS**

**With Emotional Hypertension (High Blood Pressure):** De-Stress (4), Mood Enhancer (1-2) before meals or at bedtime, Multi-Mins (6), ADHS (3)

**With Arteriosclerosis (Arterial Hardening):** Beta-TCP (6), Bio-FCTS (3), EGCG-200mg (2), Porphyra-Zyme (9) on an empty stomach, Multi-Mins (6)

**With Hyperadrenia (Increased Cortisol Production):** ADHS (3), MCS-2 (3), Bio-Glycozyme Forte (3), Beta-TCP (6)

**With Hypoadrenia (Decreased Cortisol Production):** Cytozyme-AD or ADB5-Plus (6-9)

**With Long Standing on Feet:** ADHS (3), Stamina Caps (3), Bio-Glycozyme Forte (4), EFA-Sirt Supreme (12) or Optimal EFAs Caps (6) or Flax Seed Oil or SunFlax Caps (4)

**DOWN SYNDROME | Congenital Disorder - Extra 21st Chromosome**

Acetyl-L-Carnitine (1-3), 5-HTP (1-3) or 5-HTP Plus Forte (1) or Neuro-5-HTP Plus (1-3), Phosphatidylcholine (3), Folic Acid 800 (1), Bio-B 100 (3-6), Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), Optimal EFAs Caps (3-6) or EFA-Sirt Supreme (6), Garlic Plus (3), Amino Sport (6-12), Phosphatidylcholine (3), Potassium-HP (1 scoop), Taurine (3)
**Alternative Support:** Dimethylglycine (DMG), Kelp (brown seaweed algae), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

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**DROWSINESS**

*Rule out hypoglycemia, adrenal insufficiency, liver congestion, acidosis, or anemia.*

Super Phosphozyme Liquid (30 drops), Bio-Glycozyme Forte (4), MCS-2 (3), Beta-TCP (6), Amino Acid Quick Sorb (15-20 drops)

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**DRUG ADDICTION (Alcoholism) | Drug Dependence, Withdrawal and Recovery**

See "Alcoholism (Drug Addition)"

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**DRY EYE SYNDROME (DES) | Film Dysfunction - Decreased Tear Production**

EFA-Sirt Supreme (12) or Optimal EFAs Caps or Flax Seed Oil (6), or SunFlax Caps (4) or Biomega-3 (6) or Biomega-3 Liquid (1-2 tsp), Evening Primrose Oil (6-9), Bio-CMP (1-3), Bio-Ae-Mulsion (1 drop), Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3), EGCG-200mg (1-2), B6 Phosphate (3-6)

**Alternative Support:** Eye Drops (homeopathic), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

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**DRY MOUTH (Xerostomia) | Reduced Saliva Production**

*Rule out potassium deficiency/insufficiency (hypokalemia), vitamin B12 deficiency, diabetes, pharmaceutical drugs "side" effects, and possible systemic disease such as Sjogren’s Syndrome.*

Cytozyme-Parotid-TS (3-9), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3), Bio-B Complex (3), Mo-Zyme or Mo-Zyme Forte (3-6), B12-2000 Lozenges (1-2)

**Secondary Support:** Potassium-HP (1 scoop) or K-Zyme (3), Beta-TCP (6-9), MCS-2 (3-6)

**Alternative Support:** Goldenseal (*Hydrastis canadensis*), Aloe (*Aloe vera*), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

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**DRY SOCKET | Painful Inflammation after Dental Extraction**

Cytozyme-Trachea (6), Ca/Mg-Zyme (3), KappArest (8), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), Chlorocaps (3), Chlorella Caps (6), EGCG-200mg (2), Bio-C Plus (3-6) or Bio-C-Plus 1000 (1-3)

**With Pain:** Bio-Allay (3), Sculacia (3), DL-Phenylalanine (3)

**Alternative Pain Support:** Turmeric/Curcumin (BCM-95®), Boswellia (*Boswellia sacra*) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Blue Lotus (*Nymphaea caerulea*), Wild Opium Lettuce (*Lactuca vivosa*), Kratom (*Mitragyna speciosa*), Kava Kava (*Piper methysticum*), White Willow (*Salix alba*), Arnica (*Arnica montana*) pellet, cream, gel or ointment

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**DUODENAL ULCER | Non-Malignant Lesion of the Duodenal Membrane**

*Rule out bleeding or severe ulceration.*

NutriClear or NutriClear Chocolate (2 servings) daily for one week to reduce inflammation, Gastrazyme (15) for 10 days, Bio-HPF (6), L-Glutamine (6), IPS (6), Cytozyme-PAN (9), Bio-FCTS (6), EGCG-200mg (2), Beta-TCP (6)

**With Bacterial Infection:** A.D.P. (9) with Lactozyme (6) after two weeks, Saccharomyces
boulardii (3)

**With Hypochlorhydria:** Hydro-Zyme (6-9) or Betaine Plus HP (3)

**With Hyperchlorhydria:** Super Phosphozyme Liquid (60 drops) daily, Gammanol Forte (9)

**With Pancreatic Dysfunction:** Bio-6 Plus (6)

**Secondary Support:** Following tissue healing, use Bio-Multi Plus Iron & Copper Free (3), Blackcurrant Seed Oil or Evening Primrose Oil (6-9) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Folic Acid 800 (6), B12-2000 Lozenges (2)

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**DUPUYTREN'S CONTRACTURE | Progressive Fibrosis/Thickening in Fascia of Palm**

*With "Trigger Finger" rule out trauma, inflammation, diabetes, hepatobiliary dysfunction, and alcoholism.*

Intenzyme Forte (12-18) on an empty stomach, B6 Phosphate (12), B6/B1 Plus Zinc (1-2), Chondro-Plus (6), Blackcurrant Seed Oil or Evening Primrose Oil (6-9) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Iodizyme-HP (½-2), Liquid Iodine or Liquid Iodine Forte (transdermal topicaly twice daily)

**With Hand Inflammation:** Bio-FCTS (6) on an empty stomach, EGCG-200mg (2)

**With Systemic Inflammation:** KappArest (8), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2)

**With Vitamin D Deficiency:** Bio-D-Mulsion Forte (3-4 drops)

**Alternative Support:** Pecans (raw)

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**DYSBIOSIS | Intestinal Microbial Imbalance & Bowel Flora Replenishment**

*Rule out antibiotic and steroid therapies, enzyme insufficiency, chlorinated water, antibacterial soap, agricultural chemicals, environmental pollution, birth control pill usage, household pets, pathological organisms, processed food diet with lack of dietary fermented foods, and poor hygiene.*

Following Dysbiocide (6) for one month, then reduced to (3) daily for another: BioDophilus-FOS (1-2 tsp) or BioDophilus Caps (3) or BioDoph-7 Plus (3) with meals, Saccharomyces boulardii (3-6), Colon-Plus Caps (6-12) or Colon Plus (1-3 tsp)

**Flora Replenishment:** BioDoph-7 Plus (3-6), BioDophilus-FOS (3-6), Colon-Plus Caps (3-6), Lactozyme (3-6), Saccharomyces boulardii (3-6)

**Alternative Support:** Include any of following prebiotic/probiotic, fermented foods in the diet: Yogurt, Sauerkraut, Pickled Beets, Kefir, Miso, Natto, Pickles, Olives, Tempeh, Kimchi, Kombucha tea, Dark Chocolate (70-85%+ Cacao)

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**DYSBIOSIS, FUNGAL or YEAST | Bowel Flora Overgrowth as in Candidiasis**

A.D.P. (9-15) after meals and bedtime for 30-60 days, then (9) daily for following four weeks, Dysbiocide (6-9), Caprin (6-9), Methionine-200 (3-6), FC-Cidal (6-9), Garlic Plus (3-9), Bio-HPF (3-6), IPS (3), POA-Phytolens (3), BioDophilus-FOS (3-6) or BioDoph-7 Plus (3) after four weeks, HR#8-Fungal-Yeast Infection (1 capful)

**Secondary Support:** 10-Day BioDetoxification (Pea or Whey) Program (2); Colon-Plus Caps (6-15), Bromelain Plus CLA (12-24) on an empty stomach, Hydro-Zyme (2-6) per meal, Livotrit Plus (3) and Beta-TCP (6-12) with ADHS and MCS-2 to upregulate Phase I and Phase II hepatic detoxification respectively, HR#1 Detoxification or HR#8 Fungal-Yeast Infection or HR#9 Bacteria Detox (1 capful)

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**DYSBIOSIS, PARASITIC INFESTATION**
A.D.P. (9-15) after meals and bedtime for 30-60 days, Dysbiocide (6-9), Bromelain Plus CLA (9-21) on an empty stomach, Methionine-200 (6), Hydro-Zyme (6-18), Bio-Immunozyme Forte (3-9) before meals, Caprin (6-9), FC-Cidal (6-9), Bio-HPF (6-9), Garlic Plus (3-6), HR#10 Parasite Detox (1 capful)

**DYSLEXIA | Learning Disorder Characterized by Inability to Recognize Words**

Nuclezyme Forte (3-9), Cytozyme-B (6), NeuPerzine (2), Cognitive Enhancer (1) before breakfast & (1) before lunch or dinner, Bio-Glycozyme Forte (4), Biomega-3 (6) or Biomega-3 Liquid (1-2 tsp) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12)

**Secondary Support:** Bio-B 100 (3-9), Histoplex (3-12), Hydro-Zyme (6-18), Cytozyme-AD (3-6) or ADB5-Plus (2-4) with allergies

**DYSMENORRHEA | Dysfunctional and Painful Menstruation**

*Rule out endocrine dysfunction, magnesium and essential fatty acid (EFA) deficiencies, anemia, tumors, cysts, endometriosis, and Syndrome X/Metabolic Syndrome (refined carbohydrate diet).*

Equi-Fem or PMT with hormone replacement therapy (HRT) (6), Neonatal Multi-Gland (9), Bio-B 100 (6), Bio-B3 Plus 250 (1), Blackcurrant Seed Oil or Evening Primrose Oil (6-9) or Optimal EFAs Caps (6), Bio-CMP (3), Ca/Mg-Plus (6) before meals and (3) at bedtime,

**With Menstrual Cramps:** Bio-CMP (4) at onset, then (2) per hour to a maximum of (12) until abated, Ca/Mg Zyme (4) per hour, if additional mineralization is required

**With Menstrual Bleeding:** Fe-Zyme in dosage required to correct anemia, Ca/Mg Plus (6)

**With Testosterone Insufficiency:** b-VITAL (2)

**With Exogenous Estrogen Therapy:** Liquid Iodine Forte (50 drops), Ca D-GLucarate (4)

**Secondary Support for Pain:** Bio-Allay (3), Sculacia (3), DL-Phenylalanine (3)

**Alternative Support:** Chaste Tree (Vitex agnus-castus), Progesterone (topical cream)

**DYSPESPIA (Heartburn or Indigestion) | Digestive Dysfunction or Distress**

Hydro-Zyme (6) increasing by (1) per meal to tolerance, Gastrazyme (6) between meals, Chlororcaps or Chlorella Caps (6), Beta-TCP (3-6), Bio-6-Plus (3), IPS (3), Bio-HPF (3-6)

**DYSURIA | Painful Urination**

*Rule out interstitial cystitis and prostate issues.*

A.D.P. (6), Renal Plus or Nephra-Zyme (9), L-Arginine (2), ChondroSamine Plus or ChondroSamine-S (3), MSM (3) or MSM Powder (1 tsp), DL-Phenylalanine (3), Bio-Allay (3), Sculacia (3), UT Complex (3)

**Alternative Pain Support:** Turmeric/Curcumin (BCM-95®), Blue Lotus (Nymphaea caerulea), Wild Opium Lettuce (Lactuca vivosa), Kratom (Mitragyna speciosa), Kava Kava (Piper methysticum), White Willow (Salix alba), Arnica (Arnica montana) pellet, cream, gel or ointment

**EARACHE (Otalgia)**

*Rule out otitis media.*

IAG (6 tsp), Bio-Ae-Mulsion Forte (4 drops) for one week, then (1 drop), BioDophilus-FOS (3) or BioDoph-7 Plus (3), A.D.P. (6), Garlic Plus (1-3), Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3), DL-Phenylalanine (3), Bio-Allay (3), Sculacia (3), HR#2 Lymphatic Drainage (2)
Alternative Support: Eardrops of Mullein (*Verbascum thapsus*), Echinacea (*Echinacea angustifolia*), Goldenseal (*Hydrastis canadensis*) and Lavender (*Lavandula angustifolia*) essential oils, Hydrogen Peroxide (H2O2) eardrops, Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**EARACHE (Children Over 1)**

IAG (1-3 tsp), C/Cal/Mag Powder (1-3 tsp), BioDophilus-FOS (1-3 tsp) or BioDoph-7 Plus (1), Bio-C Plus (1-2), HR#2 Lymphatic Drainage (1-2 capfuls)

Secondary Support: HistoPlex-AB (1) with allergies, mixed with applesauce or juice; if nursing, treat mother

Alternative Support: Tea Tree (*Melaleuca alternifolia*) oil (apply a few drops on a cotton ball and place in ear), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**EARDRUM, PUNCTURED/PERFORATED | Tympanic Membrane Trauma**

Cytozyme-Trachea (9), Bio-D-Mulsion Forte (6 drops)

**EAR INFECTION (Otitis Media)**

*Rule out hypoadrenia, bacterial or viral infection, food allergy/sensitivity (dairy), and refined carbohydrate diet.*

IAG (4-6 tsp) in acute phase, (2 tsp) in chronic phase, A.D.P. (2-4), Bio-Immunozyme Forte (3-6), Neutrophil Plus (3), Bromelain Plus CLA (3-9) between meals, Cytozyme-THY (12), Cytozyme-Parotid-TS (4), Immuno-gG (2-4)

Secondary Support: Dismuzyme Plus Granules (3-4 tbsp), Aqueous Multi-Plus (2), Cytozyme-AD (3-6), ADB5-Plus (2-4), HR#2 Lymphatic Drainage (2 capful)

**EAR INFECTION (Children under 10)**

*Rule out hypoadrenia, bacterial or viral infection, food allergy/sensitivity (dairy), and refined carbohydrate diet.*

IAG (2-3 tsp) in acute phase, (1 tsp) in chronic phase, Bio-Immunozyme Forte (1-2), Neutrophil Plus (1-3), Bromelain Plus CLA (3-9) between meals, Cytozyme-THY (6), Cytozyme-Parotid-TS (2), Immuno-gG (1-2), Mn-Zyme (1), Bio-C Plus or Bio-C Plus 1000 (1), Zn-Zyme (1-3) or Zn-Zyme Forte (1-2)

Secondary Support: Dismuzyme Plus Granules (1-2 tbsp), Aqueous Multi-Plus (1 tsp), Cytozyme-AD (1-2), HR#2 Lymphatic Drainage (1 capful)


**EAR INFECTION (Infants under 6 Months)**

Reduce the "Children under 10" protocol dosages by 50%

**EARWAX, EXCESS | Essential Fatty Acid (EFA) Insufficiency Indicator**

*Rule out any clogging by dried ear wax.*

Flax Seed Oil (6) or SunFlax Caps (4), Optimal EFAs Caps (12) or EFA-Sirt Supreme (12-18)
for 3 months, then (6), E-Mulsion 200 or E-200 Hγ (2), Tocotrienols (2), Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3), EGCG-200mg (1-2)

**Alternative Support:** Olive Oil (drops), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**ECLAMPSIA | Peri-Pregnancy Convulsions, Coma and Toxemia**

Mg-Zyme (12) or Mg-Orotate 500 (2) at bedtime or Aqua Mag-Cl (6) in choice of beverage in divided dosages, Cytozyme-AD (6), ADB5-Plus (2), B6 Phosphate (3), E-Mulsion 200 or E-200 Hγ (3), Tocotrienols (2), Taurine (3), Bio-D-Mulsion Forte (2-4 drops)

**ECZEMA (Atopic Dermatitis) | Chronic Itchy Skin Inflammation**

*Rule out digestive dysfunction, hypochlorhydria, intestinal permeability, calcium/magnesium deficiency, dairy/gluten sensitivity, food and/or environmental allergies, dietary excess of fried foods, dysbiosis, and excess sunlight.* Protocol applicable for those over 10 years of age; for those under 10, but over 1 year old, dosages should be reduced by 50%; for children over 3 months old and under one year of age, dosages should be reduced by 75%; for infants under 3 months of age, use only dietary recommendations.

Intenzyme Forte (15-30) on an empty stomach, Blackcurrant Seed Oil or Evening Primrose Oil (6-9) and topically as well, Bio-Ae-Mulsion (6-9 drops) in water and topically for 10 days, then (3) daily, Cytozyme-THY (12), Bio-Cyanidins (3-6), Folic Acid 800 (3), Lactozyme (3) or BioDoph-7 Plus (2), Bio-CMP (3), Saccharomyces boulardii (3), Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3)

**Secondary Support:** 10-Day BioDetoxification (Pea or Whey) Program (2), Ca/Mg Plus (6), Bio-ImmuNozyme Forte (6), Bio-Multi Plus Iron & Copper Free (3), E-Mulsion 200 or E-200 Hγ (2), Tocotrienols (2), Bio-B 100 (3), KappArest (6-9), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), MygranX (2)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Milk Thistle (*Silybum marianum*, silymarin), Sea Buckthorn (*Hippophae rhamnoides*) oil internally and topically, Vitamin B12 (cream), Magnesium (Chloride) Oil (transdermal topically), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C), Black Seed (*Nigella sativa*), Hemp Seed (*Cannabis sativa*)

**ED – ERECTILE DYSFUNCTION | Male Impotence**

See “Erectile Dysfunction”

**EDEMA (Dropsy) | Excessive Tissue Retention of Serous Fluid**

*Rule out cardiac, renal or hepatic conditions, food allergies, insulin resistance, sugars, coffee and tobacco usage, and Type 2 Diabetes (NIDDM).*

Renal-Plus or Nephra-Zyme (12), Carbamide Plus (3), Cytozyme-KD (3-6), Bio-GGG-B (6-12), Bio-Cardiozyme-Forte (9) with cardiac stress, Super Phosphoyme Liquid (30-60 drops), B6 Phosphate (9-18), Mg-Zyme (3) or Mg-Orotate 500 (2) at bedtime, Intenzyme Forte (12) on an empty stomach, Bio-FCTS (3), EGCG-200mg (2), Flax Seed Oil (6) or SunFlax Caps (4) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Amino Sport (6-12), Bio-B 100 (3-9), Dismuzyme Plus (3) or Dismuzyme Plus 5000 (3)

**Acute Care:** Renal Plus (20) in divided doses for 3 days, then reduce to (12) in divided
doses until resolved

**With Lymphatic Edema:** Inositol (6) or Inositol Powder (1½ tsp), Cytozyme-THY (4), Se-Zyme Forte (6) or Selenomethionine (3)

**Secondary Support:** Neonatal Multi-Gland (9), MCS-2 (4), Beta-TCP (6), Taurine (3), Ginkgo Biloba (3), Bio-Cyanidins (3), Bromelain Plus (3), Chlorocaps or Chlorella Caps (3)

**Alternative Support:** Horse Chestnut (*Aesculus hippocastanum*), Hawthorn (*Crataegus oxyacantha*/*monogyna*), Silica (silicon dioxide), Kelp (brown seaweed algae), Alfalfa (*Medicago sativa*), Juniper Berries (*Juniper communis*), Dandelion (*Taraxacum officinale*), Parsley (*Petroselinum crispum*), EMPHYSEMA, PULMONARY | Impaired Breathing from Alveoli Expansion

Rule out asthma, allergy, excess mucus, intestinal parasites, hypochlorhydria, hypoadrenia, smoking, pollution exposure, and chronic cold.

Pneuma-Zyme (6), BioProtect (6), Whey Protein Isolate - Original, Chocolate or Vanilla or Pea Protein Isolate or Whey Protein Concentrate (2 scoops), Neutrophil Plus (6), Liquid Iodine (30 drops) or Liquid Iodine Forte (15 drops) in water and Bromelain Plus CLA (12) on an empty stomach with mucus, OOrganic-15 (9) before meals, Bio-FCTS (4), EGCG-200mg (2), Bio-D-Mulsion Forte (2-4 drops), NitroGreens (1 serving), Flax Seed Oil (6) or SunFlax Caps (4), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), E-Mulsion 200 or E-200 H₂ (2), Tocotrienols (2), Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3), Se-Zyme Forte (1-3) or Selenomethionine (1-2), L-Carnitine Powder (1 tsp), Amino Sport (6-12), Garlic Plus (3), GSH-Plus (6)

**Secondary Support:** Cytozyme-AD (6) or ADB5-Plus (2-4), NAC (3), Bio-Immunozyme Forte (3), ResveraSirt-HP (1-3), HistoPlex (6-9) on an empty stomach, Mg-Zyme (3) or Mg-Orotate 500 (2) at bedtime, Bio-Ae-Mulsion (3-9 drops), Phosphatidylcholine (3), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12)

**Optional Alternative Protocol:** Glutathione, nebulized and inhaled at 120-200 mg twice daily (Wright)

**Alternative Support:** Dimethylglycine (DMG), Astragalus (*A. membranaceus*), Cordyceps Mushroom (*Cordyceps sinensis*), Licorice (*Glycyrrhiza glabra*), Thyme (*Thymus vulgaris*), Horseradish (*Amoracia rusticana*), Kelp (brown seaweed algae), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**ENDOCERVICITIS | Inflammation of the Uterine Cervical Mucous Membrane**

Rule out bacterial and yeast infections.

Equi-Fem (6), A.D.P. (6), Intenzyme Forte (9-12) on an empty stomach, KappArest (8), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), Bio-D-Mulsion Forte (2-4 drops), Bio-Allay (3), Sculacia (3), DL-Phenylalanine (3)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Tea Tree (*Melaleuca alternifolia*) oil (transdermal topically), Black Seed (*Nigella sativa*)

**ENDOCRINE THERAPY AUGMENTATION, FEMALE**

Equi-Fem (6), Cytozyme-PT/HPT (6), Bio-Trophic Plus (3)

**Secondary Support:** Cytozyme-F (3), Cytozyme-O (3), Bio-D-Mulsion Forte (2-4 drops)

**ENDOMETRIOSIS | Pelvic Migration of Endometrial Tissue**
**Rule out dietary alkaloids, yeast overgrowth, infertility, hormonal imbalance, lack of exercise, and carbohydrate sensitivity** (*Metabolic Syndrome/Syndrome X*).

PMT (3-9), Optimal EFAs Caps (3-6) or Blackcurrant Seed Oil or Evening Primrose Oil (6-9), Liquid Iodine Forte (50 drops) in distilled water for douching three times weekly for three weeks, Nuclezyme Forte (6-9), b-VITAL (2), Bio-Ae-Mulsion (3 drops), Bio-D-Mulsion Forte (6-8 drops) daily for three weeks, then (3 drops), Intenzyme Forte (12-24) on an empty stomach, Bio-Cyanidins (3), Bio-C Plus (6) or Bio-C Plus 1000 (3), EGC-G-200mg (2), Gammanol Forte (6), Ca D-Glucarate (4), Methylfolate Plus (1-3) or Folate-5 Plus (1) or 5-MTHF Plus Forte (1), Bio-K-Mulsion (1-2 drops), Bio-B 100 (3-6), Mg-Zyme (3-9), Ca/Mg-Zyme (3-9)

**Secondary Support:** Bio-CMP (3-6) ASAP and (2) hourly for 8 hours with cramping, E-Mulsion 200 or E-200 H₂ (3), Tocotrienols (2), KappArest (8) with inflammation, Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), Bio-Allay (3), Sculacia (3), DL-Phenylalanine (3), NitroGreens (1 scoop)

**Alternative Support:** Chaste Tree (*Vitex agnus-castus*), Progesterone (topical cream), Kelp (brown seaweed algae), Alfalfa (*Medicago sativa*), Indole-3-Carbinol (I3C) or Diindolylmethane (DIM), Goldenseal (*Hydrastis canadensis*), Astragalus (*A. membranaceus*), Red Clover (*Trifolium pratense*), Burdock (*Arctium lappa*), Dong Quai (*Angelica sinensis*), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**ENERGY PRODUCTION | Cellular Metabolism Support**

Bio-Multi Plus or ProMulti-Plus (3-9), Bio-3B-G (18) for 10 days, then (12) for 15 days, then (3-6) daily, Bio-B 100 (3-12), Stamina Caps (3-6), Nuclezyme Forte (3), GlucoBalance (6-9), Bio-Glycozyme Forte (6-9), Super Phosphozyme Liquid (30-90 drops), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), Mn-Zyme Forte (2-4), Lipoic Acid Plus (3-6) or R-Lipoate CBG (1-2), L-Tyrosine (1-3), Mg-Zyme (3) or Mg-Orotate 500 (2) at bedtime, B6 Phosphate (3), Acetyl-L-Carnitine (1-3), Folic Acid 800 (1-2), D-Ribose (3 tsp), Amino Acid Quick-Sorb (15-20 drops or 1-3 squirts), NAC (3), GSH-Plus (3), Biomega-3 (3) or Biomega-3 Liquid (1-2 tsp), OOrganic-15 (9-15), Cognitive Enhancer (1) before breakfast & (1) before lunch or dinner

**Fat Metabolism Support:** CLA (3-9), L-Carnitine HCl (3-9), Bio-GGG-B (6-12)

**Protein Metabolism Support:** Amino Acid Quick-Sorb (15-30 drops), L-Glutamine (3-9), B6 Phosphate (3-9), Pea or Whey Protein Isolate (2 level scoops)

**Secondary Support:** Dismuzyme Plus (3), B6 Phosphate (3-6), L-Glutamine (3-6) or L-Glutamine Powder (2 tsp), Whey Protein Isolate - Original, Chocolate or Vanilla or Pea Protein Isolate (1-3 scoops) or Whey Protein Concentrate (2 scoops)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Coconut Oil (organic virgin), Apple Cider Vinegar w/Honey (raw organic), Scots Pine, Thyme (*Thymus vulgaris*), Aloe (*Aloe vera*), Cordyceps Mushroom (*Cordyceps sinensis*)

**ENTERITIS | Intestinal Tract Inflammation**

*Rule out hypochlorhydria, intestinal parasites, infection, food allergy/sensitivity, and bowel inflammation.*

10-Day BioDetoxification Kit (Pea or Whey) Program (2), then: NutriClear or NutriClear Chocolate and Whey Protein Isolate - Original, Chocolate, Vanilla or Pea Protein Isolate or
Whey Protein Concentrate (2 scoops) twice daily, MCS-2 (4), Beta-TCP (6), Gastrazyme (6), IPS (6), B12-2000 Lozenges (2), Folate-5 Plus (1-3), POA-Phytolens (3), Bio-D-Mulsion Forte (2-4), Colon-Plus Caps (15), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), L-Glutamine (3-6), BioDophilus-FOS (6) or BioDoph-7 Plus (3) or Lactozone (6) before meals, Saccharomyces boulardii (3)

**Secondary Support:** Bio-Cyanidins (3), Neutrophil Plus (6) with bacterial infection or UltraVir-X (4) before meals with viral infection, Bio-Immunoozyme Forte (3), Bio-Multi Plus (3), Neonatal Multi-Gland (6), GSH-Plus (3), Se-Zyme Forte (1-2) or Selenomethionine (1), Zn-Zyme Forte (1-2), Bio-Ae-Mulsion (3 drops), EGCG-200mg (1-2)

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<th>ENURESIS and NOCTURNAL INCONTINENCE</th>
<th>Involuntary Discharge of Urine</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Rule out allergies and eliminate dietary dairy and gluten grains.</strong></td>
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</tbody>
</table>

Bio-B 100 (6), Cytozyme-PT/HPT (3), Cytozyme-AD (3), ADB5-Plus (2-4), Renal Plus or Nephra-Zyme (4), Amino Sport (6-12), Mg-Zyme or Mg-Orotate 500 (1-3) at bedtime

**Secondary Support:** Neonatal Multi-Gland (6), Aqueous Multi-Plus (2 tsp), Argizyme (3), UT Complex (3), HR#5 Chronic Stress (1 capful)

**Alternative Support:** Angelica (*A. archangelica, officinalis*)

<table>
<thead>
<tr>
<th>ENZYME DEFICIENCY</th>
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</thead>
<tbody>
<tr>
<td><strong>Rule out dietary insufficiencies/deficiencies and pancreatic dysfunction.</strong></td>
</tr>
</tbody>
</table>

Bromelain Plus or Bromelain Plus CLA or Intenzyme Forte (6-12) on an empty stomach, Bio-6-Plus (6-12), Cytozyme-PAN (3-6)

<table>
<thead>
<tr>
<th>EOSINOPHILS, HIGH</th>
<th>Granulocytic White Blood Cells - 4 % of Total WBC</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Rule out allergies and inflammation.</strong></td>
<td></td>
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</tbody>
</table>

Hydro-Zyme (6-24), HistoPlex-AB (6-16) for allergies, A.D.P. (6-16), Intenzyme Forte (12-36) on an empty stomach, and Garlic Plus (6-16) for parasites

<table>
<thead>
<tr>
<th>EPILEPSY, CONVULSIVE SEIZURES</th>
<th>Neurological Motor/Sensory Disorder</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Rule out vitamin (B6) and mineral (magnesium, manganese) deficiencies, heavy metal body burdens (mercury, aluminum, lead, etc.), intestinal parasites, food sensitivity, and female hormonal imbalance.</strong></td>
<td></td>
</tr>
</tbody>
</table>

Bio-Glycozyme Forte (9) between meals at 10 am, 3 pm and two hours after dinner, Bio-D-Mulsion Forte (2-4 drops), Phenitropic (1-2), Cytozyme-B (3-6), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), Cytozyme-AD (3-6) and/or ADB5-Plus (2-4), Mn-Zyme Forte (3), Beta-TCP (6), Mg-Zyme (4) or Mg-Orotate 500 (2) at bedtime, then increase to bowel tolerance, Mixed EFAs (2 tbsp) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Phosphatidylserine (6-9), Folate-5 Plus (2), L-Carnitine Powder (1 tsp), Cognitive Enhancer (1) before breakfast & (1) before lunch or dinner, L-Tyrosine (3), Se-Zyme Forte (1-3) or Selenomethionine (1-2), Bio-B 100 (6-9), L-Glutamine (3-6) or L-Glutamine Powder (1 tsp)

**Secondary Support:** 5-HTP (3-6) or 5-HTP Plus Forte (1-2) or Neuro-5-HTP Plus (1-3), DopaTropic Powder (1 tsp), B6 Phosphate (3), Bio-FCTS (3), EGCG-200mg (2), E-Mulsion 200 or E-200 H2 (2-3), Tocotrienols (2), Cytozyme-THY (3), Thyrostim (3), Intenzyme Forte (6-12) on an empty stomach, Melatonin-B6/Mg (½ tab) before bedtime

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Gamma-aminobutyric acid (GABA) at
1,500 mg, Kelp (brown seaweed algae), Alfalfa (Medicago sativa), Black Cohosh (Actaea racemosa), Dimethylglycine (DMG), Magnesium (Chloride) Oil (transdermal topically, Black Seed (Nigella sativa)

**EPISTAXIS | Nosebleed**

*Rule out hypertension.*

Bio-FCTS (3), EGCG-200mg (2), Bio-Cyanidins (3), Ca/Mg-Zyme (6) or Aqua Mag-Cl (3) in choice of beverage or C/Cal/Mag Powder (2-3 tsp), Chlorocaps and/or Chlorella Caps (3), Bio-K-Mulsion (2-3 drops), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12)

**With High Blood Pressure:** Bio-CardioSirt BP (1 rounded scoop)

**EPSTEIN-BARR VIRUS (EBV) | Herpes Virus and Cause of Mononucleosis**

*Rule out poor diet, chronic endocrine hypofunction, immune dysfunction, unresolved prior infection, IV drug abuse, sexual transmitted disease (STD), and chronic stress.*

**Acute Phase:** Bio-Immunozyme Forte (6), UltraVir-X (6), Cytozyme-THY (15), Cytozyme-LV (3-6), Livotrit Plus (3) increased to (6) daily, Beta-TCP (9), Dismuzyne Plus Granules (6 tsp), IAG (6 tsp), HR#9 Lymphatic Drainage and HR#4 Detox Virus (1 capful) daily for 30 days, then (1 capful) each daily, Liquid Iodine Forte (100 drops) in water or Iodizyme-HP (½-1), Bio-C Plus (6) or Bio-C Plus 1000 (3), Bio-FCTS (6), EGCG-200mg (2)

**Chronic Phase:** Bio-Immunozyme Forte (3), UltraVir-X (6), Cytozyme-THY (6), Cytozyme-LV (3), Livotrit Plus (3), Beta-TCP (6), Dismuzyne Plus Granules (2 tbsp), IAG (2 tsp), HR#9 Lymphatic Drainage (2 capfuls) and HR#4 Detox Virus (1 capful) daily for 30 days, then (1 each, Liquid Iodine Forte (100 drops) in water or Iodizyme-HP (½-1), Bio-C Plus (6) or Bio-C Plus 1000 (3), Bio-FCTS (6), EGCG-200mg (2)

**When Asymptomatic:** Continue with Livotrit Plus, Bio-Immunozyme Forte, Beta-TCP, UltraVir-X, and IAG (1 tsp) per day for one year

**Secondary Support:** Bio-Cyanidins (3), Mg-Zyme (4) or Mg-Orotate 500 (2) at bedtime, then increase by (1) daily to bowel tolerance, Neonatal Multi-Gland (6), BioProtect (3), Amino Sport (6-12), Flax Seed Oil (6) or SunFlax Caps (4) or Biomega-3 (6) or Biomega-3 Liquid (1-2 tsp) or Optimal EFAs Caps (6), E-Mulsion 200 (3)

**Alternative Support:** Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**ERECTILE DYSFUNCTION (ED) | Male Impotence**

*Rule out poor diet, chronic endocrine hypofunction, nitric oxide production; autonomic nervous system (ANS) sympathetic dominance.*

B-VITAL (3-9), Cytozyme-M or Cytozyme-Orchic (3-9), Argizyme (6-12), Cytozyme-AD (3-9), ADB5-Plus (2-4), Palmetto-Plus Forte (3-6), L-Arginine (3-6), Bio-Cyanidins (6-9), NitroGreens (1 scoop), OOrganic-15 (6-12), Bio-Cardiozyme Forte (6-12), Liquid Iodine (20-60 drops) or Liquid Iodine Forte (10-30 drops) or Iodizyme-HP (½), Optimal EFAs Caps (3-6) or EFA-Sirt Supreme (6), Se-Zyme Forte (1-2) or Selenomethionine (1), E-Mulsion 200 or E-200 H γ (2-3), Bioctosol Forte (3), DHEA-5 mg or DHEA-10 mg (1), Melatonin-B6/Mg (½ tab) before bedtime

**N.B.** L-arginine has been found to be more effective in increasing nitric oxide (NO) activity by supplementing with both Yohimbe (Yohimbine) and Pycnogenol® (Pine Bark), a
constituent in Bio-Cyanidins.

**Hormonal & Functional Support:** b-VITAL (1-3), Multi-Mins (3-9) or Multi-Mins Iron & Copper Free (3-9) or Basic Nine (3-6)

**Secondary Support:** Pregnenolone 25 (1), DHEA-10 mg (3-5) for at least 8 weeks, Mo-Zyme (3-6), B12-2000 Lozenges (1-2), Tocotrienols (2), Phosphatidylcholine (1-3), Zn-Zyme (1-2) or Zn-Zyme Forte (1), L-Tyrosine (3), L-Glutamine (3)

**Alternative Support:** Ginseng (Panax ginseng), Maca (Lepidium meyenii), Yohimbe (Yohimbine), Para-Aminobenzoic acid (PABA), Kelp (brown seaweed algae), Dimethylglycine (DMG), Ashwagandha (Withania somnifera), Schisandra (Schisandra sinensis), Damiana (Turnera diffusa), Sarsaparilla (Aralia nudicaulis), Pomegranate (Punica granatum) juice/extract

### ESTROGEN DETOXIFICATION

Ca D-Glucarate (2), Liquid Iodine Forte (5-20 drops), MCS-2 (2), Colon-Plus Caps (4-12), NitroGreens (1-2 scoops)

### ESTROGEN, DECREASED | Deficient Female Steroid Sex Hormone

*Rule out ovarian hypofunction, menopausal symptoms (hot flashes, night sweats, vaginal dryness/erosion/mucosal thinning, low libido), and adrenal hypofunction.*

Equi-Fem or PMT with hormone replacement therapy (HRT) (6), Cytozyme-O (3-6), Cytozyme-F (3-6), Gammanol Forte (6), b-VITAL (3), Blackcurrant Seed Oil or Evening Primrose Oil (6-9), EFA-Sirt Supreme (12) or Optimal EFAs Caps (6), Biocatalysol Forte (3-6), B12/Folate Plus (6) or Methylfolate Plus (3) or 5-MTHF Plus Forte (1)

#### With Progesterone Deficiency: Equi-Fem (6) or PMT (6)

**Secondary Support:** Pregnenolone 25 (1)

**Alternative Support:** Progesterone (topical cream)

### ESTROGEN DOMINANCE, MALE | Aromatase Reduction Support

*Rule out these indications: weight gain, depression, low libido, water retention, blurry thinking, forgetfulness, breast enlargement (gynecomastia).*

Palmetto-Plus (6-9), Bio-FTCS (3-9), EGCG-200mg (2), ResveraSirt-HP (3-6)

### ESTROGEN, EXOGENOUS | Hormone Replacement Therapy (HRT), Oral Contraception Drugs, Xenoestrogens/hormones, Conjugated Estrogens (Premarin)

PMT (6), Blackcurrant Seed Oil or Evening Primrose Oil (6-9), EFA-Sirt Supreme (12) or Optimal EFAs Caps (6), Meda-Stim (3), Folic Acid 800 (1)

### ESTROGEN, INCREASED (Dominance) | Excess Female Steroid Sex Hormone

MCS-2 (3-9), Beta-TCP (6-9), Ca D-Glucarate (6-9), MSM (3-6) or MSM Powder (1 tsp), Colon-Plus Caps (6-12), BioDoph-7 Plus (3-6), NitroGreens (2 scoops)

**Aromatase Activity:** Natural aromatase inhibitors ResveraSirt-HP (1-3), Bio-FTCS (3-6), EGCG-200mg (2), Palmetto-Plus (1-3)

**Alternative Support:** Progesterone (topical cream)

### EYE HEALTH | General Support

Optic Plus (3), GSH-Plus (3), NAC (1-3), Lipoic Acid Plus (1-3) or R-Lipoate CBG (1-2), Cytozyme-LV (3), Taurine (3), Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3), Bio-B 100 (3-9),
Bio-Ae-Mulsion Forte (1-3 drops)

**Supplemental Support Substances:** Omega-3 EFAs: EPA (1,400 mg) and DHA (1,000 mg), Vitamin C (1-3 gm), Citrus Bioflavonoids (300 mg), Vitamin B Complex (50 mg), Beta-carotene (5,000 IU), Vitamin A (4,000-5,000 IU), Vitamin E (400 IU), Bilberry (120 mg), Zeaxanthin (3 mg), Astaxanthin (4-12 mg), Eyebright (50 mg), Ginkgo (75), Lutein (10 mg), Grape Seed (50 mg), Selenium (200-400 mcg), Zinc (15-30 mg), Taurine (300-600 mg), L-Glutathione (30 mg), Coenzyme Q10 (50-100 mg)

**Alternative Support:** Turmeric/Curcumin (BCM-95), Astaxanthin/Lutein/Zeaxanthin (Carotenoids), N-Acetylcarnosine (3-4 drops three or more times daily), Bilberry (*Vaccinium myrtillus*), Bayberry (*Myrica cerifera*), Cayenne Pepper (*Capsicum annuum*), Carrot (juice), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**EYESTRAIN | Eye Pain and Fatigue Often with Headache**

Optic-Plus (3-6), Bio-Ae-Mulsion Forte (3), BioProtect (3-6), Bio-FCTS (3-6), EGCG-200mg (2), Taurine (3), B12-2000 Lozenges (1-2), Bio-B 100 (3-9)

**Pain Support:** Bio-Allay (3), Sculacia (3), DL-Phenylalanine (3)

**Secondary Support:** Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Basic Nine (6), Liquid Iodine Forte (20 drops), Histoplex (6-9), MygranX (2)

**Alternative Support:** Turmeric/Curcumin (BCM-95), Astaxanthin/Lutein/Zeaxanthin (Carotenoids), Bilberry (*Vaccinium myrtillus*), Vinpocetine derived from Lesser Periwinkle (*Vinca minor*)

**EYE TRAUMA**

Optic-Plus (3-6), BioProtect (3-6), Bio-FCTS (3-6), EGCG-200mg (2), Bio-Ae-Mulsion Forte (15 drops)

**Secondary Support:** Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Basic Nine (6), Liquid Iodine Forte (20 drops), Histoplex (6-9)

**Alternative Support:** Turmeric/Curcumin (BCM-95), Astaxanthin/Lutein/Zeaxanthin (Carotenoids), Bilberry (*Vaccinium myrtillus*), Eyebright (*Euphrasia officinalis*), Vinpocetine derived from Lesser Periwinkle (*Vinca minor*), Goldenseal (*Hydrastis canadensis*)

**EYES, BLINK OFTEN**

Optic-Plus (3-6), BioProtect (3-6), Bio-FCTS (3-6), EGCG-200mg (2), Mg-Zyme (6) or Mg-Orotate 500 (2) at bedtime or Aqua Mag-Cl (3 tsp) in choice of beverage, Bio-GGG-B (6)

**Secondary Support:** Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Basic Nine (6), Liquid Iodine Forte (20 drops), Histoplex (6-9)

**Alternative Support:** Turmeric/Curcumin (BCM-95), Astaxanthin/Lutein/Zeaxanthin (Carotenoids), Bilberry (*Vaccinium myrtillus*), Vinpocetine derived from Lesser Periwinkle (*Vinca minor*)

**EYES, BLOODSHOT**

Optic-Plus (3), Bio-Ae-Mulsion Forte (2-3 drops), Bio-B 100 (6-9), Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3), EGCG-200mg (2), Amino Sport (6-12), MygranX (2)

**Alternative Support:** Astaxanthin/Lutein/Zeaxanthin (Carotenoids), Bilberry (*Vaccinium myrtillus*), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C), Red Raspberry Leaf (*Rubus idaeus*) as a tea compress

**EYES, CATARACTS | Lens Clouding Causing Impaired Vision**
Rule out genetic predisposition, atherosclerosis, diabetes, calcium metabolism dysfunction (calcium tissue precipitation), vitamin (A, B6, C) and mineral (magnesium and zinc) deficiencies, inadequate dietary antioxidants, and food allergies or sensitivities.

Optic-Plus (6), Bio-Ae-Mulsion Forte (1-3 drops), BioProtect (6), Bio-FCTS (3-6), EGCG-200mg (2), Bio-Cyanidins (4), GSH-Plus (3), Taurine (3), Bio-D-Mulsion Forte (2-4 drops), NAC (3-6), KappArest (8), Lipoic Acid Plus (3-6) or R-Lipoate CBG (1-2), Super Phosphozyme Liquid (60-90 drops) or Iodizyme-HP (½-1), L-Lysine HCl (3), Blackcurrant Seed Oil or Evening Primrose Oil (6-9) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Se-Zyme Forte (2) or Selenomethionine (1), Zn-Zyme (1-3) or Zn-Zyme Forte (1), MSM (3) or MSM Powder (1 tsp), Bio-Cyanidins (3), MygranX (2)

Secondary Support: Acetyl-L-Carnitine (3), Cognitive Enhancer (1) before breakfast & (1) before lunch or dinner, Methionine-200 (1), Basic Nine (6), Liquid Iodine (60 drops) or Liquid Iodine Forte (30 drops) in water or Iodizyme-HP (½-1), HistoPlex (6-9) between meals, Dismuzyme Plus (3), Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3), E-Mulsion 200 or E-200 Hγ (2), Tocotrienols (2), Inositol (3-6) or Inositol Powder (1½ tsp)

Alternative Support: Turmeric/Curcumin (BCM-95), Astaxanthin/Lutein/Zeaxanthin (Carotenoids), N-Acetylcarnosine (eye drops), Bilberry (Vaccinium myrtillus), Pantethenic Acid (B5), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

N.B. Replace high-infrared emission, incandescent light bulbs with full-spectrum bulbs.

EYES, CONJUNCTIVITIS (“Pinkeye”) | Viral/Bacterial Membrane Inflammation

A.D.P. (9) for 3 weeks, Liquid Iodine (30 drops) or Liquid Iodine Forte (15 drops), Bio-C Plus (6-12) or Bio-C Plus 1000 (3-6), Bio-Ae-Mulsion (5 drops) in cold sterile water for eye bath

Secondary Support: Optic-Plus (3), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Basic Nine (6), Liquid Iodine Forte (20 drops), Histoplex (6-9), MygranX (2)

Alternative Support: Turmeric/Curcumin (BCM-95), Astaxanthin/Lutein/Zeaxanthin (Carotenoids), Vinpocetine derived from Lesser Periwinkle (Vinca minor), Goldenseal (Hydrastis canadensis), Eye Drops (homeopathic), Calendula/Chamomile/Eyebright tea compress

EYES, DRY | Keratoconjunctivitis Sicca (Sjogren’s Syndrome)

Optic-Plus (3-6), BioProtect (3-6), Bio-FCTS (3-6), EGCG-200mg (2), Cytozyme-Trachea (9), EFA-Sirt Supreme (12) or Optimal EFAs Caps or Blackcurrant Seed Oil or Evening Primrose Oil (6), Bio-CMP (3), Bio-Ae-Mulsion (5 drops), Bio-C Plus (6) or Bio-C Plus 1000 (3)

Secondary Support: Liquid Iodine Forte (20 drops), Histoplex (6-9)

Alternative Support: Eye Drops (homeopathic), Astaxanthin/Lutein/Zeaxanthin (Carotenoids), Bilberry (Vaccinium myrtillus), Vinpocetine derived from Lesser Periwinkle (Vinca minor), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

EYES, FLOATERS | Minute Cell/Protein Aggregations in Eye’s Vitreous Humor

Rule out genetic predisposition, atherosclerosis, calcium metabolism dysfunction (calcium tissue precipitation), vitamin (A, B6, C) and mineral (zinc) deficiencies, inadequate dietary antioxidants, and food sensitivity.
Optic-Plus (3-6), BioProtect (3-6), Bio-FCTS (3-6), EGCG-200mg (2), Cytozyme-PT/HPT (9), Inositol (3-6) or Inositol Powder (1½ tsp), Phosphatidylcholine (3), Methionine-200 (1)

**Optional Alternative Protocol:** Phosphatidylcholine (3), Inositol (2) or Inositol Powder (1½ tsp), Methionine-200 (1) (Wright)

**Secondary Support:** Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Basic Nine (6), Liquid Iodine Forte (20 drops), Histoplex (6-9)

**Alternative Support:** Turmeric/Curcumin (BCM-95), Astaxanthin/Lutein/Zeaxanthin (Carotenoids), Bilberry *(Vaccinium myrtillus)*, Vinpocetine derived from Lesser Periwinkle *(Vinca minor)*

**EYES, MYOPIA | Near-Sightedness or Blurred Vision of Distant Objects**

*Rule out genetic predisposition, atherosclerosis, calcium metabolism dysfunction (calcium tissue precipitation), vitamin (A, B6, C) and mineral (zinc) deficiencies, inadequate dietary antioxidants, and food sensitivity.*

Optic-Plus (6), BioProtect (3-6), Bio-FCTS (3-6), EGCG-200mg (2), Bio-Cyanidins (3-6), Bio-Ae-Mulsion Forte (5-10 drops), Beta-TCP (6), Se-Zyme Forte (1-2), Selenomethionine (1), Bio-D-Mulsion Forte (2-4 drops)

**Secondary Support:** Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Basic Nine (6), Liquid Iodine Forte (20 drops), Histoplex (6-9)

**Alternative Support:** Turmeric/Curcumin (BCM-95), Turmeric/Curcumin (BCM-95), Astaxanthin/Lutein/Zeaxanthin (Carotenoids), Bilberry *(Vaccinium myrtillus)*, Vinpocetine derived from Lesser Periwinkle *(Vinca minor)*

**EYES, PUFFY, SWOLLEN**

Histoplex-AB (6), Osteo-B Plus or Osteo-B II (4), MCS-2 (3), Beta-TCP (6), IPS (4)

**Secondary Support:** Optic Plus (6), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Basic Nine (6), Liquid Iodine Forte (20 drops), Histoplex (6-9)

**Alternative Support:** Turmeric/Curcumin (BCM-95), Astaxanthin/Lutein/Zeaxanthin (Carotenoids), Vinpocetine derived from Lesser Periwinkle *(Vinca minor)*

**EYES, STY | Eyelid Sebaceous Gland Acute Inflammation**

L-Lysine HCl (6), A.D.P. (9), Liquid Iodine (30 drops) or Liquid Iodine Forte (15 drops), KappArest (8), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), Bio-D-Mulsion Forte (2-4 drops), Bio-Allay (3), Sculacia (3), Intenzyme Forte (12) on an empty stomach

**Secondary Support:** Optic Plus (2), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Basic Nine (6), Liquid Iodine Forte (20 drops), Histoplex (6-9)

**Alternative Support:** Turmeric/Curcumin (BCM-95), Astaxanthin/Lutein/Zeaxanthin (Carotenoids), Bilberry *(Vaccinium myrtillus)*, Vinpocetine derived from Lesser Periwinkle *(Vinca minor)*

**EYES, VISUAL ACUITY | Blurred Vision**

*Rule out genetic predisposition, atherosclerosis, calcium metabolism dysfunction (calcium tissue precipitation), vitamin (A, B6, C) and mineral (zinc) deficiencies, inadequate dietary antioxidants, and food sensitivity.*

Optic Plus (3-6), BioProtect (3-6), Bio-Cyanidins (3-6), EGCG-200mg (2), Beta-TCP (6), MCS-2 (3), Taurine (3), Bio-D-Mulsion Forte (2-4 drops), Lipoic Acid Plus (3) or R-Lipoate CBG (1-
2), Ginkgo Biloba (1-2), Taurine (1), Potassium-HP (1 scoop)

**Secondary Support:** Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Basic Nine (6), Liquid Iodine Forte (20 drops), Histoplex (6-9)

**Alternative Support:** Turmeric/Curcumin (BCM-95), Astaxanthin/Lutein/Zeaxanthin (Carotenoids), Bilberry (*Vaccinium myrtillus*), Vinpocetine derived from Lesser Periwinkle (*Vinca minor*)

**EYES, WATERY**

HistoPlex-AB (6), Osteo-B Plus or Osteo-B II (4), MCS-2 (3), Beta-TCP (6), IPS (4)

**Secondary Support:** Optic Plus (3), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Basic Nine (6), Liquid Iodine Forte (20 drops), Histoplex (6-9)

**Alternative Support:** Turmeric/Curcumin (BCM-95), Astaxanthin/Lutein/Zeaxanthin (Carotenoids), Bilberry (*Vaccinium myrtillus*), Vinpocetine derived from Lesser Periwinkle (*Vinca minor*), Eyebright (*Euphrasia officinalis*)

**EYES, WEAK, CHILDREN (with Glasses)**

Optic Plus (1-3), BioProtect (1-2), Bio-Cyanidins (1-2), Bio-D-Mulsion Forte (1-2 drops)

**Secondary Support:** Optimal EFAs Caps (3) or EFA-Sirt Supreme (3-6), Basic Nine (3), Liquid Iodine Forte (10 drops), Histoplex (3)

**Alternative Support:** Turmeric/Curcumin (BCM-95), Astaxanthin/Lutein/Zeaxanthin (Carotenoids), Vinpocetine derived from Lesser Periwinkle (*Vinca minor*)

**FATIGUE, GENERAL (Lethargy) | Physical or Emotional Weariness from Exertion**

*Rule out magnesium deficiency, dehydration, lack of adequate sleep, statin drug usage, and lack of exercise.*

Stamina Caps (3-6), Bio-Trophic Plus (3), IAG (1-3 tsp), DopaTropic Powder (1 tsp), ADHS (2-4) in the morning, Melatonin-B6/Mg (½ tab) before bedtime, Cytozyme-AD (3-6), ADB5-Plus (6-9), L-Carnitine Powder (1 tsp), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), Mg-Zyme (3) or Mg-Orotate 500 (2) at bedtime, Bio-Glycozyme Forte (3-6), GlucoBalance (6-9), Cr-Zyme (3-6), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Beta-TCP (6), MCS-2 (3), Bioctasol Forte (3-6), B12-2000 Lozenges (2), Methylfolate Plus (3) or 5-MTHF Plus Forte (1), Iodizyme-HP (½-2), Aqueous Chromium (3-9 drops), NitroGreens (1 scoop), Whey Protein Isolate - Original, Chocolate or Vanilla or Pea Protein Isolate or Whey Protein Concentrate (2 scoops)

**Secondary Support:** Acetyl-L-Carnitine (1-2), Cognitive Enhancer (1) before breakfast & (1) before lunch or dinner, Bio-Drive (3), Fe-Zyme (2) with anemia, D-Ribose (2 tsp), Potassium-HP (1 scoop), Amino Acid Quick Sorb (5-20 drops) for quick relief

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Rhodiola (*Rhodeola rosea*), Apple Cider Vinegar & Honey (raw organic)

**FEET, BURNING, ITCHING, PEELING**

Beta-TCP (6-9), MCS-2 (3), Flax Seed Oil (6) or SunFlax Caps (4) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Bio-Glycozyme Forte (4)

**FEET, SWOLLEN | Edema without Injury**

Cytozyme-AD or ADB5-Plus (6-9), Mg-Zyme (6) or Mg-Orotate 500 (2) at bedtime or Aqua Mag-Cl (3) in choice of beverage, Renal Plus or Nephra-Zyme (9), GTA-Forte (1-2)
**FEMALE, GENERAL HORMONAL SUPPORT**
Equi-Fem or PMT with hormone replacement therapy (HRT) (6), Blackcurrant Seed Oil or Evening Primrose Oil (6-9), Multi-Mins (1-2), EFA-Sirt Supreme (12) or Optimal EFAs Caps (6), Bio-D-Mulsion Forte (2-4 drops)

*Secondary Support:* Sesame Seed Oil Caps (1), Cytozyme-O (3), Cytozyme-F (3), Cytozyme-PT/HPT (3), Gammanol Forte (6-12)

**FEMALE, MENOPAUSAL SUPPORT**
BioPause-AM (2 in the AM), Bio-Pause-PM (2 in the PM before bedtime), BioDrive (2)

**FERTILITY, FEMALE | Reproduction/Conception through Normal Ovulation**
Cytozyme-O (6), Equi-Fem or PMT with hormone replacement therapy (HRT) (6), Biomega-3 (6) or Biomega-3 Liquid (1-2 tsp) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Bio-D-Mulsion Forte (2-4 drops), Gammanol Forte (6), b-VITAL (3-6), Biocasol Forte (3-6), Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3), EGCG-200mg (2), Chlorocaps or Chlorella Caps (6), Cognitive Enhancer (1)

*Secondary Support:* Cytozyme-F (6), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), B12/Folate Plus (3-6) or Methylfolate Plus (3) or 5-MTHF Plus Forte (1)

*Alternative Support:* Turmeric/Curcumin (BCM-95®), Progesterone (topical cream), Chaste Tree (*Vitex agnus-castus*), Rhodiola (*Rhodiola rosea*), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**FERTILITY, MALE | Ability to Impregnate through Normal Sperm Production**
Cytozyme-Orchic (6), Cytozyme-M (6), b-VITAL (3-6), DopaTropic Powder (1 tsp), PalmettoPlus Forte (6), Biomega-3 (6) or Biomega-3 Liquid (1-2 tsp) or Optimal EFAs Caps (6) EFA-Sirt Supreme (12), Bio-D-Mulsion Forte (2-4 drops), Cytozyme-AD (6-12), ADB5-Plus (2-4), Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3), Chlorocaps or Chlorella Caps (6), NAC (3), Biocasol Forte (3-6), Multi-Mins Iron & Copper Free (3), E-Mulsion 200 or E-200 Hγ (3), Tocotrienols (2), Aqueous Zinc (1/2 bottle) daily until distaste, Se-Zyme Forte (2) or Selenomethionine (1-2), Bio-Immunozyme Forte (3), Folic Acid 800 (1)

*Secondary Support:* Bio-Cardiozyme Forte (6), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), L-Carnitine Powder (1 tsp)

*Alternative Support:* Turmeric/Curcumin (BCM-95®), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**FEVER, BLISTERS (Cold Sores) | Herpes Simplex Virus 1 (HSV1) Infection**
L-Lysine (6), UltraVir-X (6), C/Cal/Mag Powder (3-6 tsp) in choice of beverage

**FEVER, CHILDREN**
C/Cal/Mag Powder (1-3 tsp), IAG (1-3 tsp), Neutrophil Plus (1-3)

*Secondary Support:* HR#2 Lymphatic Drainage (1-2 capfuls) added to apple sauce, juice, smoothie, or choice of beverage

**FEVER, FLU, COLDS**
Bio-Ae-Mulsion Forte (8) in water twice daily for 3 days, then (2) twice daily until abated, Bio-C Plus (6) or Bio-C Plus 1000 (3), then increase to bowel tolerance, Bio-Immunozyme Forte (3), IAG (4-6) daily in acute phase, then (2) in chronic phase, Bio-FCTS (2), EGCG-200mg (2), Bio-D-Mulsion Forte (2-4 drops), HR#2 Lymphatic Drainage (2 capfuls), HR#4
Detox Virus (2 capfuls), Ca/Mg-Zyme (4) hourly for adults and (1-2) hourly for child fever until abated

**Secondary Support:** Cytozyme-THY (9), Liquid Iodine (60) or Liquid Iodine Forte (30 drops) or Iodizyme-HP (½), Cytozyme-AD (6) or ADB5-Plus (2-4)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**FEVER, GENERAL | Disease Symptom**

Bio-Ae-Mulsion Forte (3 drops), Ca/Mg-Zyme or Ca/Mg-Plus (3-9) or C/Cal/Mag Powder (1 tsp) per hour in warm water, IAG (3-6 tsp), Intenzyme Forte (6-12) on an empty stomach, BioDophilus Caps (3) or BioDophilus-FOS (1 tsp), Amino Sport (6-12), Taurine (3), Garlic Plus (3)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Elderberry (*Sambucus canadensis*), Catnip, Dandelion (*Taraxacum officinale*) and Lobelia (*Lobelia inflata*) teas

**FIBROCYSTIC BREAST DISEASE | Fibroids, Cysts, Benign Tumors, Lesions**

*Rule out hormonal imbalance due to estrogen excess, thyroid hypofunction, adrenal hyperfunction, iodine deficiency, refined carbohydrate diet (Syndrome-X/Metabolic Syndrome), injury, dietary alkaloids such as coffee, tea, chocolate, colas, etc., and yeast overgrowth.*

Equi-Fem or PMT (6) with hormone replacement therapy (HRT) for females, Bio-Multi Plus Iron & Copper Free (6) for males, and the following for both sexes: Intenzyme Forte (15-20) on an empty stomach, EGCG-200mg (1-2), Bio-D-Mulsion Forte (6 drops) daily for three weeks, then (3-4) daily, Bio-Ae-Mulsion Forte (6-9 drops), Bio-E-Mulsion Forte (30 drops) in water, CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), Cytozyme-THY (6), Mg-Zyme (3) or Mg-Orotate 500 (2) at bedtime, B6 Phosphate (3), Blackcurrant Seed Oil or Evening Primrose Oil (6-9), Livotrit Plus (3), Beta-TCP (3-6)

*With Excess Estrogen Production:* Ca D-Glucarate (4)

**Optional Alternative Protocol:** Liquid Iodine Forte (8 drops) in water daily for 2-5 months (Wright)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Chaste Tree (*Vitex agnus-castus*), Indole-3-Carbinol (I3C) or Diindolylmethane (DIM), Progesterone (topical cream)

*With Polycystic Ovary Disease (PCOD):* Liquid Iodine Forte (50 drops) in 2-3 ounces of warm, distilled water as a vaginal douche for 8-10 minutes every other day for three weeks

**Topical Therapy:** Liquid Iodine Forte applied directly to the cyst, fibroid or lesion (if possible) twice daily

**Secondary Support:** Bio-Detox Packs (3), Bio-Immunozyme Forte (3), BioProtect (3), Gammaanol Forte (6), Aqueous Selenium (15 drops) or Selenomethionine (1), EFA-Sirt Supreme (12) or Optimal EFAs Caps (6), BioProtect (3), Cytozyme-Trachea (9), HR#1 Detoxification (2 capfuls)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Acupressure, Kelp (brown seaweed algae), Goldenseal (*Hydrastis canadensis*), Echinacea (*Echinacea angustifolia*), Mullein (*Verbascum thapsus*), Red Clover (*Trifolium pratense*)

**FIBROMYALGIA (FM) | Chronic, Multi-Faceted, Muscle Pain, Tenderness, Fatigue**

*Rule out vitamin (B1 thiamine) and mineral (magnesium, potassium, lithium) deficiencies,*
dehydration, carbohydrate sensitivity (Syndrome-X/Metabolic Syndrome), diet of refined and processed foods, artificial sweeteners (aspartame, sorbitol, sucralose), excessive alcohol and caffeine intake, food allergies/sensitivities, and parasites.

Bio-Glycozyme Forte (9) between meals, Intenzyme Forte (12-15) on an empty stomach, Lizyme Forte (6-9), Cytozyme-AD (3-12), ADBS-Plus (2-4), Bio-Cardiozyme Forte (3-12), Gammanol Forte (3-9), IAG (1-3 tsp), DopaTropic Powder (1 rounded tsp), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), Mg-Zyme (3-6) increased daily by (1) to bowel tolerance or Mg-Orotate 500 (2) at bedtime, 5-HTP (1-3) or 5-HTP Plus Forte (1-2) or Neuro-5-HTP Plus (1-3), Blackcurrant Seed Oil or Biomega-3 (6) or Biomega-3 Liquid (1-2 tsp) or Optimal EFAs Caps (6-9) or EFA-Sirt Supreme (12-15), Bio-D-Mulsion Forte (2-4 drops), KappArest (8), Mn-Zyme (1-2), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), Cytozyme-H (15), Cytozyme-LV (3-6), V.H.P. (1-3), Melatonin-B6/Mg (½ tab) before bedtime, BioDolphus-7 Plus (3) or BioDophilus-FOS (1 tsp), Intenzyme Forte (6-12) on an empty stomach, Amino Sport (6-12), Bio-Cyanidins (3-6), Garlic Plus (3), Bio-B 100 (3-9)

**Secondary Support:** ChondroSamine-S (3), L-Glutamine (6), Super Phosphozyme Liquid (30-60 drops) in water, Mixed Ascorbate Powder (2 tsp) in water, Bio-FCTS (3), EGCG-200mg (2), MSM (3) or MSM Powder (1 tsp), Cytozyme-H (6), St. John's Forte (4), Mood Enhancer (1-2) before meals or at bedtime, Ginkgo Biloba (3), Potassium-HP (1 scoop)

**Pain Support:** Bio-Allay (3), Sculacia (3), DL-Phenylalanine (3)

**Alternative Pain Support:** Turmeric/Curcumin (BCM-95®), Blue Lotus (Nymphaea caerulea), Boswellia (Boswellia sacra) a.k.a. Frankincense, Wild Opium Lettuce (Lactuca vivosa), Kratom (Mitragyna speciosa), Kava Kava (Piper methysticum), White Willow (Salix alba), Nattokinase & Serrapeptase (enzymes from natto & silk worm), Arnica (Arnica montana) pellet, cream, gel or ointment

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Lemon Balm (Melissa officinalis), Nattokinase & Serrapeptase (enzymes from natto & silk worm), Nicotinamide adenine dinucleotide (NADH), S-Adenosylmethionine (SAMe), Dimethylglycine (DMG), Astragalus (A. membranaceus), Echinacea (Echinacea angustifolia), Black Walnut (Juglans nigra), Boswellia (Boswellia sacra) a.k.a. Frankincense, Beta-glucan (polysaccharide sugars), Magnesium (Chloride) Oil (transdermal topically), Massage

**FIFTH DISEASE | Rash-Producing Childhood Disease**

Bio-Immuzyme Forte (6), A.D.P. (6), Bio-FCTS (3), EGCG-200mg (1), Bio-D-Mulsion Forte (1 drop)

**FINGERNAILS, BROKEN, CRACKED, DRY, HORIZONTAL or VERTICAL RIDGES**

*Rule out calcium deficiency and gastric dysfunction.*

Osteo-B Plus or Osteo-B II (6), Ca/Mg-Zyme (6), Bio-Multi Plus (6) for 30 days, then (3), Flax Seed Oil (6) or SunFlax Caps (4) or Biomega-3 (6) or Biomega-3 Liquid (1-2 tsp) or Optimal EFAs Caps (6), Bio-D-Mulsion Forte (2-4 drops), Cytozyme-AD (3-6), ADBS-Plus (4)

**FINGERNAILS, DARKENED BEDS**

*Rule out vitamin B12 deficiency.*

B12-2000 Lozenges (1-3), Bio-Multi Plus (6) for 30 days, then (3), Flax Seed Oil (6) or SunFlax Caps (4) or Biomega-3 (6) or Biomega-3 Liquid (1-2 tsp) Bio-B Complex (6), Bio-D-
Mulsion Forte (2-4 drops)

**FINGERNAILS and TOENAILS, FUNGUS**

Bio-Multi Plus (6) for 30 days, then (3), Flax Seed Oil (6) or SunFlax Caps (4) or Biomega-3 (6) or Biomega-3 Liquid (1-2 tsp) or Optimal EFAs Caps (6), A.D.P. (6-9), Beta-TCP (6), MCS-2 (3), Bio-D-Mulsion Forte (2-4 drops)

*Alternative Support:* Geranium (Pelargonium graveolens) or Tea Tree (Melaleuca alternifolia) oils in and around the nails, then Dimethyl sulfoxide (DMSO) for as long as it takes for healing (up to nine months or more)

**FINGERNAILS, RIDGED**

*Rule out calcium deficiency and/or calcium metabolism dysfunction.*

Multi-Mins (6), Bio-Multi Plus (6) for 30 days, then (3), Flax Seed Oil (6) or SunFlax Caps (4), Biomega-3 (6) or Biomega-3 Liquid (1-2 tsp) or Optimal EFAs Caps (6), Osteo-B Plus or Osteo-B II (6), Bio-D-Mulsion Forte (2-4 drops), Cytozyme-AD (6-9), ADB5-Plus (2-4), DHEA-5 mg (1)

**FINGERNAILS, SLOW or NO GROWTH, YELLOW NAIL BED**

*Rule out vitamin E deficiency.*

Bio-E-Mulsion Forte (60-90 drops) or E-Mulsion 200 (3) or E-200 Hy (1), Tocotrienols (2), Bio-Multi Plus (6) for 30 days, then (3), Flax Seed Oil (6) or SunFlax Caps (4), Biomega-3 or Biomega-3 Liquid (1-2 tsp) or Optimal EFAs Caps (6), Bio-Multi Plus (3), Osteo-B Plus or Osteo-B II (4), Bio-D-Mulsion Forte (2-4 drops)

**FINGERNAILS, SOFT, EASILY TORN, OPAQUE WHITE LINES**

*Rule out protein deficiency and gastric dysfunction.*

Immuno-gG (3), Osteo-B Plus or Osteo-B II (6), Bio-D-Mulsion Forte (2-4 drops), Bio-Multi Plus (6) for 30 days, then (3), Flax Seed Oil (6) or SunFlax Caps (4), Biomega-3 or Biomega-3 Liquid (1-2 tsp) or Optimal EFAs Caps (6), Whey Protein Isolate - Original, Chocolate or Vanilla or Pea Protein Isolate or Whey Protein Concentrate (2 scoops)

**FINGERNAILS, THIN, FLAT, SPOON-SHAPED, WHITE or YELLOW NAIL BEDS**

*Rule out iron deficiency.*

Fe-Zyme (3), Hydro-Zyme or HCL-Plus (6), Flax Seed Oil (6) or SunFlax Caps (4), Biomega-3 (6) or Biomega-3 Liquid (1-2 tsp) or Optimal EFAs Caps (6), Bio-D-Mulsion Forte (2-4 drops)

**FINGERNAILS, WHITE SPOTS**

*Rule out zinc deficiency.*

Aqueous Zinc (½-1 bottle) until distasteful, then switch to Zn-Zyme (1-2) or Zn-Zyme Forte (1), Bio-Multi Plus (6) for 30 days, then (3), Flax Seed Oil (6) or SunFlax Caps (4), Biomega-3 (6) or Biomega-3 Liquid (1-2 tsp) or Optimal EFAs Caps (6), Bio-D-Mulsion Forte (2-4 drops)

**FINGERS, BURNING SENSATION**

*Rule out slipped disc at 5th-8th dorsal.*

Bio-B Complex (3), ChondroSamine-S or ChondroSamine Plus (3), B12-2000 Lozenges (4)

**FINGERS, TINGLING SENSATION**
Rule out ruptured disc at 6th dorsal.

B6 Phosphate (6), ChondroSamine-S or ChondroSamine Plus (3), Bio-B Complex (3), B12-2000 Lozenges (4)

**FLATULENCE | Anal Expulsion of Intestinal Gas**

*Rule out hypochlorhydria, microbial imbalance (dysbiosis), toxic colon, candida yeast/fungal overgrowth.*

Hydro-Zyme (9-27) or Betaine Plus-HP (3), Beta-TCP (9), Colon-Plus Caps (6-12) until relieved

**With Light Colored Stools, Constipation or No Gallbladder:** Beta Plus (9), Colon-Plus Caps (6-15) after meals, Bromelain Plus CLA (3) or BioDoph-7 Plus (3-6), Chlorocaps or Chlorella Caps (3)

**Secondary Support:** Intenzyme Forte (4) before meals, Bio-6 Plus (6), OOrganic-15 (6), Taurine (3)

**Alternative Support:** Peppermint (*Mentha piperita*) oil, Ginger (*Zingiber officinale*), Fennel (*Foeniculum vulgare*), Charcoal (activated)

**FLOATERS, EYE | Minute Cell/Protein Aggregations in the Eye’s Vitreous Humor**

*Rule out genetic predisposition, atherosclerosis, calcium metabolism dysfunction (calcium tissue precipitation), vitamin (A, B6, C) and mineral (zinc) deficiencies, inadequate dietary antioxidants, and food sensitivity.*

Optic-Plus (3-6), BioProtect (3-6), Bio-FCTS (3-6), EGCG-200mg (2), Cytozyme-PT/HPT (9), Inositol (1-3) or Inositol Powder (1½ tsp), Phosphatidylcholine (3), Methionine-200 (1)

**Secondary Support:** Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Basic Nine (6), Liquid Iodine Forte (20 drops), Histoplex (6-9)

**Optional Alternative Protocol:** Phosphatidylcholine (3), Inositol (2) or Inositol Powder (1½ tsp), Methionine-200 (1) (Wright)

**Alternative Support:** Astaxanthin/Lutein/Zeaxanthin (Carotenoids), Bilberry (*Vaccinium myrtillus*), Vinpocetine derived from Lesser Periwinkle (*Vinca minor*)

**FLORA, RESTORATION | Post-Antibiotic Therapy**

Lactozyme (3-6) or BioDophilus-FOS (3 tsp) or BioDoph-7 Plus (3), Saccharomyces boulardii (3), Butyric-Cal-Mag (3-6), Garlic Plus (3)

**FLU, BOWEL or INTESTINAL**

UltraVir-X (6), Bio-Immuozyme Forte (6), Beta Plus (6) with diarrhea

**FLU, FEVER, COLDS**

*Avoid dairy and drink lots of water.*

Bio-Ae-Mulsion Forte (8) in water twice daily for three days, then (2) twice daily until abated, Bio-C Plus (6) or Bio-C Plus 1000 (3), then increase to bowel tolerance, Bio-Immuozyme Forte (3), IAG (4-6 tsp) daily in acute phase, then (2) in chronic phase, Cytozyme-THY (9), POA-Phytolens (3), Bio-FCTS (2), EGCG-200mg (2), Ca/Mg-Zyme (4) hourly for adults and (1-2) hourly for children with fever until abated, HR#2 Lymphatic Drainage (2 capfuls), HR#4 Detox/Virus (2 capfuls)

**Secondary Support:** Liquid Iodine (60 drops) or Liquid Iodine Forte (30 drops) or
Iodizyme-HP (½ tab), Cytozyme-AD (6), ADB5-Plus (2-4), Neutrophil Plus (6), A.D.P. (6)


**FLUID RETENTION (Edema) | Excessive Tissue Retention of Serous Fluid**

Renal-Plus or Nephra-Zyme (12), Super Phosphozyme Liquid (30-60 drops), B6 Phosphate (9-18), Mg-Zyme (3) or Mg-Orotate 500 (2) at bedtime, Intenzyme Forte (12) on an empty stomach, Bio-FCTS (3), EGCG-200mg (2), Flax Seed Oil (6) or SunFlax Caps (4) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12)

**With Cardiac Stress:** Bio-Cardiozyme-Forte (9), VasculoSirt (10)

**With Lymphatic Edema:** Inositol (6) or Inositol Powder (1½ tsp), Cytozyme-THY (4), Se-Zyme Forte (6) or Selenomethionine (2-3)

**Secondary Support:** Neonatal Multi-Gland (9), Amino Sport (6-12), MCS-2 (4), Beta-TCP (6), Taurine (3), Ginkgo Biloba (3)

**Alternative Support:** Horse Chestnut (*Aesculus hippocastanum*)

**FLU SEASON PROPHYLAXIS**

Bio-Immunozyme Forte (1-3), Bio-C Plus (6-12) or Bio-C Plus 1000 (3-6), EGCG-200mg (2-4), Lipoic Acid Plus (3-6) or R-Lipoate CBG (1-3), ResveraSirt-HP (1-3), BioProtect (1-3), Bio-D-Mulsion Forte (2-4 drops), GSH-Plus (1-3), BioDophilus-FOS (6) or BioDoph-7 Plus (3) Lactozyme (6) before meals, Saccharomyces boulardii (3)

**Alternative Support:** Grapefruit Seed (*Citrus paradisi*) extract, Olive Leaf (*Olea Europaea*), Apple Cider Vinegar & Honey (raw organic), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**FOLLICULITIS | Follicular Epithelial Cell Inflammation**

Liquid Iodine or Liquid Iodine Forte topically applied to the lesion after applying moist heat three times daily, Bio-Immunozyme Forte (9), Intenzyme Forte (5) four times daily between meals for one week, then (3) three times daily between meals until resolved, Neutrophil Plus (2) three times daily before meals

**Secondary Support:** Cytozyme-THY (6), Bio-Ae-Mulsion (3 drops) in water twice daily for one week, then (1 drop) twice daily, IAG (1 tsp) three times daily

**FOOD ALLERGIES or SENSITIVITIES**

*Rule out food-specific allergies by the elimination diet and/or blood work.*

Hydro-Zyme (6-12) per meal, Livotrit Plus (1-2) per meal, Beta-TCP (1-2) per meal, Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3), Cytozyme-AD (3-9), ADB5-Plus (2-4), IPS (2-4) before
each meal, HistoPlex (1-2) after each meal, MSM (3) or MSM Powder (1 tsp), L-Glutamine (3-6) Pea Protein Isolate or Whey Protein Isolate – Original, Chocolate or Vanilla (1 level scoop)

**Secondary Support:** NutriClear or NutriClear Chocolate (1-4) in choice of beverage as meal replacement, Flax Seed Oil (6) or SunFlax Caps (4) or Optimal EFAs Caps (6), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

### FOOD POISONING, DETOXIFICATION

Beta Plus (9), A.D.P. (2-16) or Bio-HPF (4-16) apart from meals, Intenzyme Forte (8-40) or Bromelain Plus CLA (8-40) apart from meals, Garlic Plus (3), Mo-Zyme (9-18) or Mo-Zyme Forte (6-12), Hydro-Zyme (3-24) with meals

**Secondary Support:** BioDophilus-FOS (3) or BioDop-7 Plus (3), Phosphatidylcholine (3-6), Colon Plus (3-12), HR#1 Detoxification (1-2 capfuls)

**Alternative Support:** Arsenicum (A. album), Charcoal (activated), Apple Cider Vinegar & Honey (raw organic), Slippery Elm (Ulmus rubra)

### FOOD POISONING, VOMITING and DIARRHEA | GI Bacterial Contamination

Super Phosphozyme Liquid (30-60 drops), Chlorocaps or Chlorella Caps (3), B6 Phosphate (6), Colon Plus (6 tsp)

### FOOT ODOR

*Rule out bacterial infection, anemia, and dietary excess of animal fats.*

10-Day BioDetoxification Kit (Pea or Whey) Program (2)

**Alternative Support:** Apple Cider Vinegar & Honey (raw organic) and/or Thyme (Thymus vulgaris) essential oil in foot bath, Witch Hazel (Hamamelis virginiana), Peppermint (Mentha piperita) and Geranium (Pelargonium graveolens) essential oils spray

### FOREIGN TRAVEL, PROPHYLAXIS

Hydro-Zyme (6-9) or Betaine Plus HP (1-2), Beta Plus (6), A.D.P. (2) per meal, Saccharomyces boulardii (1-3)

### FRACTURE, BONE | Cracked, Splintered, or Bisected Bone from Physical Trauma

Intenzyme Forte (5) 4-5 times daily on an empty stomach, Osteo-B Plus or Osteo-B II (9) for 10 days, then (6) daily until completely healed, Neonatal Multi-Gland (1-3), Flax Seed Oil (6) or SunFlax Caps (4), Biomega-3 (6) or Biomega-3 Liquid (1-2 tsp) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), KappArest (8), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), Gammanol Forte (3-12), Bio-D-Mulsion Forte (2-4 drops), Bio-K-Mulsion (1-2 drops) twice daily, unless client is on anticoagulant warfarin (Coumadin®), ChondroSamine-S or ChondroSamine Plus (3), Ca/Mg-Zyme (3-6), Mg-Orotate 500 (3) at bedtime, Bio-Cyanidins (3), EGCG-200mg (2-4), Zn-Zyme (1-2) or Zn-Zyme Forte (1)

**Secondary Support:** Purified Chondroitin Sulfates (3), Thyrostim (3-6), Equi-Fem and Cytozyme-F (3-6) for female hormonal support, Palmetto-Plus or Palmetto-Plus Forte (3-6) and Cytozyme-M (3-6) for male hormonal support, BioDoph-7 Plus (3-6) or Bromelain Plus CLA (3-6) on an empty stomach

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Horsetail (Equisetum Arvense), Boron (mineral) or Boric Acid (Acidum boricum), Silica (Silicon dioxide), Kelp (brown seaweed algae), S-Adenosylmethionine (SAMe)
FREE RADICAL PATHOLOGY | Unstable Molecules/Atoms w/Unpaired Electrons

Rule out multi-antioxidant deficiency or insufficiency, lifestyle factors such as undue radiation exposure (cell phones & Wi-Fi), toxic chemical exposure (cigarette smoke, air pollution, household chemicals, dietary induced items like artificial sweeteners (aspartame, sorbitol, sucralose), nitrites, preservatives, fried foods, cured meats, etc., and stress (not to be underestimated).

Intenzyme Forte (12-36) on an empty stomach, CLA (3-6), Cytozyme-Trachea (12), Cytozyme-SP (3-6), Dismuzyme Plus (6-9) or Dismuzyme Plus Granules (1-3 tbsp) or Dismuzyme Plus 5000 (3-6), Bio-Ae-Mulsion Forte (15 drops), MCS-2 (3), Beta-TCP (6), Mixed EFAs (3 tbsp) or Optimal EFAs Caps (6), Liquid Iodine (30 drops) or Liquid Iodine Forte (15 drops), Bio-Immunozyme Forte (12), IAG (3 tsp), Bio-FCTS (3), EGCG-200mg (2), POA-Phytolens (3-6), Ca D-Glucarate (3), NAC (3) or GSH-Plus (3) or Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), Mixed Ascorbate Powder (1 tsp), Bio-D-Mulsion Forte (2-4 drops), Chlorocaps of Chlorella Caps (6-12), Mo-Zyme (3-9) or Mo-Zyme Forte (3-6), Gammanol Forte (3-6), E-Mulsion 200 or E-200 H (1-3) HR#2 Lymphatic Drainage (1 capful)

Secondary Support: 5-HTP (1-3) or 5-HTP Plus Forte (1) or Neuro-5-HTP Plus (1-3), L-Arginine (3-6), Acetyl-L-Carnitine (1-2), Cognitive Enhancer (1) before breakfast & (1) before lunch or dinner, CLA (3), Nuclezyme-Forte (3), Bio-Cyanidins (3), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), Bio-B 100 (6-9), Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3), Tocotrienols (2), Bio-K Mulsion (1-2 drops), Whey Protein Isolate - Original, Chocolate or Vanilla or Pea Protein Isolate or Whey Protein Concentrate (2 scoops)

Alternative Support: Turmeric/Curcumin (BCM-95®), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

FREQUENT URINATION, MALES, NIGHTTIME (Polyuria)

Rule out benign prostate hypertrophy (BPH), cystitis, and diabetes.

Palmetto-Plus or Palmetto-Plus Forte (6), Argizyme (6), Flax Seed Oil (6) or SunFlax Caps (4) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12)

FROZEN JAW (Lockjaw or Tetanus) | Contraction/Convulsion of Jaw Muscles

EFA-Sirt Supreme (12) or Optimal EFAs Caps or Flax Seed Oil (6) or SunFlax Caps (4), Osteo-B Plus or Osteo-B II (6), MCS-2 (3), Beta-TCP (6), Neutrophil Plus (6), Bio-C Plus (6-12) or Bio-C Plus 1000 (3-6), EGCG-200mg (2-4)

FROZEN SHOULDER (Adhesive Capsulitis) | Painful Joint Inflammation

Rule out neurological injury, inflammation, muscle atrophy, gouty arthritis, and chronic bursitis.

Intenzyme Forte (20-30) between meals, Nuclezyme Forte (3-6), Super Phosphozyme Liquid (60-90 drops) in pure water, Blackcurrant Seed Oil or Evening Primrose Oil (6-9), B6 Phosphate (12), B-12 200 Lozenges (2-3), Folate-5 Plus (3), Bio-Ae-Mulsion Forte (6-9 drops), Bio-C Plus (9-18) or Bio-C Plus 1000 (6-12)

Pain Support: Bio-Alay (3-6), Sculacia (3-6), DL-Phenylalanine (3)

Chronic Condition: KappArest (6-9), Bio-CMP (6-9), Ca/Mg-Zyme (6-9)

Secondary Support: Liquid Iodine Forte (60 drops) or Iodizyme-HP (1/2-1), Chondro-Plus (6), Mg-Zyme (4) or Mg-Orotate 500 (2) at bedtime increasing to bowel tolerance, KappArest
(8) with inflammation without infection, Lipoic Acid Plus (3) or R-Lipoate CBG (1-2)

**Alternative Pain Support:** Turmeric/Curcumin (BCM-95®), Blue Lotus (*Nymphaea caerulea*), Boswellia (*Boswellia sacra*) a.k.a. Frankincense, Wild Opium Lettuce (*Lactuca vivosa*), Kratom (*Mitragyna speciosa*), Kava Kava (*Piper methysticum*), White Willow (*Salix alba*), Nattokinase & Serrapeptase (enzymes from natto & silk worm), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C), Arnica (*Arnica montana*) pellet, cream, gel or ointment

**FUNGUS, MOLD, YEAST INFECTION, SKIN or NAILS**

A.D.P. (5) three times daily before meals for one week, then (3) three times daily as with fungal infection, but crush tablets in distilled water to soak hands and feet or apply to skin

*Note:* See "Infection, Fungal (Mycoses) | Fungi-Induced Tissue Pathology"

**Optional Protocol:** Dimethyl sulfoxide (DMSO) and Liquid Iodine (50-50 mixture), Liquid Iodine Forte, Oregano (*Origanum vulgare*) or Tea Tree (*Melaleuca alternifolia*) oil transdermal topically

**GAG EASILY (Regurgitative Spasm) | Autonomic Nervous System Disorder**

Beta-TCP (6), Bio-CMP (6) and/or K-Zyme (1-3)

**GALLBLADDER, DISORDERS/DYSFUNCTION | Biliary Insufficiency or Stasis**

Rule out cholecystectomy, dehydration, hypochlorhydria, female hormonal imbalance, food sensitivity (dairy, gluten, nightshade vegetables, etc.), lack of exercise, constipation, and light colored stools.

MCS-2 (6-9), Hydro-Zyme (6-9) or Betaine Plus-HP (3), GSH-Plus (3), Phosphatidylcholine (3), Bio-MCT (1 tbsp), Optimal EFAs Caps (3), Mg-Zyme (1-3) or Mg-Orotate 500 (3) at bedtime

*With Gallbladder, Normal Color Stools, and No Constipation:* Beta-TCP (9) w/meals

*Without Gallbladder:* Beta Plus (9) with meals

**Secondary Support:** Bio-GGG-B (3-6), Taurine (3), Bio-D-Mulsion Forte (2-4), E-Mulsion 200 (1-3)

**Alternative Support:** Alfalfa (*Medicago sativa*), Peppermint (*Mentha piperita*) oil

**GALLBLADDER, FLUSH | 7-Day Program**

*Rule out the presence of gallstones by ultrasound before doing a gallbladder flush.*

Beta-TCP (6-12) two to three times daily with meals, Super Phosphozyme Liquid (1 bottle) in tomato juice (4 oz) for 5-10 days

**GALLBLADDER, FLUSH | Aggressive Alternative Program**

*If the presence of gallstones has been ruled out by ultrasound, dose the following protocol every 15 minutes for one to three hours until a loose stool is achieved:*

Cytozyme-Orchic (6), B6 Phosphate (6), Phosphatidylcholine (6), Super Phosphozyme Liquid (3 droppers) in water, Beta-TCP (10), Mg-Zyme (6) or Mg-Orotate 500 (2) at bedtime

**GALLBLADDER, INFECTION or DISEASE**

*Rule out hypochlorhydria.*

Beta-TCP (6-12), A.D.P. (6-12)
GALLBLADDER, STONES | Pathological Concentrations of Cholesterol, Bile, etc.

Rule out allergies, cholecystectomy, dehydration, hypochlorhydria, female hormonal imbalance, food sensitivity (dairy, gluten, pork, onions, fowl, oranges, coffee, night shade vegetables, etc.), lack of exercise, constipation, and light colored stools; eliminate dietary hydrogenated fats and oils.

Beta-TCP (15), MCS-2 (6-9), Hydro-Zyme (6-9) or Betaine Plus-HP (3), Super Phosphozyme Liquid (90 drops) in water or Super Phosphozyme (3-6), B6 Phosphate (12), Mg-Zyme (6) or Mg-Orotate 500 (2) at bedtime increasing to bowel tolerance, Bio-C Plus (6) or Bio-C Plus 1000 (3) with meals increasing to bowel tolerance, Flax Seed Oil (6) or SunFlax Caps (4) or Optimal EFAs Caps (6), Liquid Iodine Forte (60) in pure water or Iodizyme-HP (½ tab), Phosphatidylcholine (9), KappArest (8), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Lecithin, Dandelion (Taraxacum officinale), Milk Thistle (Silybum marianum, silymarin), Burdock (Arctium lappa), Parsley (Petroselinum crispum), Garlic (Allium sativum), Black Radish (Raphanus sativus), Horseradish (Amoracia rusticana), Mayapple (Podophyllum peltatum), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

GANGRENE | Body Tissue Necrosis from Oxygen Deprivation

A.D.P. (9-15), Garlic Plus (6-9), Amino Sport (12), Bio-Ae-Mulsion Forte (3-6 drops), MSM (3-6) or MSM Powder (1-3 tsp), Bio-Cyanidins (3-6), EGCG-200mg (2-4), Chlorocaps or Chlorella Caps (6), CoQ-Zyme 30 (3) or CoQ-Zyme 100 Plus (3), Optimal EFAs Caps (3-6) or EFA -Sirt Supreme (6), Intenzyme Forte (12-24) between meals, NitroGreens (2 scoops)

**Secondary Support:** Ginkgo Biloba (3-6), Bromelain Plus (6) on an empty stomach

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Dimethylglycine (DMG), Kelp (brown seaweed algae), Butcher's Broom (Ruscus aculeatus), Olive Leaf (Olea Europaea), Goldenseal (Hydrastis canadensis)

GAS, INTESTINAL, SHORTLY AFTER EATING, FOUL SMELLING (Flatulence)

Rule out allergies and dysbiosis.

Hydro-Zyme (9-27) or Betaine Plus-HP (3) until relieved, Beta-TCP (9) or Beta Plus instead with light colored stools, constipation or absent a gallbladder, Colon-Plus Caps (6-15) after meals, BioDoph-7 Plus (3)

**Secondary Support:** Intenzyme Forte (4) before meals, Bio-6 Plus (6), OOrganic-15 (6), Taurine (3)

**Alternative Support:** Charcoal (activated)

GASTRIC DIGESTION, HEALING SUPPORT

Hydro-Zyme (3-12), IPS (6-12), Chlorocaps or Chlorella Caps (3-12), Bromelain Plus CLA (6-12), Gastrazyme (3-6), HCl-Ease (4), NitroGreens (1-2 scoops), Intenzyme Forte (9-18) on an empty stomach, B12/Folate Plus (3-6)

GASTRIC DISTRESS or INDIGESTION (Dyspepsia), SYMPTOMATIC RELIEF

Gastrazyme (3-6) up to 5 times daily, Hydro-Zyme (3-27), IPS (6-12) in divided doses during the day on an empty stomach, HCl-Ease (4), Bromelain Plus CLA (6-12), Intenzyme Forte (9-18) on an empty stomach

GASTRIC HYPERACIDITY
Gastrazyme (3-9), L-Glutamine (3-6) or L-Glutamine Powder (1-3 tsp), Cytozyme-PT/HPT (3-6), Chlorocaps or Chlorella Caps (3-9), Gammanol Forte (3-6), HCl-Ease (4)

**Alternative Support:** Aloe (*Aloe vera*)

### GASTRIC INFECTION, UPPER, without ULCERATION

Bio-HPF (4), FC-Cidal (4), Neutrophil Plus (4), Gastrazyme (3), HCl-Ease (4); reduce to one-half dosage with gastric irritation

### GASTRIC or DUODENAL ULCER | Lesion of the Stomach's Mucous Membrane

*Rule out bleeding or severe ulceration, excess or inadequate HCl production, biliary and/or pancreatic dysfunction, bacterial infection (H. pylori), pyloric or ileocecal valve dysfunction, inflammation, aspirin abuse, chronic illness, and stress.*

NutriClear or NutriClear Chocolate (2-3 servings) between meals to reduce inflammation, Gastrazyme (15) with meals, Bio-HPF (6), L-Glutamine (6), IPS (6), Cytozyme-PAN (9), Bio-FCTS (6), EGCG-200mg (2), Beta-TCP (6), Folate-5 Plus (4), HCl-Ease (4)

*Note:* Continue Gastrazyme with A.D.P. to preclude exacerbation of gastric pain

**With Bacterial Infection:** A.D.P. (9) before meals for 30 days, Neutrophil Plus (6), then Lactozyme (6) after two weeks, *Saccharomyces boulardii* (3)

**With Hypochlorhydria:** Hydro-Zyme (6-9) or Betaine Plus-HP (3)

**With Hyperchlorhydria:** Super Phosphozyme Liquid (60 drops), Gammanol Forte (6-9), HCl-Ease (4)

**With Biliary or Pancreatic Dysfunction:** Bio-6 Plus (6) with meals

**Following Healing:** Bio-Multi Plus Iron & Copper Free (3), Blackcurrant Seed Oil or Evening Primrose Oil (6-9), B12-2000 Lozenges (2), Bio-FCTS (3), EGCG-200mg (2)

**Alternative Support:** Turmeric/Curcumin (BCM-95®)

### GASTRITIS | Inflammation of the Gastric Mucous Membrane

*Rule out hyper/hypochlorhydria, NSAID abuse, chronic emotional/psychological stress, ulcers (duodenal/peptic), and dysbiosis.*

Gastrazyme (9-24), IPS (6-9), MCS-2 (3), L-Glutamine (3-6) or L-Glutamine Powder (1-3 tsp), HCl-Ease (4), Bio-HPF (6-12), Chlorocaps or Chlorella Caps (6-12), Bromelain Plus CLA (6-15), POA-Phytolens (3-6), Bio-D-Mulsion Forte (12 drops), KappArest (8), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Folic Acid 800 (1), Ginkgo Biloba (3-6), Gammanol Forte (3-6)

**Secondary Support:** 10-Day BioDetoxification (Pea or Whey) Program (2), A.D.P. (6-12) after meals with bacterial or fungal infection plus BioDophils (6-9) or BioDoph-7 Plus (3) after 30 days, Livotrit Plus (3-6), NutriClear or NutriClear Chocolate (1-2 servings) in water or choice of beverage, (3-9); Bio-HPF (6-12) and A.D.P. (6-12) with dysbiosis; Histoplex (6) with food allergies

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Deglycerinated Licorice (DGL) on an empty stomach, Zinc Carnosine with meals, Nattokinase & Serrapeptase (enzymes from natto & silk worm), *Boswellia* (*Boswellia sacra*) a.k.a. Frankincense

### GASTROENTERITIS | Inflammation of the Gastric & Intestinal Mucous Membrane

See "Gastritis" above.

BioDoph-7 Plus (3-9) each hour
**GASTROESOPHAGEAL REFLUX DISEASE (GERD) | Lower Esophageal Sphincter**

Rule out prescription "heartburn" medications especially proton pump inhibitors (PPIs), which deplete vitamin B6, folic acid, B12, D, and iron stores. Common risk factors: eating large meals, lying down after eating, being obese, snacking at bedtime, smoking, eating spicy or fatty foods (citrus, tomato, mint, garlic, onions), taking pain meds (ibuprofen, aspirin), and being pregnant. Common symptoms: heartburn, regurgitation, bloating, burping, nausea, hiccups (non-stop), wheezing, dry cough, chronic sore throat, bloody stools, and dysphagia (esophageal narrowing w/sensation of food stuck in throat).

Gastrazyme (6-12), IPS (6), HCl-Ease (4), Bio-B 100 (6-9), Chlorocaps or Chlorella Caps (6-12), POA-Phytolens (3-6), Bio-D-Mulsion Forte (3-6 drops), L-Glutamine (3) or L-Glutamine Powder (3 tsp), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), BioDoph-7 Plus (3-9), Intenzyme Forte (6-12) on an empty stomach

**Secondary Support:** MSM (3) or MSM Powder (1 tsp), BioDophilus Caps (3)

**Alternative Support:** Olive Leaf (*Olea Europaea*), Grapefruit Seed (*Citrus paradisi*) extract, Deglycyrrhizinated Licorice (DGL), Slippery Elm (*Ulmus rubra*), Quercetin (plant/food bioflavonoid), D-limonene (citrus fruit peel extract), Sea Buckthorn (*Hippophae rhamnoides*) oil, Papaya, Aloe (*Aloe vera*) juice, Ginger (*Zingiber officinale*), Fennel (*Foeniculum vulgare*), Marshmallow (*Althaea officinalis*), Chamomile (*Matricaria chamomilla*) tea, Apple Cider Vinegar & Honey (raw, organic)

**GBS (Guillain-Barre Syndrome) | Autoimmune Peripheral Neuropathy**

See “Guillain-Barre Syndrome”

**GERD | Gastroesophageal Reflux Disease**

See “Gastroesophageal Reflux Disease (GERD)”

**GERIATRIC, CIRCULATION REDUCED**

Rule out deficient diet high in junk food, hydration insufficiency, lack of exercise, reduced circulation from aging, hypochlorhydria-induced protein deficiency, and chronic stress.

ResveraSirt-HP (1-3), VasculoSirt (10), EFA-Sirt Supreme (6), Rb-Zyme (6), Porphyrha-Zyme (9) on an empty stomach, Ginkgo Biloba (3), Nuclezyme Forte (3), B12-2000 Lozenges, Folate-5 Plus (4), Phosphatidylerine (6-9), Bio-D-Mulsion Forte (2-4 drops), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2)

**Secondary Support:** D-Ribose (2 tsp), Chlorella Caps or Chlorocaps (3-6), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), Bromelain Plus CLA (1-3) on an empty stomach, Whey Protein Isolate - Original, Chocolate or Vanilla or Pea Protein Isolate or Whey Protein Concentrate (2 scoops)

**GERIATRIC, DIGESTIVE DYSFUNCTION**

Rule out deficient diet high in junk food, hydration insufficiency, lack of exercise, reduced circulation from aging, hypochlorhydria-induced protein deficiency, and stress.

Hydro-Zyme (6-9) or Betaine Plus-HP (1-2) at mid-meal, Beta-TCP (6), Bio-D-Mulsion Forte (2-4 drops), Bromelain Plus CLA (1-3) on an empty stomach, HCl-Ease (4)

**Secondary Support:** Gastrazyme (3-6), Chlorella Caps or Chlorocaps (3-6)

**GERIATRIC, FATIGUE**
Rule out deficient diet high in junk food, hydration insufficiency, lack of exercise, reduced circulation from aging, hypochlorhydria-induced protein deficiency, and chronic stress.

<table>
<thead>
<tr>
<th>GERIATRIC, GENERAL SUPPORT</th>
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<tbody>
<tr>
<td>Rule out deficient diet high in junk food, hydration insufficiency, lack of exercise, reduced circulation from aging, hypochlorhydria-induced protein deficiency, and stress.</td>
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<tr>
<td>Stamina Caps (3), ResveraSirt-HP (1-3), VasculoSirt (10), EFA-Sirt Supreme (6), Folic Acid 800 (1), Aqueous Multi-Plus (2 tbsp), Bio-D-Mulsion Forte (2-4 drops), Bio-Trophic Plus (3-6), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), Bromelain Plus CLA (1-3) on an empty stomach, Whey Protein Isolate - Original, Chocolate or Vanilla or Pea Protein Isolate or Whey Protein Concentrate (2 scoops)</td>
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<td>Secondary Support:</td>
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<tr>
<th>GERIATRIC, MEMORY LOSS</th>
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<tbody>
<tr>
<td>Rule out deficient diet high in processed junk food, hydration insufficiency, lack of exercise, reduced circulation from aging, hypochlorhydria-induced protein deficiency, and stress.</td>
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<tr>
<td>Cognitive Enhancer (1) before breakfast &amp; (1) before lunch or dinner, ResveraSirt-HP (1-3), VasculoSirt (10), Bio-Immunozyme Forte (3), EFA-Sirt Supreme (12), Folic Acid 800 (1), Nuclezyme Forte (3), Bio-D-Mulsion Forte (2-4 drops), Bio-Trophic Plus (3-6), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), Bromelain Plus CLA (1-3) on an empty stomach, D-Ribose (2 tsp), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), Whey Protein Isolate - Original, Chocolate or Vanilla or Pea Protein Isolate or Whey Protein Concentrate (2 scoops)</td>
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<td>Secondary Support:</td>
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<tr>
<th>GERIATRIC, DEBILITATING ILLNESS RECOVERY</th>
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<tr>
<td>Rule out deficient diet high in processed junk food, hydration insufficiency, lack of exercise, reduced circulation from aging, hypochlorhydria-induced protein deficiency, and stress.</td>
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<tr>
<td>ResveraSirt-HP (1-3), VasculoSirt (10), Amino Sport (6-12), Aqueous Multi-Plus (2 tbsp), Neonatal Multi-Gland (6), NutriClear or NutriClear Chocolate and Whey Protein Isolate - Original, Chocolate or Vanilla (2 scoops) or Pea Protein Isolate (2 scoops), or Whey Protein Concentrate (2 scoops), Bio-D-Mulsion Forte (2-4 drops), Bio-Trophic Plus (3-6), Lipoic Acid Plus (3)</td>
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<td>Secondary Support:</td>
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<tr>
<th>GERIATRIC, STROKE RECOVERY</th>
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<tr>
<td>Rule out deficient diet high in junk food, hydration insufficiency, lack of exercise, reduced circulation from aging, hypochlorhydria-induced protein deficiency, and stress.</td>
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<tr>
<td>Amino Sport (6-12), Nuclezyme Forte (3), ResveraSirt-HP (1-3), VasculoSirt (10), Intenzyme</td>
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Forte (9) on an empty stomach (but not with the blood thinning medication warfarin (Coumadin®), Porphyra-Zyme (9) on an empty stomach, Bio-Cardio Pack (1), Bio-FCTS (6), EGCG-200mg (2), Neonatal Multi-Gland (6), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), Bromelain Plus CLA (1-3) on an empty stomach, Folic Acid 800 (1), Bio-D-Mulsion Forte (2-4 drops)

**Secondary Support:** Whey Protein Isolate - Original, Chocolate or Vanilla or Pea Protein Isolate or Whey Protein Concentrate (2 level scoops)

**GERMAN MEASELS**

See “Rubella”

**GINGIVITIS | Gum Inflammation and/or Infection**

Osteo-B Plus or Osteo-B II (3-6), Bioctasol Forte (3-6), Bio-D-Mulsion Forte (2-4), Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3), EGCG-200mg (2-4), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), KappArest (8), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2)

**Secondary Support:** Crush an A.D.P., mix in water, swish in mouth for several minutes

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Myrrh (Commiphora myrrha), Nattokinase & Serrapeptase (enzymes from natto & silk worm), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C), Black Seed (Nigella sativa)

**GLANDS, SWOLLEN | Neck or Groin Swelling**

*Rule out any potentially serious conditions such as lymphoma, leukemia, or other cancers.*

**Alternative Protocol:** Rub Liquid Iodine Forte with Dimethyl sulfoxide (DMSO) on the swollen gland (Wright)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Myrrh (Commiphora myrrha), Nattokinase & Serrapeptase (enzymes from natto & silk worm)

**GLAUCOMA | High Intraocular Fluid Pressure**

*Rule out genetic predisposition, atherosclerosis, calcium metabolism dysfunction (calcium tissue precipitation), vitamin (A, B6, C) and mineral (zinc) deficiencies, inadequate dietary antioxidants, and food sensitivity.*

Carbamide Plus (3), Optic-Plus (3-6), BioProtect (6), Bio-Cyanidins (3-6), L-Arginine (3), Lipoic Acid Plus (3-6) or R-Lipoate CBG (1-3), Phosphatidylcholine (3), B12-2000 Lozenges (1-2), Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3), Ginkgo Biloba (3), GSH-Plus (3), EFA-Sirt Supreme (12) or Optimal EFAs Caps (6) or Flax Seed Oil or SunFlax Caps (3), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), E-Mulsion 200 (2), Tocotrienols (2), Mg-Zyme (3) or Mg-Orotate 500 (2) at bedtime, Bio-B 100 (6-9), Cr-Zyme (1), Thiamin 50 (1-2), MygranX (2), Melatonin-B6/Mg (½ tab) before bedtime

**Secondary Support:** Blackcurrant Seed Oil or Evening Primrose Oil (6), Basic Nine (6), Liquid Iodine (60 drops) or Liquid Iodine Forte (30 drops) in water or Iodizyme-HP (½ tab), Histoplex (6-9) between meals, Taurine (3)

**Alternative Support:** Bilberry (Vaccinium myrtillus), Eyebright (Euphrasia officinalis), Blueberry (Vaccinium myrtillus) a.k.a. Bilberry, Red Raspberry Leaf (Rubus idaeus), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)
GLOSSITIS | Tongue Inflammation

Bio-B Complex (4), B6 Phosphate (6), KappArest (8), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), DL-Phenylalanine (1-3)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Boswellia (*Boswellia sacra*) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Black Seed (*Nigella sativa*)

GLUCOSE, HIGH | Increased Circulating Sugar for Energy Production

*Rule out diabetes, Type 2 (NIDDM)*

GlucoBalance or Bio-Glycozyme Forte (3-9), VasculoSirt (10), Cytozyme-PAN (3-12), Biomega-3 (6) or Biomega-3 Liquid (1-2 tsp) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), ADHS (3-6) before lunch, L-Glutamine (3), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3), Bio-B 100 (3), Bio-D-Mulsion Forte (2-4 drops), Acetyl-L-Carnitine (1-3), EGCG-200mg (1-2)

**Secondary Support:** Sesame Seed Oil Caps (1), Aqueous Chromium (3-6 drops), PCOH-Plus (1-3), Cognitive Enhancer (1) before breakfast & (1) before lunch or dinner, Pea Protein Isolate or Whey Protein Isolate or Whey Protein Concentrate (2 scoops)

**Alternative Support:** Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C), Green Tea (*Camellia sinensis*), Cinnamon (*Cinnamomum zeylanicum*), Psyllium (fiber)

GLUCOSE, LOW | Decreased Circulating Sugar for Energy Production

*Rule out diabetes, Type 2 (NIDDM)*

Bio-Glycozyme Forte (3-9), VasculoSirt (10), L-Glutamine (3), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3), EGCG-200mg (1-2)

**Secondary Support:** Sesame Seed Oil Caps (1), Amino Acid Quick-Sorb (1 squirt or more) as needed for symptoms of low blood sugar

**Alternative Support:** Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C), glucose tablets, orange juice, honey (raw organic)

GLYCOLYSIS | Carbohydrate Glucose/Glycogen Metabolism for Energy Release

*Rule out vitamin B complex and magnesium mineral deficiencies.*

Bio-3B-G (1-3), Bio-GGG-B (1-3), Bio-B Complex (1-3), Bio-B 100 (3), Niacin 100 (1), B6 Phosphate (1-3), Mg-Zyme (1-3)

GOITER, SIMPLE | Non-Cancerous Enlargement of the Thyroid Gland

*Rule out tumors (benign or malignant), vitamin (B2) and mineral (iodine and manganese) deficiencies, dietary excess of brassica vegetables (cabbage, Brussels sprouts, broccoli, etc.), and hypothyroidism in complex cases through medical diagnosis as well as iodine sensitivity, deficiency or toxicity in simple cases.*

Mn-Zyme (3), Bio-GGG-B (6-12), Rb-Zyme (3), Se-Zyme Forte (1) or Selenomethionine (1), Flax Seed Oil or SunFlax Caps (6) or Biomega-3 (6) or Biomega-3 Liquid (1-2 tsp) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12)

**With Iodine Sensitivity:** Cytozyme-Parotid-TS (3)

**With Iodine Deficiency:** Liquid Iodine (150) or Liquid Iodine Forte (75 drops) in water or
Iodizyme-HP (½-1)

**Secondary Support:** 10-Day BioDetoxification Kit (Pea or Whey) Program (2)

**GOUT | Acute Arthritic Pain with Uric Acid Deposition in Joints or Tissue**

*Rule out high-purine diet, hypochlorhydria, hepatobiliary or renal dysfunction, dehydration, and stress; adopt a low-purine diet (reduced intake of meats and legumes) and eliminate simple sugars, e.g., HFCS (high-fructose corn syrup) in foods and drinks, and alcohol.*

Renal-Plus or Nephra-Zyme (12-15), Argizyme (3-9), Cytozyme-KD (3-9), Folate-5 Plus (6) or Methylfolate Plus (3-6) or 5-MTHF Plus Forte (1), Intenzyme Forte (20) on an empty stomach, then (6) when pain and swelling abate, Optimal EFAs Caps or EFA-Sirt Supreme or Flax Seed Oil (6) or SunFlax Caps (4), Li-Zyme Forte (9-18), IAG (6 tsp), Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3), Bio-B 100 (3-9), Bio-Cyanidins (3), Carbamide (3-6), Dismuzyme Plus (3-6) or Dismuzyme Plus 5000 (3), HR#3 Acute Stress (4 capsfuls)

**With Pain:** Bio-Allay (3), Sculacia (3-6), DL-Phenylalanine (3)

**Alternative Pain Support:** Turmeric/Curcumin (BCM-95®), Blue Lotus (*Nymphaea caerulea*), Boswellia (*Boswellia sacra*) a.k.a. Frankincense, Wild Opium Lettuce (*Lactuca vivosa*), Kratom (*Mitragyna speciosa*), Kava Kava (*Piper methysticum*), White Willow (*Salix alba*), Nattokinase & Serrapeptase (enzymes from natto & silk worm), Arnica (*Arnica montana*) pellet, cream, gel or ointment

**Secondary Support:** Dismuzyme Plus Granules (3 tbsp), Beta-TCP (6), Betaine Plus-HP (3), ADHS (2) with breakfast and lunch, Bio-FCTS (3), EGCG-200mg (2), MSM (1-3) or MSM Powder (1 tsp), Amino Sport (6-12), Potassium-HP (1 scoop), Bromelain Plus (3) on an empty stomach

**Optional Alternative Protocol:** Black Cherry juice (32 oz) at the onset, low dose lithium (10-15 mg) and vitamin C (2 g) both twice daily, which translates to Li-Zyme Forte (70-100) and Bio-C Plus 1000 (2-3) both twice daily (Wright)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Raw Black Cherries (30-40) and/or Black Cherry (extract) and/or Black Cherry (juice), Raw Cherries or Cherry (extract), Apple Cider Vinegar & Honey (raw organic), Celery (*Apium graveolens*), Parsley (*Petroselinum crispum*), Juniper Berries (*Juniper communis*), Boswellia (*Boswellia sacra*) a.k.a. Frankincense, Kelp (brown seaweed algae), Alfalfa (*Medicago sativa*), Devil's Claw (*Harpagophytum procumbens*), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**GRAVES' DISEASE | Exophthalmic Goiter - Thyroid Hyperfunction**

*Rule out hypochlorhydria, aspartame/sorbitol/sucralose poisoning, and excessive stress.*

Mixed EFAs (3 tbsp) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Lipoic Acid Plus (3-6) or R-Lipoate CBG (1-3), Biocatasol Forte (3-6), Bio-D-Mulsion Forte (2-4 drops), HistoPlex-AB (6), MCS-2 (3), Beta-TCP (6), Li-Zyme Forte (6), Se-Zyme Forte (1-2) or Selenomethionine (1), HR#1 Detoxification (2 capsfuls), HR#4 Detox-Virus (3 capsfuls)

**GROWING PAINS (Children over 5)**

Bio-CMP (1-2) in the morning and (2-4) in the evening, Optimal EFAs Caps (3) or EFA-Sirt Supreme (6) or Biomega-3 (1-2) or Biomega-3 Liquid (1-2 tsp), Se-Zyme Forte (1-3)

**GROWTH, SLOW**
Cytozyme-PT/HPT (3), Gammanol Forte (6), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12) or Mixed EFAs (3 tbsp), Liquid Iodine (30 drops) or Liquid Iodine Forte (15 drops), Bio-D-Mulsion Forte (2-3 drops), L-Lysine HCl (3), Inositol (3-6) or Inositol Powder (1½ tsp), Bio-Trophic Plus (3), Amino Sport (6-12), Mg-Zyme (1-3) or Mg-Orotate 500 (3) at bedtime, Zn-Zyme (2) or Zn-Zyme Forte (1)

**Female Support:** Cytozyme-O (3), Cytozyme-F (3-6)

**Male Support:** Cytozyme-Orchic (3), Cytozyme-M (3-6)

**Secondary Support:** NitroGreens (1 scoop), Pea or Whey Protein Isolate or Whey Protein Isolate – Chocolate or Vanilla or Whey Protein Concentrate (2 scoops), Bio-B 100 (6-9), Neonatal Multi-Gland (1-3)

**Alternative Support:** Alfalfa (*Medicago sativa*), Kelp (brown seaweed algae)

### GUILLAIN-BARRE SYNDROME (GBS) | Autoimmune Peripheral Neuropathy

*Risk factors include serious diarrhea, respiratory illness, Campylobacter jejuni bacterial infection, influenza, Cytomegalovirus, Epstein Barr virus, and post-vaccination occurrence.*

Nuclezyme-Forte (6), Bio-Immunozyme Forte (6), EFA-Sirt Supreme (12) or Optimal EFAs Caps (6) or Mixed EFAs (3 tbsp), Cytozyme-H (3), GSH-Plus (3), NAC (3), Acetyl-L- Carnitine (3), Lipoic Acid Plus (6) or R-Lipoate CBG (2-4), Ginkgo Biloba (3), Inositol (3-6) or Inositol Powder (1½ tsp), Bio-B 100 (3-9), Bio-D-Mulsion Forte (2-4 drops), KappArest (8), Bio-Allay (3), Sculacia (3), DL-Phenylalanine (3)

### GUM or PERIODONTAL DISEASE | Bacterial Infection of the Gums

*Rule out dietary excess in terms of protein, caffeine, sugar and alcohol; capillary fragility evidenced by easy bruising; cardiovascular issues (stroke), bone loss, bacterial infection leading to impaired circulation through arterial plaque deposition.*

Bio-Cyanidins (6-12), Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3), Bio-FCTS (3-6), EGCG-200mg (2), Osteo-B Plus or Osteo-B II (6), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), Bio-Immunozyme Forte (3), Bio-D-Mulsion Forte (2-4 drops), Flax Seed Oil (6) or SunFlax Caps (4), Biomega-3 (6) or Biomega-3 Liquid (1-2 tsp) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Bio-Ae-Mulsion (1-3 drops), NAC (3), Mo-Zyme (3-9) or Mo-Zyme Forte (3-6), Liquid Iodine (30 drops) or Liquid Iodine Forte (15 drops) with herbal mouth wash twice daily

**Secondary Support:** BioProtect (3), Ca/Mg-Plus (6) before meals, POA-Phytolens (3-6), Bio-K-Mulsion (2-4 drops)

**Alternative Support:** Sea or Rock Crystal Salt Water and/or Sodium Bicarbonate (Baking Soda) solution for irrigation, Herbal Tinctures: Echinacea (*Echinacea angustifolia*), Thyme (*Thymus vulgaris*) and Cinnamon (*Cinnamomum verum*), Essential Oils (Eucalyptus, Lavender, Peppermint) for cleansing/brushing, Aloe (*Aloe vera*) mouth wash/rinse, Sodium Bicarbonate (Baking Soda) and 3% solution of Hydrogen Peroxide (H2O2) as a paste, Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

### GUMS, BLEEDING and INFLAMED (Gingivitis)

Bio-Cyanidins (3-6), Bio-FCTS (3), EGCG-200mg (2), Osteo-B Plus or Osteo-B II (3), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), Biomega-3 (6) or Biomega-3 Liquid (1-2 tsp) or Optimal EFAs (6) or EFA-Sirt Supreme (12), Folate-5 Plus (1), Bio-Ae-Mulsion (1-3 drops),
Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3), Bio-D-Mulsion Forte (2-4 drops), KappArest (8), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**GUMS, RECEDED**
Osteo-B Plus or Osteo-B II (4), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), Bioctasol Forte (3-6), Bio-FCTS (6), EGCG-200mg (2), Bio-D-Mulsion Forte (2-4 drops)

**GUMS, SORE**
Osteo-B Plus (4), Bioctasol Forte (3-6), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), Bio-FCTS (6), EGCG-200mg (2), Bio-D-Mulsion Forte (2-4 drops)

**GYNECOMASTIA | Abnormal Male Breast Enlargement**
*Rule out excessive alcohol consumption.*

Cytozyme-Orchic (3-6), Gammanol Forte (6), MCS-2 (3), Histoplex (3), Beta-TCP (6)

**HAIR, BRITTLE**
*Rule out hyper/hypothyroidism, hypochlorhydria, vitamin (B6), mineral (iodine, zinc, magnesium) and essential fatty acid (EFA) deficiencies.*

Bio-Multi Plus (6) for 30 days, then (3) daily, Blackcurrant Seed Oil or Evening Primrose Oil (6-9), Biomega-3 (6) or Biomega-3 Liquid (1-2 tsp) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Bio-B 100 (9), Bio-D-Mulsion Forte (2-4 drops)

**Secondary Support:** E-Mulsion 200 or E-200 H₂ (2), Tocotrienols (2), MSM (2), Mo-Zyme (3), Se-Zyme Forte (1-2) or Selenomethionine (1)

**HAIR, DULL | Non-Shiny, No Sheen**
EFA-Sirt Supreme (12) or Optimal EFAs Caps (6), Flax Seed Oil or SunFlax Caps (3-6), B6 Phosphate (3)

**HAIR, GRAYING, PREMATURE, NON-GENETIC | Achromotricia/Hypopigmentation**
*Rule out hyper/hypothyroidism, hypochlorhydria, vitamin (B6), mineral (zinc, magnesium) and essential fatty acid (EFA) deficiencies.*

Bio-Multi Plus (6) for 30 days, then (3) daily or Multi-Mins (3-9), Flax Seed Oil (6) or SunFlax Caps (4), Biomega-3 (6) or Biomega-3 Liquid (1-2 tsp) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Aqueous Zinc (½-1 bottle) until distasteful, then switch to Zn-Zyme (1-2) or Zn-Zyme Forte (1)

**With Excess Copper or Iron:** Multi-Mins Iron & Copper Free (3-9), Dismuzyme Plus (3-9) or Dismuzyme Plus Granules (1-3 tsp), BioProtect (3-6)

**Secondary Support:** Bio-B 100 (3), Inositol (3-6) or Inositol Powder (1½ tsp), Folic Acid 800 (1)

**HAIR, INCREASED, FEMALE, BODY or FACIAL**
*Rule out anterior pituitary hypofunction, adrenal cortical hyperfunction, and increased testosterone levels.*

Cytozyme-PT/HPT (3-6), ADHS (2-4) in the morning, Cytozyme-O (3-6)
**Hallux Valgus** | Outward Deviation of Big Toe

Alternative Support: Spearmint tea (strong) may decrease excessive testosterone production, which may contribute to excessive facial and body hair; drink (1) cup twice daily for one week in the pre-ovulatory phase of the menstrual cycle for decreased free testosterone and increased estradiol (Wright)

HAIR, LOSS, GENERAL (Alopecia)

Rule out gastric dysfunction, protein insufficiency, and the birth control pill "side" effect.

- Amino Sport (6-12), Cytozyme-THY (3), Multi-Mins (3), MSM (3), Bio-B 100 (3-9), Inositol (3-6) or Inositol Powder (1½ tsp), Folic Acid 800 (1), B6 Phosphate (3), Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3), Bio-D-Mulsion Forte (2-4 drops), Biomega-3 (6) or Biomega-3 Liquid (1-2 tsp) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Flax Seed Oil (6) or SunFlax Caps (4), Methionine-200 (3), MSM (3) or MSM Powder (1 tsp), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), Aqueous Zinc (½-1 bottle) until distasteful, then switch to Zn-Zyme (1-2) or Zn-Zyme Forte (1)

Female Support: Sesame Seed Oil Caps (1-3)

Male Support: Palmetto Plus (3), Blackcurrant Seed or Evening Primrose Oil (6-9), Zn-Zyme (3)

Secondary Support: Bio-FCTS (3), EGCG-200mg (1-2), Ginkgo Biloba (3)

Alternative Support: Silica (Silicon dioxide), Biotin (Vitamin B7), Millet Seed Oil, Stinging Nettle (Urtica dioica), Pygeum Bark (Prunus africanaus), Kelp (brown seaweed algae), Apple Cider Vinegar & Honey (raw organic), Dimethylglycine (DMG), Tea Tree (Melaleuca alternifolia) oil (transdermal topically), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

Female Alternative Support: Gotu Kola (Centella asiatica) for stress-related loss, Fenugreek (Trigonella foenum-graecum) & Coconut Milk for a paste scalp massage), Aromatherapy (essential oils)

HALITOSIS ("Bad Breath") | Mouth Disorder or Digestive Dysfunction Etiology

Rule out food-induced (alcohol, coffee, garlic, onions) and tobacco use, dehydration, poor oral care (including dentures and appliances), "dry mouth," tongue piercings, Big Pharma meds, sinus infection, food and milk intolerance, acid reflux, microbial imbalance (probiotics deficiency), yeast overgrowth, B vitamins deficiency, and subclinical serious conditions.

- A.D.P. (6), Hydro-Zyme (6-9), Beta-TCP or Beta Plus (6) with light colored stools, absent gallbladder or constipation, Chlorocaps or Chlorella Caps (3-9), Colon-Plus Caps (15), Bio-Ae-Mulsion (5 drops), Bio-C Plus (6-9) or Bio-C Plus 1000 (3-6), EGCG-200mg (2-4), Garlic Plus (3), BioDophilos-FOS (1 tsp), Zn-Zyme Forte (1)

Secondary Support: Mg-Zyme (4-6) or Mg-Orotate 500 (2) or Aqua Mag-Cl (2-3 tsp) at bedtime, Bio-6-Plus (6) just before meals, MSM (3) or MSM Powder (1 tsp)

Alternative Support: Sea or Rock Crystal Salt (water gargle), Alfalfa (Medicago sativa), Apple Cider Vinegar & Honey (raw organic), Sodium Bicarbonate (Baking Soda), Anise Seed (Pimpinella anisum), Parsley (Petroselinum crispum), Myrrh (Commiphora myrrha), Clove (Syzygium aromaticum), Fennel (Foeniculum vulgare), Streptococcus salivarius (probiotic), Herbal mouth spray, Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

HALLUX VALGUS | Outward Deviation of Big Toe

Rule out poor fitting shoes.

ChondroSamine-S or ChondroSamine Plus (6), Osteo-B Plus or Osteo-B II (3)

**HAMSTRING MUSCLE, PULLED (Strain and/or Tear)**

ChondroSamine-S or ChondroSamine Plus (3), Bio-CMP (6), Biomega-3 (3-6) or Biomega-3 Liquid (1-2 tsp) or Optimal EFAs Caps (6), E-Mulsion 200 or E-200 Hγ (3), Tocotrienols (2), Bio-D-Mulsion Forte (2-4 drops)

**HANGOVER (Veisalgia) | Symptoms Associated with Drug Overdose (Alcohol)**

Bio-Glycozyme Forte (4), Bio-B Complex (3-6), Mg-Zyme (6) or Mg-Orotate 500 (2) at bedtime or Aqua Mag-Cl (3) in choice of beverage, Beta-TCP (6), NAC (3), Methionine-200 (3), Blackcurrant Seed Oil or Evening Primrose Oil (6-9), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Folic Acid 800 (1), St. John’s Forte (2-4), Mood Enhancer (1-2) before meals or at bedtime

*Alternative Support:* Milk Thistle (*Silybum marianum*, silymarin), lots of water

**HARDENING of the ARTERIES (Arteriosclerosis)**

Rule out hypertension, diabetes, obesity, smoking, lack of exercise, chronic stress, junk food diet, lack of sunshine or vitamin D deficiency, drug "side" effects, poor sleep, etc.

Porphyra-Zyme (12) on an empty stomach, Bio-Cardiozyme Forte (6), VasculoSirt (10), ResveraSirt-HP (1-3), EFA-Sirt Supreme (12) or Optimal EFAs Caps or Biomega-3 (6) or Biomega-3 Liquid (1-2 tsp), Flax Seed Oil (6) or SunFlax Caps (4), Bio-D-Mulsion Forte (2-4 drops), Beta-TCP (6), Intenzyme Forte (16) on an empty stomach, Bio-FCTS (6) before meals, EGCG-200mg (2), ChondroSamine Plus or ChondroSamine-S (6)

*Secondary Support:* Multi-Mins Iron & Copper Free (3-6), Super Phosphozyme Liquid (30 drops) twice daily, Phosphatidylcholine (9), Liquid Iodine (60 drops) or Liquid Iodine Forte (30 drops) or Iodizyme-HP (½ tab), L-Arginine (12), NAC (3), L-Lysine HCL (1-3), Bromelain Plus CLA (3-6) on an empty stomach, Thyrostim (1-3), Bio-Cyanidins (2-4), Bio-3B-G (3-9), Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3), E-Mulsion 200 or E-200 Hγ (2-4), Tocotrienols (2), Bio-K-Mulsion (1-3 drops)

*Alternative Support:* Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**HASHIMOTO’S THYROIDITIS | Hypothyroid Autoimmune Disorder**

Rule out *H. pylori* infection/overgrowth, gluten sensitivity, dietary-induced inflammation (simple carbs & sugar), and stress.

EFA-Sirt Supreme (12) or Optimal EFAs Caps (6) or Mixed EFAs (3 tbsp), UltraVir-X (3-12), Bio-Ae-Mulsion (3-6 drops), Li-Zyme Forte (3-12), Bio-D-Mulsion Forte (2-4 drops), Aqueous Selenium (1-3 drops) or Se-Zyme Forte or Selenomethionine (1), Cytozyme-THY (3-9), Cytozyme-SP (3-9), GSH-Plus (1-3), NAC (3-6), Liquid Iodine Forte (1-3 drops) or Iodizyme-HP (½-1)

*Secondary Support:* Bio-HPF (3-6), Multi-Mins Iron & Copper Free (3), Ca/Mg-Plus (3-9), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), Biocapsol Forte (3-6), Histoplex (6), MCS-2 (3), Beta-TCP (6), GTA-Forte (1-2), HR#1 Detoxification (2 capfuls), HR#4 Detox-Virus (3 capfuls)
HAY FEVER (Allergic Rhinitis) | Children over 5

HistoPlex-AB (1-3), Hydro-Zyme (3-6), Cytozyme-AD (1-2) in the morning, MCS-2 (2), Betat TCP (3), Bromelain Plus (3) on an empty stomach, Biomega-3 (6) or Biomega-3 Liquid (1-2 tsp) or Optimal EFAs Caps (3), Bio-FTCS (1-3), EGCG-200mg (1-2), Bio-C Plus (1-3), CoQ-Zyme 30 (1-3), E-Mulsion 200 or E-200 Hγ (1-2), Tocotrienols (2), Cytozyme-THY (1-3), Bio-Ae-Mulsion (1-3 drops), Intenzyme Forte (12-24) on an empty stomach, DL-Phenylalanine (1-3)

Secondary Support: Garlic Plus (3-6), Mn-Zyme (1), Bio-Cyanidins (3), Dismuzyme Plus (3) or Dismuzyme Plus Granules (1 tbsp) or Dismuzyme Plus 5000 (3), Chlorocaps or Chlorella Caps (3-6)

Alternative Support: Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Kelp (brown seaweed algae), Alfalfa (Medicago sativa), Eucalyptus (E. globulus) essential oil, Stinging Nettle (Urtica dioica), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

HEADACHES, BAND-LIKE

Rule out common dietary triggers (MSG, HFCS, sugar, caffeine, aged cheese, yogurt, sour cream, cured meats, vinegar, fermented foods, and alcohol) by doing an elimination diet, hepatobiliary and thyroid dysfunction, hormonal imbalance, lactic acidosis, constipation, heavy metal toxicity, reactive hypoglycemia, carbohydrate sensitivity, tumor, infection, and cranial or TMJ issues.

10-Day BioDetoxification Kit (Pea or Whey) Program (2), then: Bio-Allay (3), Sculacia (3), DL-Phenylalanine (3), MygranX (2), B6 Phosphate (1-3), Mg-Zyme (4) or Mg-Orotate 500 (2) or Aqua Mag-Cl (3 tsp) in choice of beverage at bedtime to bowel tolerance, Beta-TCP (3-6), Cytozyme-PT/HPT (6), Bio-B3 Plus 250 (6)

Alternative Support: Turmeric/Curcumin (BCM-95®), Peppermint (Mentha piperita) oil temple massage, Feverfew (Tanacetum parthenium), Ginger (Zingiber officinale), Ice Pack

HEADACHES, CLUSTER | Painful, Piercing, Periodic and Unilateral

Rule out common dietary triggers (MSG, HFCS, sugar, caffeine, aged cheese, yogurt, sour cream, cured meats, vinegar, fermented foods, and alcohol) by doing an elimination diet, hepatobiliary and thyroid dysfunction, hormonal imbalance, lactic acidosis, constipation, heavy metal toxicity, reactive hypoglycemia, carbohydrate sensitivity, tumor, infection, and cranial or TMJ issues.

10-Day BioDetoxification Kit (Pea or Whey) Program (2), then: Bio-Allay (3), Sculacia (3), DL-Phenylalanine (3), MygranX (2), B6 Phosphate (3), Mg-Zyme (4) or Mg-Orotate 500 (2) or Aqua Mag-Cl (3 tsp) in choice of beverage at bedtime to bowel tolerance, Beta-TCP (3-6), Li-Zyme Forte (6-9), 5-HTP (3-6) or 5-HTP Plus Forte (1-2) or Neuro-5-HTP Plus (3-6), Mood Enhancer (1-2) before meals or at bedtime,

Alternative Pain Support: Turmeric/Curcumin (BCM-95®), Blue Lotus (Nymphaea caerulea), Boswellia (Boswellia sacra) a.k.a. Frankincense, Wild Opium Lettuce (Lactuca vivosa), Kratom (Mitragyna speciosa), Kava Kava (Piper methysticum), White Willow (Salix alba), Nattokinase & Serrapeptase (enzymes from natto & silk worm), Arnica (Arnica montana) pellet, cream, gel or ointment
**Alternative Support:** Turmeric/Curcumin (BCM-95®), Peppermint (Mentha piperita) oil temple massage, Feverfew (Tanacetum parthenium), Ginger (Zingiber officinale), Guarana (Paullinia cupana), Ice Pack

**HEADACHES, GENERAL or TENSION (Cephalagia)**

*Rule out common dietary triggers (MSG, HFCS, sugar, caffeine, aged cheese, yogurt, sour cream, cured meats, vinegar, fermented foods, and alcohol) by doing an elimination diet, hepatobiliary and thyroid dysfunction, hormonal imbalance, lactic acidosis, constipation, heavy metal toxicity, reactive hypoglycemia, carbohydrate sensitivity, tumor, infection, and cranial or TMJ issues.*

10-Day BioDetoxification Kit (Pea or Whey) Program (2), then: Bio-Allay (3), Sculacia (3), DL-Phenylalanine (3), MygranX (2), B6 Phosphate (3), Mg-Zyme (4) or Mg-Orotate 500 (2) or Aqua Mag-Cl (3 tsp) in choice of beverage at bedtime to bowel tolerance, Beta-TCP (3-6), ADHS (3) before noon with stress, Bromelain Plus (3-6) or Neuro-5-HTP Plus (3-6). Mood Enhancer (1-2) before meals or at bedtime

**Secondary Support:** Li-Zyme Forte (3-6), V.H.P. (1-3), Melatonin-B6/Mg (½ tab) before bedtime, EFA-Sirt Supreme (12) or Optimal EFAs Caps (6) or Biomega-3 (3-6), Bio-B 100 (3-6), Iodizyme-HP (½-1), MSM (3) or MSM Powder (1 tsp), Evening Primrose Oil or Blackcurrant Seed Oil (3), Ginkgo Biloba (3)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Peppermint (Mentha piperita) oil temple massage, Feverfew (Tanacetum parthenium), Ginger (Zingiber officinale), Ice Pack, Stress Reduction, Acupuncture, Dimethylglycine (DMG), Cayenne Pepper (Capsicum annuum), Chamomile (Matricaria chamomilla), Exercise

**HEADACHES, HYPOGLYCEMIC (Low Blood Sugar)**

*Rule out PMS, dietary triggers (MSG, sugar, caffeine, diary, alcohol) by doing an elimination diet, hepatobiliary and thyroid dysfunction, hormonal imbalance, lactic acidosis, heavy metal toxicity, reactive hypoglycemia, carbohydrate sensitivity, tumor, infection, and cranial or TMJ issues.*

10-Day BioDetoxification Kit (Pea or Whey) Program (2), then: Bio-Allay (3), Sculacia (3), DL-Phenylalanine (3), MygranX (2), B6 Phosphate (3), Mg-Zyme (4) or Mg-Orotate 500 (2) or Aqua Mag-Cl (3 tsp) in choice of beverage at bedtime to bowel tolerance, Beta-TCP (3-6), Bio-Glycozyme Forte (4), Amino Acid Quick-Sorb (1-3 squirts), 5-HTP (3-6) or 5-HTP Plus Forte (1-2) or Neuro-5-HTP Plus (3-6)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Peppermint (Mentha piperita) oil temple massage, Feverfew (Tanacetum parthenium), Ginger (Zingiber officinale), Ice Pack

**HEADACHES, MENOPAUSAL**

*Rule out common dietary triggers (MSG, HFCS, sugar, caffeine, aged cheese, yogurt, sour cream, cured meats, vinegar, fermented foods, and alcohol) by doing an elimination diet, hepatobiliary and thyroid dysfunction, hormonal imbalance, lactic acidosis, constipation, heavy metal toxicity, reactive hypoglycemia, carbohydrate sensitivity, tumor, infection, and cranial or TMJ issues.*

10-Day BioDetoxification Kit (Pea or Whey) Program (2), then: Bio-Allay (3), Sculacia (3),
DL-Phenylalanine (3), MygranX (2), B6 Phosphate (3), Mg-Zyme (4) or Mg-Orotate 500 (2) or Aqua Mag-Cl (3 tsp) in choice of beverage at bedtime to bowel tolerance, Beta-TCP (3-6), 5-HTP (3-6) or 5-HTP Plus Forte (1-2) or Neuro-5-HTP Plus (3-6)

**Secondary Support:** Gammanol Forte (6), Equi-Fem or PMT (6)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Peppermint (Mentha piperita) oil temple massage, Feverfew (Tanacetum parthenium), Ginger (Zingiber officinale), Ice Pack

**HEADACHES, MENSTRUAL | Pituitary Etiology**

*Rule out PMS, common dietary triggers (MSG, HFCS, sugar, caffeine, aged cheese, yogurt, sour cream, cured meats, vinegar, fermented foods, and alcohol) by doing an elimination diet, hepatobiliary and thyroid dysfunction, hormonal imbalance, lactic acidosis, constipation, heavy metal toxicity, reactive hypoglycemia, carbohydrate sensitivity, tumor, infection, and cranial or TMJ issues.*

10-Day BioDetoxification Kit (Pea or Whey) Program (2), then: Bio-Allay (3), Sculacia (3), DL-Phenylalanine (3), MygranX (2), Beta-TCP (6), B6 Phosphate (3), E-Mulsion 200 (2), Mg-Zyme (4) or Mg-Orotate 500 (2) or Aqua Mag-Cl (3 tsp) at bedtime to bowel tolerance, Cytozyme-PT/HPT (6) increasing with nausea or dizziness, Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Thyrostim (6), 5-HTP (3-6) or 5-HTP Plus Forte (1-2) or Neuro-5-HTP Plus (3)

**Secondary Support:** Gammanol Forte (6), Equi-Fem or PMT (6)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Peppermint (Mentha piperita) oil temple massage, Feverfew (Tanacetum parthenium), Ginger (Zingiber officinale), Ice Pack

**HEADACHES, MIGRAINE, NON-TENSION (Vascular Neurological Disorder)**

*Rule out PMS, common dietary triggers (MSG, HFCS, sugar, caffeine, aged cheese, yogurt, sour cream, cured meats, vinegar, fermented foods, and alcohol) by doing an elimination diet, hepatobiliary and thyroid dysfunction, hormonal imbalance, lactic acidosis, constipation, heavy metal toxicity, reactive hypoglycemia, carbohydrate sensitivity, tumor, infection, and cranial or TMJ issues.*

10-Day BioDetoxification Kit (Pea or Whey) Program (2), then: MygranX (2), Bio-Allay (3), Sculacia (3), DL-Phenylalanine (3), Beta-TCP (6), Mg-Zyme (4) or Mg-Orotate 500 (2) or Aqua Mag-Cl (2 tsp) at onset and at bedtime increasing to bowel tolerance, B6 Phosphate (6-9), Bio-B Complex (6-12) until relief, then Bio-B 100 (3-6), Phosphatidylcholine (9-12), 5-HTP (6) or 5-HTP Plus Forte (2)

**Secondary Support:** Amino Sport (6-12), Bioctasol (3-6), De-Stress (2) at onset and (2) at bedtime, Mood Enhancer (1-2) before meals or at bedtime, Bio-Glycozyme Forte (9) in divided doses at 10 am, 3 pm and 7 pm, Histoplex (6), MCS-2 (3), Bio-C Plus (6) or Bio-C Plus 1000 (3), Bio-FCTS (3-6), EGCG-200mg (2), Iodizyme-HP (1/2-2), Li-Zyme Forte (9)

**Optional Alternative Protocol:** Mg-Zyme (4) or Mg-Orotate 500 (2) at bedtime, B6 Phosphate (20), Bio-B Complex (16-24), Feverfew (300-350 mg) (Wright)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Peppermint (Mentha piperita) oil temple massage, Feverfew (Tanacetum parthenium), Ginger (Zingiber officinale), Ice Pack, Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**HEADACHES, MORNING | Thyroid Etiology**

*Rule out PMS, common dietary triggers (MSG, HFCS, sugar, caffeine, aged cheese, yogurt,*

sour cream, cured meats, vinegar, fermented foods, and alcohol) by doing an elimination diet, hepatobiliary and thyroid dysfunction, hormonal imbalance, lactic acidosis, constipation, heavy metal toxicity, reactive hypoglycemia, carbohydrate sensitivity, tumor, infection, and cranial or TMJ issues.

10-Day BioDetoxification Kit (Pea or Whey) Program (2), then: MygranX (2), Bio-Allay (3), Sculacia (3), DL-Phenylalanine (3), Beta-TCP (6), B6 Phosphate (3), Mg-Zyme (4) or Aqua Mag-Cl (2 tsp) or Mg-Orotate 500 (2) at bedtime increasing to bowel tolerance, GTA (3-6), Meda-Stim (3), Liquid Iodine Forte (60) or Iodizyme-HP (½ tab), 5-HTP (3-6) or 5-HTP Plus Forte (1-2) or Neuro-5-HTP Plus (3-6)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Peppermint (Mentha piperita) oil temple massage, Feverfew (Tanacetum parthenium), Ginger (Zingiber officinale), Ice Pack

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**HEADACHES, OVER EYES | Biliary Etiology**

*Rule out PMS, common dietary triggers (MSG, HFCS, sugar, caffeine, aged cheese, yogurt, sour cream, cured meats, vinegar, fermented foods, and alcohol) by doing an elimination diet, hepatobiliary and thyroid dysfunction, hormonal imbalance, lactic acidosis, constipation, heavy metal toxicity, reactive hypoglycemia, carbohydrate sensitivity, tumor, infection, and cranial or TMJ issues.*

10-Day BioDetoxification Kit (Pea or Whey) Program (2), then: Intenzyme Forte (9-12) on an empty stomach, MygranX (2), Bio-Allay (3), Sculacia (3), DL-Phenylalanine (2), Beta-TCP (6), B6 Phosphate (1-3), Mg-Zyme (4) or Mg-Orotate 500 (2) or Aqua Mag-Cl (2 tsp) at onset and at bedtime increasing to bowel tolerance, 5-HTP (3-6) or 5-HTP Plus Forte (1-2) or Neuro-5-HTP Plus (3-6)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Peppermint (Mentha piperita) oil temple massage, Feverfew (Tanacetum parthenium), Ginger (Zingiber officinale), Ice Pack

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**HEADACHES, SINUS**

*Rule out PMS, common dietary triggers (MSG, HFCS, sugar, caffeine, aged cheese, yogurt, sour cream, cured meats, vinegar, fermented foods, and alcohol) by doing an elimination diet, hepatobiliary and thyroid dysfunction, hormonal imbalance, lactic acidosis, constipation, heavy metal toxicity, reactive hypoglycemia, carbohydrate sensitivity, tumor, infection, and cranial or TMJ issues.*

10-Day BioDetoxification Kit (Pea or Whey) Program (2), then: Intenzyme Forte (9-12) on an empty stomach, MygranX (2), Bio-Allay (3), Sculacia (3), DL-Phenylalanine (2), Beta-TCP (6), B6 Phosphate (1-3), Mg-Zyme (4) or Mg-Orotate 500 (2) or Aqua Mag-Cl (2 tsp) at onset and at bedtime increasing to bowel tolerance, 5-HTP (3-6) or 5-HTP Plus Forte (1-2) or Neuro-5-HTP Plus (3-6)

**Secondary Support:** A.D.P. (6-9), IAG (3 tsp)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Peppermint (Mentha piperita) oil temple massage, Feverfew (Tanacetum parthenium), Ginger (Zingiber officinale), Ice Pack

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**HEADACHES, TENDERNESS between THUMB & FOREFINGER | Biliary Etiology**

*Rule out PMS, common dietary triggers (MSG, HFCS, sugar, caffeine, aged cheese, yogurt, sour cream, cured meats, vinegar, fermented foods, and alcohol) by doing an elimination diet, hepatobiliary and thyroid dysfunction, hormonal imbalance, lactic acidosis, constipation, heavy metal toxicity, reactive hypoglycemia, carbohydrate sensitivity, tumor, infection, and
cranial or TMJ issues.

10-Day BioDetoxification Kit (Pea or Whey) Program (2), then: MygranX (2), Bio-Allay (3), Sculacia (3), DL-Phenylalanine (2), Beta-TCP (6), B6 Phosphate (3), Mg-Zyme (4) or Mg-Orotate 500 (2) or Aqua Mag-Cl (2 tsp) at onset and at bedtime increasing to bowel tolerance, ORoganic-15 (6), Phosphatidylcholine (6-9), 5-HTP (3-6) or 5-HTP Plus Forte (1-2) or Neuro-5-HTP Plus (3-6)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Peppermint (*Mentha piperita*) oil temple massage, Feverfew (*Tanacetum parthenium*), Ginger (*Zingiber officinale*), Ice Pack

### HEADACHES, VASCULAR/CAPILLARY FRAGILITY

Rule out cerebral vascular insufficiency, PMS, common dietary triggers (MSG, HFCS, sugar, caffeine, aged cheese, yogurt, sour cream, cured meats, vinegar, fermented foods, and alcohol) by doing an elimination diet, hepatobiliary and thyroid dysfunction, hormonal imbalance, lactic acidosis, constipation, heavy metal toxicity, reactive hypoglycemia, carbohydrate sensitivity, tumor, infection, and cranial or TMJ issues.

10-Day BioDetoxification Kit (Pea or Whey) Program (2), then: MygranX (2), Bio-Allay (3), Sculacia (3), DL-Phenylalanine (2), Beta-TCP (6), B6 Phosphate (3), Mg-Zyme (4) or Mg-Orotate 500 (2) or Aqua Mag-Cl (2 tsp) at onset and at bedtime increasing to bowel tolerance, Bio-FCTS (6), EGC200mg (2), Bio-Cyanidins (3-6), Bio-C Plus 1000 (3), 5-HTP (3-6) or 5-HTP Plus Forte (1-2) or Neuro-5-HTP Plus (3-6), Ginkgo Biloba (3-6), Cognitive Enhancer (1) before breakfast & (1) before lunch or dinner

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

### HEALING, PROMOTION

Bio-Trophic Plus (3-6), Osteo-B Plus or Osteo-B II (3), Chondrosamine-S or ChondroSamine-Plus (3), Amino Sport (4), Mixed EFAs (3 tbsp) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Chlorocaps or Chlorella Caps (3), Bio-D-Mulsion Forte (2-4 drops), Bio-C Plus 1000 (1-3), NitroGreens (2 servings)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

### HEARING, POOR | Infection Etiology

IAG (3 tsp), Bio-Immunozyme Forte (3), MCS-2 (3), Bio-D-Mulsion Forte (2-4 drops), Acetyl-L-Carnitine (1), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), GSH-Plus (1-3), Mn-Zyme (1), Potassium-HP (1 scoop), Mg-Zyme (1-3) or Mg-Orotate 500 (3) at bedtime, NAC (3), Bio-C Plus 1000 (1-3), HR#2 Lymphatic Drainage (2 capfuls)

**Secondary Support:** Ginkgo Biloba (3), Cognitive Enhancer (1) before breakfast & (1) before lunch or dinner

**Alternative Support:** Hawthorn (*Crataegus oxyacantha*/*monogyna*), Goldenseal (*Hydrastis canadensis*), Burdock (*Arctium lappa*), Echinacea (*Echinacea angustifolia*), Bayberry (*Myrica cerifera*), Eucalyptus (*E. globulus*), Mullein (*Verbascum thapsus*), Thyme (*Thymus vulgaris*), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

### HEART ATTACK (Myocardial Infarction - MI) | Supplemental Nutrient Support
Rule out magnesium deficiency.

Porphyra-Zyme (6) on an empty stomach, Bio-Cardiozyme Forte (3-6), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), Lipoic Acid Plus (3-6) or R-Lipoate CBG (2-4), VasculoSirt (10), Lipid-Sirt (8), ResveraSirt-HP (1-3), TMG Powder (1-2 level tsp), Multi-Mins (3), Bio-FCTS (3), EGCG-200mg (2), Bio-Cyanidins (3), Bromelain Plus (3) on an empty stomach, Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Garlic Plus (3), Bio-D-Mulsion Forte (2-4 drops), Bio-Ae-Mulsion Forte (1-2 drops), Bio-C Plus 1000 (1-3), E-Mulsion 200 or E-200 Hγ (3), Tocotrienols (2), Bio-B 100 (3-9), Bio-K-Mulsion (1), Mg-Zyme (6-9) or Mg-Orotate 500 (3-6) at bedtime, Li-Zyme Forte (1-3), Mood Enhancer (1-2) before meals or at bedtime, D-Ribose (3 tsp), L-Arginine (3), Potassium-HP (1 scoop), Se-Zyme Forte or Selenomethione (1)

**Secondary Support:** Acetyl-L-Carnitine (3), Cognitive Enhancer (1) before breakfast & (1) before lunch or dinner, 7-Keto-Zyme or 7-Keto-Zyme Forte (1), Chromium Picolinate (1), Intenzyme Forte (12-24) on an empty stomach

**Alternative Support:** Turneric/Curcumin (BCM-95®), Valerian (Valeriana officinalis), Hawthorn (Crataegus oxyacantha/monogyna), Skullcap (Scutellaria baicalensis), Inositol hexaphosphate (IP-6), S-Adenomethionine (SAMe), Dimethylglycine (DMG), Stinging Nettle (Urtica dioica), Passionflower (Passiflora incarnata), Butcher's Broom (Ruscus aculeatus), Cayenne Pepper (Capsicum annuum), Cordyceps Mushroom (Cordyceps sinensis), Alfalfa (Medicago sativa), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**HEART, ATRIAL (Auricular Fibrillation) | Abnormal Atrial Rhythm**

Rule out magnesium deficiency.

Bio-Cardiozyme Forte (3-6), Bio-3BG (3), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), VasculoSirt (10), Bio-C Plus 1000 (3), EFA-Sirt Supreme (12), Lipid-Sirt (8), ResveraSirt-HP (1-3), Ca/Mg-Zyme (3-6), Mg-Zyme (6-9) or Mg-Orotate 500 (3-6) at bedtime, Bio-D-Mulsion Forte (2-4 drops), D-Ribose (3 tsp)

**Alternative Support:** Turneric/Curcumin (BCM-95®), Magnesium (Chloride) Oil (transdermal topically), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**HEART, BLOCKAGE**

Rule out magnesium deficiency.

Porphyra-Zyme (9) on an empty stomach, Bio-FCTS (3), EGCG-200mg (2), Bio-Cardiozyme Forte (3-6), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), VasculoSirt (10), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Lipid-Sirt (8), ResveraSirt-HP (1-3), Bio-C Plus 1000 (3), Multi-Mins (3), D-Ribose (3 tsp), Bio-D-Mulsion Forte (2-4 drops), Mg-Zyme (3) or Mg-Orotate 500 (3)

**Alternative Support:** Turneric/Curcumin (BCM-95®), Magnesium (Chloride) Oil (transdermal topically), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**HEART, BUNDLE BRANCH BLOCK**

Rule out magnesium deficiency.
Bio-Cardiozyme Forte (6), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), Bio-3BG (3), Ca/Mg-Zyme Caps (3), Mg-Zyme (3) or Mg-Orotate 500 (3), Inositol (3-6) or Inositol Powder (1½ tsp), D-Ribose (3 tsp), Bio-C Plus 1000 (3), Bio-D-Mulsion Forte (2-4 drops), VasculoSirt (10), EFA-Sirt Supreme (12), Lipid-Sirt (8), ResveraSirt-HP (1-3)

**Alternative Support:** Turneric/Curcumin (BCM-95®), Magnesium (Chloride) Oil (transdermal topically), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**HEARTBURN (Acid Reflux or Dyspepsia) | Burning Sensation near Sternum**

*Rule out gastric ulcer, common food triggers: caffeine (coffee, tea), soda pop, chocolate, fats, alcohol, etc., and prescription medications.*

Hydro-Zyme with meals (6), Beta-TCP (3-6), Gastrazyme between meals (6) with (3) per hour for short-term, symptomatic relief, HCl-Ease (4), IPS (3-6), GSH-Plus (6), Chlorocaps or Chlorella Caps (6), Bromelain Plus CLA (9-15) on an empty stomach, A.D.P. (9) with meals for 30 days, then add BioDophilus-FOS (1 tsp) or BioDoph-7 Plus (3), MSM (3) or MSM Powder (1 tsp)

**Secondary Support:** Bio-HPF (3-6), Bio-6 Plus (3)

**Alternative Support:** Aloe (Aloe vera), Slippery Elm (Ulmus rubra), Deglycyrrhizinated Licorice (DGL), Mastic Gum, Charcoal (activated), Sodium Bicarbonate (1 tsp in 4 oz H2O), Apple Cider Vinegar & Honey (raw, organic)

**HEARTBURN, ACID REFLUX IN PREGNANCY | Burning Sensation near Sternum**

Gastrazyme (6) between meals, add Hydro-Zyme (3-6) when better, HCl-Ease (4)

**Alternative Support:** D-Limonene (citrus fruit peel extract), Deglycyrrhizinated Licorice (DGL), Coconut Oil (MCTs)

**HEART, GENERAL SUPPORT**

*Rule out magnesium, potassium and vitamin C deficiencies, stress, lack of exercise, smoking, alcohol, medications, high-sugar and low-fiber diet, obesity, and a deficiency of essential fatty acids.*

Bio-Cardiozyme Forte (6), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), VasculoSirt (10), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Lipid-Sirt (8), ResveraSirt-HP (1-3), Bio-D-Mulsion Forte (2-4 drops), Bio-B 100 (3-6), D-Ribose (3 tsp), Bio-C Plus 1000 (4), Mg-Zyme (3) or Mg-Orotate 500 (2) at bedtime, Garlic Plus (3), EGCG-200mg (1-2)

**Optional Protocol:** Bio-C Plus 1000 (4) and/or fat-soluble form of vitamin C (ascorbyl palmitate) and/or lipid-encapsulated form of vitamin C (liposomal) and L-Lysine HCl (4) in divided doses daily (Pauling/Rath)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Magnesium (chloride) Oil (transdermal topically), Hawthorn (Crataegus oxyacantha/monogyna), Indian Gooseberry (Phyllanthus emblica) a.k.a. Amla, Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**HEART, ENLARGED & WEAK**

Bio-Cardiozyme Forte (6-18), Cytozyme-H (6-18), Bio-3B-G (9-18), CoQ-Zyme 100 Plus (3), Bio-C Plus 1000 (4), EGCG-200mg (2-4), Mg-Zyme (6) or Mg-Orotate 500 (3)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Ascorbyl Palmitate (fat-soluble
vitamin C), Liposomal C (molecule-soluble vitamin C)

**HEART, HYPERTENSION | Abnormally Elevated Blood Pressure (BP)**

*Rule out magnesium, potassium and vitamin C deficiencies, stress, lack of exercise, smoking, alcohol, medications, high-sugar and low-fiber diet, obesity, and a deficiency of essential fatty acids.*

Bio-CardioSirt BP (1 rounded scoop), Mg-Zyme (6) or Mg-Orotate 500 (3) at bedtime, then increase to bowel tolerance, Renal Plus or Nephra-Zyme (9), ADHS (3), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), VasculoSirt (10), Lipid-Sirt (8), ResveraSirt-HP (1-3), Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3), Bio-D-Mulsion Forte (2-4 drops), MCS-2 (3), Beta-TCP (6), HistoPlex (3-6), Co-Q-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), D-Ribose (3 tsp), Bio-Cyanidins (1-3), EGCG-200mg (2-4), Sesame Seed Oil Caps (1), Garlic Plus (3-6)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Hawthorn (*Crataegus oxyacantha/monogyna*), Bitter Melon (*Momordica charantia*), Celery (*Apium graveolens*), Parsley (*Petroselinum crispum*), Grape (*Vitis vinifera*) and Sesame Seed (*Sesamum indicum*) extracts, Fish Peptides, Magnesium (Chloride) Oil (transdermal topically), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**HEART, MUSCLE DISEASE (Cardiomyopathy)**

*Rule out magnesium, potassium and vitamin C deficiencies, stress, lack of exercise, smoking, alcohol, medications, high-sugar and low-fiber diet, obesity, and a deficiency of essential fatty acids.*

Bio-Cardiozyme Forte (3-6), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), VasculoSirt (10), EGCG-200mg (2-4), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Lipid-Sirt (8), ResveraSirt-HP (1-3), Bio-D-Mulsion Forte (2-4 drops), Taurine (3), L-Carnitine Powder (1 tsp), Mg-Zyme (3) or Mg-Orotate 500 (2) at bedtime, Bio-Cyanidins (1-3), EGCG-200mg (2-4), Se-Zyme Forte (1) or Selenomethionine (1), Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3), D-Ribose (3 tsp), Garlic Plus (3), Whey Protein Isolate - Original, Chocolate or Vanilla or Pea Protein Isolate or Whey Protein Concentrate (2 scoops)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Magnesium (Chloride) Oil (transdermal topically), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**HEART, PALPITATIONS**

*Rule out magnesium, potassium and vitamin C deficiencies, stress, lack of exercise, smoking, alcohol, medications, high-sugar and low-fiber diet, obesity, and a deficiency of essential fatty acids.*

Mg-Zyme (6) or Mg-Orotate 500 (3) or Aqua Mag-Cl (3) in choice of beverage at bedtime to bowel tolerance, Bio-GGG-B (6), ADHS (3), Bio-Cardiozyme (3-6), GTA-Forte (3), Biocatsol Forte (3-6), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), D-Ribose (3 tsp), EGCG-200mg (2-4), Bio-C Plus 1000 (3), Bio-D-Mulsion Forte (2-4 drops), VasculoSirt (10), EFA-Sirt Supreme (12), Garlic Plus (3), Lipid-Sirt (8), ResveraSirt-HP (1-3), Mg-Zyme (3) or Mg-Orotate 500 (2) at bedtime

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Magnesium (Chloride) Oil (transdermal topically), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-
HEART, PALPATIONS, WHEN MEALS MISSED

Rule out magnesium, potassium and vitamin C deficiencies, stress, lack of exercise, smoking, alcohol, medications, high-sugar and low-fiber diet, obesity, and a deficiency of essential fatty acids.

Bio-Glycozyme Forte (3-6), Beta-TCP (6), EFA-Sirt Supreme (12), Mg-Zyme (3), Mg-Orotate 500 (3), Bio-C Plus 1000 (4), EGCG-200mg (2-4)

Secondary Support: VasculoSirt (10), Lipid-Sirt (8), ResveraSirt-HP (1-3)

Alternative Support: Turmeric/Curcumin (BCM-95®), Magnesium (Chloride) Oil (transdermal topically), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

HEART, POUNDS AFTER RETIRING

Rule out magnesium, potassium and vitamin C deficiencies, stress, lack of exercise, smoking, alcohol, medications, high-sugar and low-fiber diet, obesity, and a deficiency of essential fatty acids.

Mg-Zyme (6) or Mg-Orotate 500 (2) or Aqua Mag-Cl (3 tsp) in choice of beverage at bedtime to bowel tolerance, EFA-Sirt Supreme (12), Bio-GGG-B (3), Bio-C Plus 1000 (4), EGCG-200mg (2-4), Garlic Plus (3)

Secondary Support: VasculoSirt (10), Lipid-Sirt (8), ResveraSirt-HP (1-3)

Alternative Support: Turmeric/Curcumin (BCM-95®), Magnesium (Chloride) Oil (transdermal topically), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

HEART, SPEEDS AFTER MEALS

Rule out magnesium, potassium and vitamin C deficiencies, stress, lack of exercise, smoking, alcohol, medications, high-sugar and low-fiber diet, obesity, and a deficiency of essential fatty acids.

HistoPlex (3-6), MCS-2 (3), Beta-TCP (6), EFA-Sirt Supreme (12), Mg-Zyme (6) or Mg-Orotate 500 (2), EGCG-200mg (2-4)

Secondary Support: VasculoSirt (10), Lipid-Sirt (8), ResveraSirt-HP (1-3)

Alternative Support: Turmeric/Curcumin (BCM-95®), Magnesium (Chloride) Oil (transdermal topically)

HEAVY METAL BODY BURDEN, GENERAL

Rule out environmental factors (auto exhaust, air pollution, etc.), chronic yeast or bacterial infections, dental amalgams, paints with lead or mercury, excessive use of aluminum (canned foods, deodorants, pots & pans, etc.), and questionable water sources.

Porphyra-Zyme (3-6) three times daily between meals and apart from mineral supplementation, Nephra-Zyme (6-12), Methionine-200 (3), Garlic Plus (3-6), BioProtect (6), NAC (6), DopaTropic Powder (1 tsp), Colon-Plus Caps (6-12), MCS-2 (3-6), Livotrit Plus (3) increased by (1) every three days to maximum of (9) daily, Beta-TCP (3-12), Multi-Mins Iron & Copper Free (3-6), BioDophilus Caps (2) or BioDoph-7 Plus (3) after two months, Chlorocaps or Chlorella Caps (9-18), Lipoic Acid Plus (3-6) or R-Lipoate CBG (2-4), ECGC-
200mg (2-4), NitroGreens (1 scoop), HR#7 Heavy Metal Detoxification (1 capful)

**Additional Supplementation for Specific Metals:**

**Aluminum:** Ca/Mg Zyme (6-12) before meals, Bio-C Plus 1000 (3-6)

**Arsenic:** Aqueous Selenium (6-9 drops) or Se-Zyme Forte (3-6) or Selenomethionine (1), Liquid Iodine Forte (30-90 drops)

**Cadmium:** Zn-Zyme Forte (3-6), Aqueous Selenium (6-9 drops) or Se-Zyme Forte (3-6) or Selenomethionine (1), Ca/Mg-Zyme (6-9)

**Copper:** Zn-Zyme Forte (3-6), Mo-Zyme Forte (3), Mn-Zyme (3-6), Fe-Zyme (3-6)

**Iron:** Zn-Zyme Forte (3-6), Mo-Zyme Forte (3-6), Cu-Zyme (3-6) in am or pm apart from zinc, Mn-Zyme (3-6), Multi-Mins Iron & Copper Free (3-6), DopaTropic Powder (1 tsp)

**Lead:** Ca/Mg-Zyme (6-9), Zn-Zyme Forte (3-6), Aqueous Selenium (6-12 drops) or Se-Zyme Forte (1-3), DopaTropic Powder (1 tsp)

**Mercury:** Porphyra-Zyme (9-12), Chlorocaps or Chlorella Caps (9-12), NAC (3-6), Aqueous Selenium (6-12 drops) or Se-Zyme Forte (3-6) or Selenomethionine (2), Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3)

**Uranium:** Ca/Mg-Zyme (6-12)

**Secondary Support:** Nephra-Zyme (6-24) and Argizyme (6-16) for renal support, Basic Nine (6), Bio-E Mulsion Forte (30 drops) in water, Methionine-200 (3), Garlic Plus (6), Bio-E-Mulsion Forte (30 drops), Phosphatidylcholine (3-6), Biomega-3 or Optimal EFAs Caps (6)

**Alternative Support:** Coriander (*Coriandrum sativum*) a.k.a. Cilantro, Zeolite, Dimercaptosuccinic Acid (DMSA) with mercury, Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

### HEAVY METALS DETOXIFICATION | Supplemental Support

Chlorella Caps (12-24), Porphyra-Zyme (12-24), Multi-Mins Iron & Copper Free (3-9), HR#7 Heavy Metal Detox (2 capfuls)

**Secondary Support:** Colon-Plus Caps (6-12), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), Nephra-Zyme (6-12), Potassium-HP (1-2 level scoops)

### HEAVY METALS ORAL CHELATION | Supplemental Support

Porphyra-Zyme (15-30) in divided doses apart from food, Multi-Mins Iron & Copper Free (6-9), Mixed Ascorbate Powder (1-3 tsp)

**Alternative Support:** Coriander (*Coriandrum sativum*) a.k.a. Cilantro

### HEBERDEN’S/BOUCHARD’S NODES | Bony Outgrowths on Finger Middle Joints

Purified Chondroitin Sulfates (3), B6 Phosphate (12), Cytozyme-PT/HPT (3-6), EFA-Sirt Supreme (12) or Optimal EFAs Caps or Biomega-3 (6), Flax Seed Oil (6) or SunFlax Caps (4), Bio-D-Mulsion Forte (2-4 drops), Lactozyme (3-6), Saccharomyces boulardii (3), Gammanol Forte (6-12)

**Female Support:** Cytozyme-F or Cytozyme-O (3-9), Equi-Fem & b-VITAL (3), BioDrive (3)

**Male Support:** Cytozyme-M or Cytozyme-Orchic (3-9), b-VITAL (3), BioDrive (3)

**Secondary Support:** ChondroSamine-S or ChondroSamine Plus (6-9), Osteo-B Plus or Osteo-B II (3-6), Bio-CMP (6-12), Mg-Zyme (3-9) or Mg-Orotate 500 (2) at bedtime, Liquid Iodine (12-20 drops) in water, Super Phosphozyme Liquid (1-3 droppers) in water, MSM (3-6), HCl-Plus (3-12), Bio-HPF (6), A.D.P. (9), Immuno-gG (6)

**Alternative Support:** Raw Pecans (2 handfuls) daily
HEMATOCRIT (HCT) HIGH | Percent by Volume of Red Blood Cells in Sample
Biomega-3 or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Intenzyme Forte (6) on an empty stomach, E-Mulsion 200 or E-200 H y (2), Tocotrienols (2), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), Garlic Plus (3), Super Phosphozyme Liquid (30 drops), Cytozyme-SP (3-9)

HEMATOCRIT (HCT) LOW | Percent by Volume of Red Blood Cells in Sample
Bio-K-Mulsion (2-3 drops), Chlorocaps and Chlorella Caps (6)

HEMATOMA | Localized Tissue Hemorrhage
Intenzyme Forte (10) ASAP, then (5) four times daily on an empty stomach, BioProtect (6) for two weeks, then (3) daily, Dismuzyme Plus Granules (3 tbsp), Bio-FCTS (4) just before meals, EGCG-200mg (2), Bio-K-Mulsion (1-2 drops), Bio-Cyanidins (3)

HEMATURIA in INTERSTITIAL CYSTITIS | Blood in Urine
A.D.P. (6), Renal Plus or Nephra-Zyme (9), L-Arginine (2), ChondroSamine Plus or ChondroSamine-S (3), MSM (3) or MSM Powder (1 tsp)

HEMOGLOBIN (HGB) HIGH | Iron-Containing RBC Protein Increased
EFA-Sirt Supreme (12) or Optimal EFAs Caps or Biomega-3 (6), Intenzyme Forte (6) on an empty stomach, E-Mulsion 200 (2), E-200 H y (2), Tocotrienols (2), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), Garlic Plus (3), Super Phosphozyme Liquid (30 drops), Cytozyme-SP (3-9)

HEMOGLOBIN (HGB) LOW | Iron-Containing RBC Protein Decreased
Chlorocaps or Chlorella Caps (6-9), Porphyra-Zyme (6-12), B12/Folate Plus (2-3) or Methylfolate Plus (3) or S-MTHF Plus Forte (1)

HEMOPHILIA | Hereditary Blood Coagulation/Bleeding Disorder
Chlorocaps or Chlorella Caps (6-9), MCS-2 (3), Beta-TCP (6), Ca/Mg-Zyme Caps (3), Bio-C Plus 1000 (3), Bio-FCTS (3), EGCG-200mg (2), Bio-Cyanidins (3)

**Alternative Support:** Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

HEMORRHAGE, PETECHIAL | Small Purple/Red Spot on Skin
Bio-FCTS (3-6), EGCG-200mg (2), Chlorocaps or Chlorella Caps (3-6), Bio-C Plus 1000 (3), Bio-Cyanidins (3)

**Alternative Support:** Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

HEMOCHROMATOSIS | Inherited, Excessive Body & Blood Iron Accumulation

*Rule out genetic predisposition, iron ingestion from supplements, water, etc., hepatobiliary or spleen dysfunction, gastrointestinal permeability, and multiple blood transfusions.*

Zn-Zyme Forte (6), Cu-Zyme (2) apart from zinc supplementation, Mo-Zyme Forte (3-6), Porphyra-Zyme (9) before meals, Chlorocaps or Chlorella Caps (6), Multi-Mins Iron & Copper Free (3), BioProtect (3), Colon-Plus Caps (12) before meals, Immuno-gG (3)

**Secondary Support:** Ca/Mg-Zyme Caps (3), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), Whey Protein Isolate - Original, Chocolate or Vanilla (1 scoop) or Pea Protein Isolate or Whey Protein Concentrate (2 scoops)
HEPATITIS, VIRAL | Infectious Inflammation of the Liver by Multiple Viruses

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Bio-K-Mulsion (1-3 drops), Bio-C Plus 1000 (1-3), EGCG-200mg (2), Bio-B 100 (3-9), Cytozyme-LV (3), Bio-Cyanidins (3), Chlorocaps or Chlorella Caps (3-6), C/Cal/Mag Powder (2 tsp)

**Secondary Support:** NitroGreens (2 scoops)

**Alternative Support:** Alfalfa (*Medicago sativa*), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

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HEPATIC CIRRHOSIS | Liver Fibrosis with Destruction and Loss of Hepatocytes

*Rule out hepatic congestion, dehydration, dietary fiber insufficiency, food allergy, pregnancy, and occupational environment (sitting or standing for hours).*

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Colon-Plus Caps (15) with meals, Bio-FCTS (6-9), EGCG-200mg (2), Bio-Cyanidins (3-6), Beta-TCP (6-12), MCS-2, Chlorocaps or Chlorella Caps (6), Bio-K Mulsion (2-4 drops), Bio-D Mulsion Forte (2-4), Bio-C Plus 1000 (1-3)

**Secondary Support:** Super Phosphozyme Liquid (60 drops), Liquid Iodine Forte (transdermal topically), Optimal EFAs Caps (6) or EPA-Sirt Supreme (12) or Biomega-3 or Flax Seed Oil (6) or SunFlax Caps (4), Purified Chondroitin Sulfates (3), Bio-C Plus 1000 (3), E-Mulsion 200 (1-2), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), Garlic Plus (3), Potassium-HP (1 scoop)

**Optional Alternative Protocol:** Liquid Iodine or Liquid Iodine Forte (20 drops) mixed with Flaxseed Oil (1 oz) applied topically at bedtime (Wright)

**Alternative Pain Support:** Turmeric/Curcumin (BCM-95®), Blue Lotus (*Nymphaea caerulea*), Boswellia (*Boswellia sacra*) a.k.a. Frankincense, Wild Opium Lettuce (*Lactuca vivosa*), Kratom (*Mitragyna speciosa*), Kava Kava (*Piper methysticum*), White Willow (*Salix alba*), Nattokinase & Serrapeptase (enzymes from natto & silk worm), Arnica (*Arnica montana*) pellet, cream, gel or ointment

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Boswellia (*Boswellia sacra*) a.k.a. Frankincense, Myrrh (*Commiphora myrrha*), Butter’s Broom (*Ruscus aculeatus*), Horse Chestnut (*Aesculus hippocastanum*), Chlorophyll and Collinsonia Root (ointment), Cayenne Pepper (*Capsicum annuum*), Bilberry (*Vaccinium myrtillus*), Dimethylglycine (DMG), Vitamin E (suppository), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

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HEPATITIS, VIRAL | Infectious Inflammation of the Liver by Multiple Viruses

HEMORRHOIDS | Swollen & Painful Anal Tissue Caused by Dilated Anal Veins

*Rule out hepatic congestion, dehydration, dietary fiber insufficiency, food allergy, pregnancy, and occupational environment (sitting or standing for hours).*

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Flax Seed Oil (1 oz) applied topically at bedtime (Wright)

**Secondary Support:** Mulsion Forte (2-4), BioK Mulsion (2-4)

**Alternative Support:** Liposomal C (molecule-soluble vitamin C), Turmeric/Curcumin (BCM-95®), Boswellia (*Boswellia sacra*) a.k.a. Frankincense, Wild Opium Lettuce (*Lactuca vivosa*), Kratom (*Mitragyna speciosa*), Kava Kava (*Piper methysticum*), White Willow (*Salix alba*), Nattokinase & Serrapeptase (enzymes from natto & silk worm), Arnica (*Arnica montana*), Arnica (*Arnica montana*) pellet, cream, gel or ointment

**Optional Alternative Protocol:** Liquid Iodine or Liquid Iodine Forte (20 drops) mixed with Flaxseed Oil (1 oz) applied topically at bedtime (Wright)

**Alternative Pain Support:** Turmeric/Curcumin (BCM-95®), Blue Lotus (*Nymphaea caerulea*), Boswellia (*Boswellia sacra*) a.k.a. Frankincense, Wild Opium Lettuce (*Lactuca vivosa*), Kratom (*Mitragyna speciosa*), Kava Kava (*Piper methysticum*), White Willow (*Salix alba*), Nattokinase & Serrapeptase (enzymes from natto & silk worm), Arnica (*Arnica montana*) pellet, cream, gel or ointment

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Boswellia (*Boswellia sacra*) a.k.a. Frankincense, Myrrh (*Commiphora myrrha*), Butter’s Broom (*Ruscus aculeatus*), Horse Chestnut (*Aesculus hippocastanum*), Chlorophyll and Collinsonia Root (ointment), Cayenne Pepper (*Capsicum annuum*), Bilberry (*Vaccinium myrtillus*), Dimethylglycine (DMG), Vitamin E (suppository), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

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HEPATIC CIRRHOSIS | Liver Fibrosis with Destruction and Loss of Hepatocytes

*Rule out glutathione depletion and free radical damage.*

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Cytozyme-LV (3-12), Beta-TCP (3-12), Hydro-Zyme (6-12), BioProtect (3), Intenzyme Forte (9-27) on an empty stomach, L-Arginine (3-6), GSH-Plus (3-6), Lipoic Acid Plus (6) or R-Lipoate CBG (2-4), Bio-FCTS (3), EGCG-200mg (2), Mg-Zyme (1-3) or Mg-Orotate 500 (2) at bedtime, Bio-C Plus (3-6) or Bio-C Plus 1000 (3), Bio-E-Mulsion Forte (5 drops) or E-Mulsion 200 or E-200 H₂ (1), Tocotrienols (2), Bio-B 100 (3-6)

**Secondary Support:** Livotrit Plus (2-4)

**Alternative Support:** Milk Thistle (*Silybum marianum*, silymarin), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C), Black Seed (*Nigella sativa*)

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HEPATITIS, VIRAL | Infectious Inflammation of the Liver by Multiple Viruses
Rule out poor diet (dairy, caffeine, alcohol, tap water, fruit juices, artificial sweetners), chronic endocrine hypofunction, immune dysfunction, unresolved prior infection, IV drug abuse, sexually transmitted disease (STD), and stress.

**ACUTE PHASE:** Bio-Immunozyme Forte (6), UltraVir-X (6), Cytozyme-THY (15), Livotrit Plus (3) increased to (6) daily, Beta-TCP (9), MCS-2 (3), Dismuzyme Plus Granules (6 tbsp), Lipoic Acid Plus (3-6) or R-Lipoate CBG (2-4), IAG (6 tsp), TMG Powder (1-2 level tsp), HR#9 Lymphatic Drainage and HR#4 Detox Virus (1 capful each) daily for 30 days, then (1) each daily, Liquid Iodine Forte (100 drops) in water or Iodizyme-HP (½-1), Bio-C Plus 1000 (3), Bio-FCTS (6), EGCG-200mg (2), St. John’s Forte (2-4), Mood Enhancer (1-2) before meals or at bedtime, Amino Sport (6-12), GSH-Plus (3-6), Cytozyme-LV (3), Se-Zyme Forte (1) or Selenomethionine (1), Dismuzyme Plus (3) or Dismuzyme Plus Granules (1 tbsp) or Dismuzyme Plus 5000 (3)

**Secondary Support:** Bio-Detox Packs (3), Optimal EFAs Caps (3-6), Evening Primrose Oil or Blackcurrant Seed Oil (3), 7-Keto-Zyme (1-3) or 7-Keto-Zyme Forte (1), DL-Phenylalanine (1-3), Bromelain Plus CLA (3-6) on an empty stomach

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Milk Thistle (Silybum marianum, silymarin), Inositol hexaphosphate (IP-6), S-Adenosylmethionine (SAMe), Olive Leaf (Olea Europaea), Dimethylglycine (DMG), Artichoke Leaf (Cynara cardunculus), Burdock (Arctium lappa), Schisandra (Schisandra sinensis), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C), Black Seed (Nigella sativa)

**CHRONIC PHASE:** Bio-Immunozyme Forte (3), UltraVir-X (6), Cytozyme-THY (6), Livotrit Plus (3), Beta-TCP (6), Dismuzyme Plus Granules (2 tbsp), IAG (2 tsp), HR#9 Lymphatic Drainage (2 capfuls) and HR#4 Detox Virus (1 capful) daily for 30 days, then (1) each daily, Liquid Iodine Forte (100 drops) in water or Iodizyme-HP (½-1), Lipoic Acid Plus (3-6) or R-Lipoate CBG (2-4), Bio-C Plus 1000 (3), Bio-FCTS (6), EGCG-200mg (2), St. John’s Forte (2-4), Mood Enhancer (1-2) before meals or at bedtime

**Secondary Support:** Bio-Detox Packs (3), MCS-2 (3), Bio-Cyanidins (3), Mg-Zyme (4) or Mg-Orotate 500 (1) at bedtime, then increase by (1) daily to bowel tolerance, Neonatal Multi-Gland (6), BioProtect (3), Amino Sport (6-12), TMG Powder (1-2 level tsp), Flax Seed Oil (6) or SunFlax Caps (4) or Biomega-3 or Optimal EFAs Caps (6), E-Mulsion 200 (3)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Milk Thistle (Silybum marianum, silymarin), Inositol hexaphosphate (IP-6), S-Adenosylmethionine (SAMe), Olive Leaf (Olea Europaea), Dimethylglycine (DMG), Artichoke Leaf (Cynara cardunculus), Burdock (Arctium lappa), Schisandra (Schisandra sinensis), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C), Black Seed (Nigella sativa)

**ASYMPTOMATIC PHASE:** Continue with Livotrit Plus, Bio-Immunozyme Forte, Beta-TCP, Lipoic Acid Plus or R-Lipoate CBG, UltraVir-X, and IAG at (1 tsp) per day for one year

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Nattokinase & Serrapeptase (enzymes from natto & silk worm), Milk Thistle (Silybum marianum, silymarin), Lemon Balm (Melissa officinalis) tea, Olive Leaf (Olea Europaea), Burdock (Arctium lappa), Schisandra (Schisandra sinensis), Black Seed (Nigella sativa)

**HERNIA, GENERAL | Protrusion or Bulging of the Abdominal Musculature**

ChondroSamine-S or ChondroSamine Plus (6), Osteo-B Plus or Osteo-B II (3), Bioctasol Forte
(3-6), E-Mulsion 200 or E-200 H₃ (3), Tocotrienols (2), Mixed EFAs (3 tbsp) or Optimal EFAs Caps (6), Bio-C Pus 1000 (1-3), Beta-TCP (3-6), MCS-2 (3), HR2-Lymphatic Drainage (3 capfuls)

**Alternative Support:** Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**HERNIA, HIATAL | Stomach Protrusion through Diaphragm’s Esophageal Opening**

With severe symptoms, NutriClear or NutriClear Chocolate (2 servings) between meals, Gastrazyme (12) to green stool, Blackcurrant Seed Oil or Evening Primrose Oil (6-9), IPS (6), ChondroSamine-S (3)

**Secondary Support:** Hydro-Zyme (3-9) or Betaine Plus-HP (3) with hypochlorhydria, but only after Gastrazyme for 2-3 weeks, Beta-TCP (6) with biliary stasis

**HERNIA, INGUINAL | Tissue Protrusion into Inguinal Canal of Groin**

Biocatasol Forte (3-6), Cytozyme-AD (6) or ADB5-Plus (2-4), MCS-2 (3), Beta-TCP (3-6), ChondroSamine-S or ChondroSamine Plus (3), Osteo-B Plus or Osteo-B II (3), Mixed EFAs (3 tbsp) or Optimal EFAs Caps (6), HR#2 Lymphatic Drainage (3 capfuls)

**HERPES SIMPLEX (Virus I or II) and SHINGLES, ACTIVE | Recurrent Viral Disease**

*Rule out junk foods, dietary refined sugars, white flour, nuts and peanut butter (L-arginine content exacerbates herpes growth); drink lots of water.*

UltraVir-X (6-12), L-Lysine HCl (6-9), IAG (3 tsp), ResveraSirt-HP (1-3), Cytozyme-THY (3-6), Bio-C Plus 1000 (6-8), Argizyme (6), Mixed EFAs (6 tbsp) or Optimal EFAs Caps (6), Ca/Mg-Zyme (4-24), Hydro-Zyme (9) or Betaine Plus-HP (3), E-Mulsion 200 or E-200 H₃ (2), Tocotrienols (2), Li-Zyme Forte (30), MSM (1-3) or MSM Powder (1-2 tsp), Zn-Zyme Forte (1-2), HR#4 Detox Virus (1-2 capfuls)

**Pain Support:** Bio-Allay (3), Sculacia (3), DL-Phenylalanine (3)

**Optional Alternative Protocol:** Liquid Iodine Forte plus Dimethyl sulfoxide (DMSO) 50-50% mixture and rub on several times daily (Wright)

**Secondary Support:** Bio-Immunozyme Forte (3-16), Bio-Ae-Mulsion Forte (2-4 drops), Lactozyme (6) or Bromelain Plus CLA (3) on an empty stomach, Saccharomyces boulardii (3), Beta-TCP (6), Bio-FCTS (4), EGCG-200mg (2), Cytozyme-Trachea (3-9), Se-Zyme Forte (1) or Selenomethionine (1), HR#5 Chronic Stress (1-2 capfuls)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Nattokinase & Serrapeptase (enzymes from natto & silk worm), Olive Leaf (*Olea Europaea*), Goldenseal (*Hydrastis canadensis*), Ginseng (*Panax ginseng*), Lemon Balm (*Melissa officinalis*), Apple Cider Vinegar & Honey (raw organic) transdermal topically, Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**HERPES SIMPLEX (Virus I or II) and SHINGLES, DORMANT**

Bio-Immunozyme Forte (3), UltraVir-X (3-9), L-Lysine HCl (3-6), Ca/Mg-Zyme (3-18) between meals, Biomega-3 or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), IAG (3 tsp), Cytozyme-THY (6), Bio-Ae-Mulsion Forte (3 drops), Bio-B 100 (6-9), Bio-C Plus 1000 (3-6), EGCG-200mg (2-4), Dismuzyme Plus or Dismuzyme Plus 5000 (3) or Dismuzyme Plus Granules (2 tbsp), Zn-Zyme Forte (1-2)

**Pain Support:** Bio-Allay (3), Sculacia (3), DL-Phenylalanine (3)

**Secondary Support:** Argizyme (3), B12-2000 (6), Renal Plus or Nephra-Zyme (9), MCS-2
Pain Support: EFA Plus (3), ADHS (1), Bio HistoPlex or HistoPlex AB (3), C/Cal/Mag
Rule out gluten sensitivity.
HIVES, CHILDREN | Antigen
Liposomal C (molecule
Urens
Chamomile
(esse
(3)
(6) or
Bioctasol Forte (3
9),
C/Cal/Mag Powder (3
6), HistoPlex or HistoPlex AB (6), Blackcurrant Seed Oil (2) and topically,
Bio-FCTS (3-6), EGCG-200mg (2), MCS-2 (3), Beta-TCP (6),
C/Cal/Mag Powder (3-6), EFA-Sirt Supreme (6-9)
HIVES (Urticaria) | Antigen-Induced Amine Release from Mast Cells
Rule out food or environmental allergies or sensitivities.
HistoPlex or HistoPlex AB (3-9), Bio-FCTS (6-9), EGCG-200mg (2), MCS-2 (3), Beta-TCP (6),
C/Cal/Mag Powder (3-6), EFA-Sirt Supreme (6-9)
HIVES (Urticaria) | Antigen-Induced Intensely Itchy Skin Welts
Rule out hypochlorhydria, dietary and environmental triggers such as gluten, molds, animal
dander, and medications.
Hydro-Zyme (6-12), HistoPlex or HistoPlex AB (6), Blackcurrant Seed Oil (2) and topically,
C/Cal/Mag Powder (3-6 tsp) in choice of beverage, Osteo-B Plus or Osteo-B II (6), ADHS (3),
Bio-FCTS (3-6), EGCG-200mg (2), Bio-Cyanidins (3-6), Beta-TCP (6), B12-2000 (6), Bio-B
100 (6-9), EFA-Sirt Supreme (12) or Optimal EFAs Caps or SunFlax Caps (4), Bio-D-Mulsion
Forte (2-4 drops), BioDophilus Caps (3) or BioDophilus-FOS (1 tsp), Garlic Plus (3)
Pain Support: Bio-Allay (3), Sculacia (3), DL-Phenylalanine (3)
Secondary Support: Bio-C Plus 1000 (1-3), HR#6 Environmental Detox (1 capful)
Alternative Support: Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a.
Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Milk Thistle
(Silybum marianum, silymarin), Sea Buckthorn (Hippophae rhamnoides) cream, Sandalwood
(essential oil), Alfalfa (Medicago sativa), Aloe (Aloe vera) gel, Bilberry (Vaccinium myrtillus),
Chamomile (Matricaria chamomilla), Yellow Dock (Rubus crispus), Apis Mellifica, Urtica
Urens & Natrum Muriaticum (homeopathics), Ascorbyl Palmitate (fat-soluble vitamin C),
Liposomal C (molecule-soluble vitamin C)
HIVES, CHILDREN | Antigen-Induced Intensely Itchy Skin Welts
Rule out gluten sensitivity.
HistoPlex or HistoPlex AB (3), C/Cal/Mag Powder (1-3 tsp) in choice of beverage or Osteo-B
Plus (3), ADHS (1), Bio-FCTS (2), EGCG-200mg (2), Beta-TCP (3), Optimal EFAs Caps (3) or
EFA-Sirt Supreme (6), Bio-D-Mulsion Forte (1 drop), B12-2000 Lozenge (1)
Pain Support: Bio-Allay (1), Sculacia (1), DL-Phenylalanine (1)
Note: Crush tablets and mix into applesauce or juice
HOARSENESS (Laryngitis) | Inflamed Larynx/Swollen Vocal Cords with Mucus

Rule out viral or bacterial infection.

A.D.P. (6-9), Intenzyme Forte (12) on an empty stomach, Lactozyme (3), Saccharomyces boulardii (3), Ca/Mg Plus (3-6) or C/Cal/Mag Powder (3-6 tsp), Bio-Ae-Mulsion Forte (10-15 drops)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Tea Tree (Melaleuca alternifolia) oil for gargle with water

HODGKIN'S DISEASE | Malignant and Progressive Lymphatic System Cancer

HR#2 Lymphatic Drainage (3 capfuls), Intenzyme Forte (12) on an empty stomach, Cytozyme-Trachea (12), Dismuzyme Plus Granules (3 tbsp), Bio-Ae-Mulsion Forte (15), MCS-2 (3), Beta-TCP (6), Mixed EFAs (3 tbsp) or Optimal EFAS Caps (6) or EFA-Sirt Supreme (12), Liquid Iodine (30 drops) or Liquid Iodine Forte (15 drops), Bio-Immunozyme Forte (4), IAG (3), Bio-D-Mulsion Forte (2-5 drops)

HOMOCYSTINURIA (Elevated Homocysteine) | Amino Acid Toxic Byproduct

Rule out vitamin B6, B12 and folic acid anemia, atherosclerosis, hypothyroidism, or genetic predisposition.

B6 Phosphate (12), Methylfolate Plus (3) or 5-MTHF Plus Forte (1), B12-2000 Lozenges (3), Folic Acid 800, EFA-Sirt Supreme (12) or Optimal EFAs Caps or Biomega-3 (6), Bio-GGG-B (6-12), Beta-TCP (6), ORagens-15 (3), NAC (3), TMG Powder (1-2 level tsp), add Bio-B Complex (2) after 30 days for long-term support

**Secondary Support:** Betaine Plus HP (1-3), PCOH-Plus (2), Livotrit Plus (3-6) starting slowly at (1) daily, Bio-B with C (3-6)

**Alternative Support:** Dimethylglycine (DMG)

HORMONAL SUPPORT, FEMALE

Equi-Fem or PMT (3-6), EFA-Sirt Supreme (12) or Optimal EFAs Caps or Biomega-3 (6), Bio-D-Mulsion Forte (2-4 drops), Cytozyme-F (3-9), Cytozyme-O (3-6), Cytozyme-PT/HPT (3)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Flaxseed (raw organic) & Pumpkin Seeds (raw sprouted) or oil

HORMONAL SUPPORT, MALE

Palmetto Plus or Palmetto Plus Forte (3-6), EFA-Sirt Supreme (12) or Optimal EFAs Caps (6) or Biomega-3 (6), Cytozyme-M (3-9), Cytozyme-Orchic (3-6), Bio-D-Mulsion Forte (2-4 drops), B-VITAL (1-2)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Flaxseed (raw organic) & Pumpkin Seeds (raw sprouted) or oil

HORMONE REPLACEMENT THERAPY (HRT) | Exogenous Estrogen Intake

PMT (6), Blackcurrant Seed Oil or Evening Primrose Oil (6-9), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12) or SunFlax Caps (4), Meda-Stim (3), Folic Acid 800 (1), ADHS (3), Gammanol Forte (6), b-VITAL (3), Melatonin-B6/Mg (½ tab) before bedtime

**Secondary Support:** Progesterone (topical cream), Bio-Identical Hormone Therapy (BHT)

HOT DISC | Herniated, Prolapsed or Slipped

Intenzyme Forte (12) on an empty stomach, ChondroSamine-S or ChondroSamine Plus (6),
eliminate refined carbohydrates and hydrogenated trans fats from the diet.

**Pain Support:** Bio-Allay (3), Sculacia (3), DL-Phenylalanine (3)

**Alternative Pain Support:** Turmeric/Curcumin (BCM-95®)

**Alternative Support:** Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**HOT FLASHES or FLUSHES | Transient Vascular Dilation in Menopause**

Equi-Fem or PMT (3-12), Cytozyme-O (3), Cytozyme-F (3-12), Evening Primrose Oil or Blackcurrant Seed Oil (3-6), Gammanol Forte (6), BioPause-AM and/or BioPause-PM (2) morning and evening

**Secondary Support:** ADHS (3), Cytozyme-AD (3-6) or ADB5-Plus (2-4), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Biocatalase Forte (3-6), Liquid Iodine (30 drops) or Liquid Iodine Forte (15 drops), Cytozyme-PT/HPT (1-3) at bedtime, Beta-TCP (6-12), E-Mulsion 200 or E-200 Hγ (1-2), Tocotrienols (2), Livotrit Plus (3-6)

**Alternative Support:** Progesterone (topical cream), Sage (*Salvia officinalis*)

**H. PYLORI | Bacterium Causing Chronic Inflammation and Stomach Ulcers**

Bio-HPF (6-9), A.D.P. (6-9), Immuno-gG (6), Lactozyme (3-6), Saccharomyces boulardii (3)

**Secondary Support:** Gastrazyme (6-12), A.D.P. (6-9), Chlorocaps or Chlorella Caps (3-6)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Black Seed (*Nigella sativa*)

**HUMAN PAPILLOMAVIRUS (HPV) | Sexually Transmitted DNA Disease**

UltraVir-X (3-9), IAG (3 tsp), Bio-FCTS (3-9), EGCG-200mg (2), Bio-Cyanidins (6-12), KappArest (3-9), Cytozyme-THY (3-6), Bio-GGG-B (6-12), Bio-Ae-Mulsion Forte (3-9 drops), Bio-D-Mulsion Forte (4-8 drops), Methylfolate Plus (3-6), Iodyzyme-HP (1)

**HUNTINGTON'S DISEASE (HD) | Hereditary CNS Brain Deterioration**

GSH-Plus (6-12), Dismuzyme Plus (6-12), BioProtect (3-6), Bio-D-Mulsion Forte (2-4), DopaTropic Powder (1 tsp), Cognitive Enhancer (1 before breakfast & (1 before lunch or dinner, Optimal EFAs Caps (3-6) or Optimal EFAs (1-2 tsp), EFA-Sirt Supreme (6), TMG Powder (1-2 level tsp), Bio-GGG-B (3), E-200 Hγ (3)

**Secondary Support:** NeuPerzine (2-4), Phosphatidylserine (2), Neuro-5-HTP Plus (2)

**Alternative Support:** Turmeric/Curcumin (BCM-95®)

**HYPERADRENIA | Increased Adrenal Cortical Hormone Production**

*Rule out hypothyroidism or Cushing's Syndrome caused by adrenal tumor, ACTH hypersecretion or pituitary hyperfunction; trace minerals deficiency.*

ADHS (3-6) in the morning, De-Stress (3-6), Mood Enhancer (1-2) before meals or at bedtime, Cytozyme-PT/HPT (3-6), Bio-CMP (6-12) at breakfast and bedtime

**Secondary Support:** Li-Zyme Forte (3-6), Basic Nine (1-2), HR#3 Acute Stress or HR#5 Chronic Stress (1-2 capfuls)

**HYPERCHOLESTEROLEMIA or HYPERLIPIDEMIA | Increased Serum Cholesterol**

**Caution:** Consider the potential, if not the actual, documented danger of conventional statin drug therapy to lower total cholesterol below 200, when 300+ may well be the targeted upper range especially with older clients, even those with familial hypercholesterolemia; eliminate refined carbohydrates and hydrogenated trans fats from the diet.
Dr. Houston's Lipid Kit or Lipid-Sirt (9), Red Yeast Rice (3-6), Niacin 100 (1-3), PCOH-Plus (3-9) daily am and pm, ResveraSirt (1-3), Colon-Plus Caps (3-12) or Colon Plus (3 tsp), Garlic Plus (3-6), E-200 H₂ (3-6), Flax Seed Oil (6) or SunFlax Caps (4), Biomega-3 or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Evening Primrose Oil (6), Beta-TCP (6-9), Tri-Chol (3-6), Lipid-X (1) before each meal with saturated fat, Bio-GGG-B (6-12), Bio-C Plus 1000 (1-3), BioDoph-7 Plus (3), Tocotrienols (2), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), L-Carnitine Powder (1 tsp), Phosphatidylcholine (3), Bio-B3 Plus 250 (1), NitroGreens (1 scoop), Whey Protein Isolate - Original, Chocolate or Vanilla (1 scoop) or Pea Protein Isolate or Whey Protein Concentrate (2 scoops) twice daily between meals

**Secondary Support:** GlucoBalance (3-6), ADHS (2-4) before noon, Bio-FCTS (3), EGCG-200mg (2), Betaine Plus-HP (3), Livotrit Plus (2-3), Sculacia (1-2), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), Bio-C Plus 1000 (1-3), Bromelain Plus (3) on an empty stomach, Cytozyme-H (3), Intenzyme Forte (12-18) between meals, Se-Zyme Forte (1-2) or Selenomethionine (1)

**Alternative Support:** Hawthorn (*Crataegus oxyacantha/monogyna*), Cinnamon (*Cinnamomum verum*) for proanthocyanidins, Red Grapefruit (*Citrus paradisi*) extract for bioactive compounds, Cayenne Pepper (*Capsicum annuum*), Apple Pectin (plant fiber), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**HYPERCHROMATOSIS | Excessive Chromatin or Pigmentation in Cell Nucelus**

Super Phosphozyme Liquid (1-2 droppers) for three weeks, HCL-Plus (2-8) between meals, Mixed EFAs (1-3 tbsp) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Cytozyme-THY (3-12), Cytozyme-SP (3-12)

**HYPERGLYCEMIA, CHRONIC, PROPHYLAXIS**

Lipoic Acid Plus (6) or R-Lipoate CBG (3), Bio-FCTS (3), EGCG-200mg (2), Bio-Immunozyme Forte (3), DopaTropic Powder (1 rounded tsp)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Cinnamon (*Cinnamomum verum*)

**HYPERGLYCEMIA (Diabetes) | Increased Serum Blood Sugar**

Monitor Type I diabetics with glucometer to avoid inducing low blood sugar levels.

GlucoBalance (6), Inositol (3-6) or Inositol Powder (1½ tsp), Bio-6-Plus (3-9), Li-Zyme Forte (3), V-Zyme (3), Bio-FCTS (3), EGCG-200mg (2), Flax Seed Oil (6) or SunFlax Caps (4) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), ADHS (2-4) at breakfast and lunch, Cytozyme-H (9), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), DopaTropic (1 rounded tsp)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), (*Cinnamomum verum*)

**HYPERHYDROSIS**

See “Perspiration, Excessive & Frequent”

**HYPERHYDROSIS, HEAD, PEDIATRIC | Excessive Perspiration**

*Rule out rickets or vitamin D deficiency.*

Bio-D-Mulsion Forte (2-4 drops), Carbamide Plus (3)

**HYPERIRRITABILITY**

Mg-Zyme (6) or Mg-Orotate 500 (2) at bedtime or Aqua Mag-Cl (3 tsp) in choice of beverage, ADHS (3), Li-Zyme Forte (2), Bio-Glycozyme Forte (3), Optimal EFAs Caps (6) or
EFA-Sirt Supreme (12), Bio-D-Mulsion Forte (2-4 drops), De-Stress (1-3), Mood Enhancer (1-2) before meals or at bedtime

**HYPERPARATHYROIDISM, PRIMARY | High Parathyroid Hormone Levels**

*Rule out kidney dysfunction, hormone-producing parathyroid tumor, and vitamin D deficiency.*

Cytozyme-THY (3-9), Bio-Ae-Mulsion Forte (3-9 drops), Bio-D-Mulsion Forte (4-8 drops),
Optimal EFAs Caps (6-12) or EFA-Sirt Supreme (12)

**With Renal Dysfunction:** Nephra-Zyme (3-9) or Renal Plus (3-9)

**HYPERTENSION with ALLERGIES**

*Rule out magnesium and vitamin D deficiencies.*

Bio-CardioSirt BP (1 rounded scoop), HistoPlex-AB (6-12), Hydro-Zyme (6-12), Cytozyme-AD (6-12) or ADB5-Plus (2-4), Cytozyme-LV (3-6), Livotrít Plus (3-6), Beta-TCP (6-12), MCS-2 (3-6), Bio-GGG-B (6-12), Bio-D-Mulsion Forte (2-4 drops), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), Bio-C Plus 1000 (1-3), EGCG-200mg (1-2), NitroGreens (1 scoop), HR#1 Detoxification (1-2 capsules)

**Secondary Support:** Vasculosirt (10), ResveraSirt-HP (1-3), Bio-Allay (3-6), Sculacia (3-6),
Garlic Plus (3), Tri-Chol (3), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), Potassium-HP (1 scoop)

**Alternative Support:** Hawthorn (*Crataegus oxyacantha*/*monogyna*), Olive Leaf (*Olea Europaea*), Apple Cider Vinegar & Honey (raw, organic), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C), Coffee (Coffee crude/arabica) organic & dark roasted, Black Seed (*Nigella sativa*), Hemp Seed (*Cannabis sativa*)

**HYPERTENSION with ARTERIOSCLEROSIS | High BP with Arterial Hardening**

*Rule out magnesium and vitamin D deficiencies.*

Bio-CardioSirt BP (1 rounded scoop), Bio-GGG-B (6-12), Porphyra-Zyme (6) two to four times daily between meals and apart from mineral supplementation, Intenzyme Forte (6) two to four times daily on an empty stomach, Chondro-Plus (3-6), Bio-D-Mulsion Forte (2-4 drops),
Bio-C Plus 1000 (1-3), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), Multi-Mins Iron & Copper Free (3-6), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), EGCG-200mg (1-2),
NitroGreens (1 scoop)

**Secondary Support:** Vasculosirt (10), ResveraSirt-HP (1-3), Bio-Allay (3-6), Sculacia (3-6),
Garlic Plus (3), Tri-Chol (3), Potassium-HP (1 scoop)

**Alternative Support:** Hawthorn (*Crataegus oxyacantha*/*monogyna*), Olive Leaf (*Olea Europaea*), Apple Cider Vinegar & Honey (raw, organic), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C), Coffee (Coffee crude/arabica) organic & dark roasted, Black Seed (*Nigella sativa*), Hemp Seed (*Cannabis sativa*)

**HYPERTENSION, BENIGN ESSENTIAL | High Blood Pressure**

*Rule out dehydration, magnesium, potassium, and vitamin D deficiencies, essential fatty acids insufficiency, lack of exercise, and emotional stress.*

Bio-CardioSirt BP (1-2 rounded scoops), Bio-Cardiozyme Forte (6-12), Bio-GGG-B (6-12),
Vasculosirt (10), EFA-Sirt Supreme (6), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2),
Mg-Zyme (3) or Mg-Orotate 500 (3) at bedtime, Nephra-Zyme or Renal Plus (9), ADHS (3-6), GlucoBalance (6), EFA-Sirt Supreme (12) or Optimal EFAs Caps or Flax Seed Oil (6) or SunFlax Caps (4), Bio-FCTS (3), EGCG-200mg (2), L-Arginine (3), Argizyme (1-3), Cytozyme-KD (3-6), L-Carnitine Powder (1 tsp), B12-2000 Lozenges (1-2), Bio-D-Mulsion Forte (3-9 drops), Bio-CMP (6), Bio-C Plus 1000 (1-3), Garlic Plus (3), Tri-Chol (3), Bio-Cyanidins (6), NitroGreens (1 scoop), Pea or Whey Protein Isolate (2 scoops)

**Secondary Support:** PCOH-Plus (3), ResveraSirt-HP (1-3), Bio-Allay or Sculacia (3-6), Sesame Seed Oil Caps (1), Evening Primrose Oil (3-6), Bio-K Forte Caps (1), Potassium-HP (1 scoop), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), Cytozyme-H (3), V.H.P. (3), BioDoph-7 Plus (3), Melatonin-B6/Mg (½ tab) before bedtime

**Alternative Support:** Hawthorn (*Crataegus oxyacantha/monogyna*), Olive Leaf (*Olea Europaea*), Blueberry (*Vaccinium myrtillus*) a.k.a. Bilberry extract, Cayenne Pepper (*Capsicum annuum*), Fennel (*Foeniculum vulgare*), Parsley (*Petroselinum crispum*), Black Sesame Seed (*Sesamum indicum*), Apple Cider Vinegar & Honey (raw, organic), Paleo-Mediterranean diet (low sodium), Exercise (moderate), Magnesium (Chloride) Oil (transdermal topically), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C), Black Seed (*Nigella sativa*), Hemp Seed (*Cannabis sativa*), Coffee (Coffee cruda/arabica) organic & dark roasted, Aromatherapy, Biofeedback, Exercise, Yoga, Oats & Watermelon

**HYPERTENSION with DEHYDRATION**

*Eliminate diuretics, colas, coffee, tea, etc., and drink 8-15 glasses of water daily.*

See above.

**HYPERTENSION with EMOTIONAL STRESS**

*Rule out magnesium and vitamin D deficiencies.*

Bio-CardioSirt BP (1 rounded scoop), Bio-Cardiozyme Forte (6-12), Bio-GGG-B (6-12), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), Nephra-Zyme or Renal Plus (9), ADHS (3-6), GlucoBalance (6), EFA-Sirt Supreme (12) or Optimal EFAs Caps or Flax Seed Oil (6) or SunFlax Caps (4), Bio-D-Mulsion Forte (2-4 drops), Bio-C Plus 1000 (1-3), EGCG-200mg (1-2), De-Stress (2-4), Mood Enhancer (1-2) before meals or at bedtime, Li-Zyme Forte (6-12), Bio-CMP (3-6) before meals, Iodizyme-HP (½-2), NitroGreens (1 scoop), V.H.P. (3-6) and (1-3) before bedtime, Melatonin-B6/Mg (½ tab) before bedtime

**Secondary Support:** VasculoSirt (10), ResveraSirt-HP (1-3), Bio-Allay or Sculacia (3-6), Garlic Plus (3), Tri-Chol (3), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), Potassium-HP (1 scoop)

**Alternative Support:** Hawthorn (*Crataegus oxyacantha/monogyna*), Olive Leaf (*Olea Europaea*), Apple Cider Vinegar & Honey (raw, organic), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C), Coffee (Coffee cruda/arabica) organic & dark roasted, Black Seed (*Nigella sativa*), Hemp Seed (*Cannabis sativa*)

**HYPERTENSION with HYPOADRENIA | High BP with Low Adrenal Function**

*Rule out magnesium and vitamin D deficiencies.*

Bio-CardioSirt BP (1 rounded scoop), Bio-Cardiozyme Forte (6-12), Bio-GGG-B (6-12), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), Nephra-Zyme or Renal Plus (9), ADHS (3-6),
HYPERTENSION with HEPATIC CONGESTION | High BP with Portal Impairment

& dark roasted, vitamin C), Liposomal C (molecule Europaea

Alternative Support: Garlic Plus (3), Tri NitroGreens (1 scoop), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), EGCG-200mg (2)

Secondary Support: VasculoSirt (10), ResveraSirt-HP (1-3), Cytozyme-AD or ADB5-Plus (3-6), Bio-Allay or Sculacia (3-6), Garlic Plus (3), Tri-Chol (3), Potassium-HP (1 scoop), HR#4 Chronic Stress (1-2 capfuls)

Alternative Support: Hawthorn (Crataegus oxyacantha/monogyna), Olive Leaf (Olea Europaea), Apple Cider Vinegar & Honey (raw, organic), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C), Coffee (Coffea cruda/arabica) organic & dark roasted, Black Seed (Nigella sativa), Hemp Seed (Cannabis sativa)

HYPERTENSION with HEPATIC CONGESTION | High BP with Portal Impairment

GlucoBalance (6), EFA-Sirt Supreme (12) or Optimal EFAs Caps or Flax Seed Oil (6) or SunFlax Caps (4), Bio-D-Mulsion Forte (2-4 drops), Bio-C Plus 1000 (1-3), Iodizyme-HP (½-2), NitroGreens (1 scoop), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), EGCG-200mg (2)

Secondary Support: VasculoSirt (10), ResveraSirt-HP (1-3), Cytozyme-AD or ADB5-Plus (3-6), Bio-Allay or Sculacia (3-6), Garlic Plus (3), Tri-Chol (3), Potassium-HP (1 scoop), HR#4 Chronic Stress (1-2 capfuls)

Alternative Support: Hawthorn (Crataegus oxyacantha/monogyna), Olive Leaf (Olea Europaea), Apple Cider Vinegar & Honey (raw, organic), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C), Coffee (Coffea cruda/arabica) organic & dark roasted, Black Seed (Nigella sativa), Hemp Seed (Cannabis sativa)

HYPERTENSION with HYPERTHYROIDISM | High BP with High Thyroid Function

Rule out magnesium and vitamin D deficiencies.

Bio-CardioSirt BP (1 rounded scoop), Bio-Cardiozyme Forte (6-12), Bio-GGG-B (6-12), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), Nephra-Zyme or Renal Plus (9), ADHS (2-4) before noon, GlucoBalance (6), EFA-Sirt Supreme (12) or Optimal EFAs Caps or Flax Seed Oil (6) or SunFlax Caps (4), Bio-D-Mulsion Forte (2-4 drops), Bio-C Plus 1000 (1-3), EGCG-200mg (1-2), Bio-CMP (6-12) on an empty stomach, Iodizyme-HP (½-2), NitroGreens (1 scoop)

Secondary Support: VasculoSirt (10), ResveraSirt-HP (1-3), Bio-Allay (3-6), Sculacia (3-6), Garlic Plus (3), Tri-Chol (3), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), Potassium-HP (1 scoop), HR#3 Acute Stress (1-2 capfuls)

Alternative Support: Hawthorn (Crataegus oxyacantha/monogyna), Olive Leaf (Olea Europaea), Apple Cider Vinegar & Honey (raw, organic), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C), Coffee (Coffea cruda/arabica) organic & dark roasted, Black Seed (Nigella sativa), Hemp Seed (Cannabis sativa)

HYPERTENSION with HYPERADRENIA | High BP with High Adrenal Function

Rule out magnesium and vitamin D deficiencies.

Bio-CardioSirt BP (1 rounded scoop), Bio-Cardiozyme Forte (6-12), Bio-GGG-B (6-12), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), Nephra-Zyme or Renal Plus (9), ADHS (2-4) before noon, GlucoBalance (6), EFA-Sirt Supreme (12) or Optimal EFAs Caps or Flax Seed Oil (6) or SunFlax Caps (4), Bio-D-Mulsion Forte (2-4 drops), Bio-C Plus 1000 (1-3), EGCG-200mg (1-2), Bio-CMP (6-12) on an empty stomach, Iodizyme-HP (½-2), NitroGreens (1 scoop)

Secondary Support: VasculoSirt (10), ResveraSirt-HP (1-3), Bio-Allay (3-6), Sculacia (3-6), Garlic Plus (3), Tri-Chol (3), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), Potassium-HP (1 scoop), HR#3 Acute Stress (1-2 capfuls)

Alternative Support: Hawthorn (Crataegus oxyacantha/monogyna), Olive Leaf (Olea Europaea), Apple Cider Vinegar & Honey (raw, organic), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C), Coffee (Coffea cruda/arabica) organic & dark roasted, Black Seed (Nigella sativa), Hemp Seed (Cannabis sativa)
Rule out magnesium and vitamin D deficiencies.

Bio-CardioSirt BP (1 rounded scoop), Bio-Cardiozyme Forte (6-12), Bio-GGG-B (6-12), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), Nephra-Zyme or Renal Plus (9), ADHS (3-6), GlucoBalance (6), EFA-Sirt Supreme (12) or Optimal EFAs Caps or Flax Seed Oil (6) or SunFlax Caps (4), Beta-TCP (6-12), Livotrit Plus (3-6), MCS-2 (3-6), Bio-C Plus 1000 (1-3), EGCG-200mg (1-2), Phosphatidylcholine (3), Cytozyme-LV (6-12), Iodizyme-HP (½-2), NitroGreens (1 scoop), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2)

**Secondary Support:** VasculoSirt (10), ResveraSirt-HP (1-3), Bio-Allay or Sculacia (3-6), Garlic Plus (3), Tri-Chol (3), Potassium-HP (1 scoop)

**Alternative Support:** Hawthorn (*Crataegus oxyacantha/monogyna*), Olive Leaf (*Olea Europaea*), Apple Cider Vinegar & Honey (raw, organic), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C), Coffee (Coffee cruda/arabica) organic & dark roasted, Black Seed (*Nigella sativa*), Hemp Seed (*Cannabis sativa*)

**HYPERTENSION with METABOLIC SYNDROME | High BP with Carbs Sensitivity**

**Rule out magnesium and vitamin D deficiencies.**

Bio-CardioSirt BP (1 rounded scoop), GlucoBalance (3-9), ADHS (3-6), Biomega-3 or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), Bio-GGG-B (6-12), Bio-D-Mulsion Forte (2-4 drops), Bio-C Plus 1000 (1-3), Iodizyme-HP (½-2), NitroGreens (1 scoop), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), Garlic Plus (3), Tri-Chol (3), EGCG-200mg (1-2)

**Secondary Support:** VasculoSirt (10), ResveraSirt-HP (1-3), Bio-Allay or Sculacia (3-6), Potassium-HP (1 scoop)

**Alternative Support:** Hawthorn (*Crataegus oxyacantha/monogyna*), Olive Leaf (*Olea Europaea*), Apple Cider Vinegar & Honey (raw, organic), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C), Coffee (Coffee cruda/arabica) organic & dark roasted, Black Seed (*Nigella sativa*), Hemp Seed (*Cannabis sativa*)

**HYPERTENSION with POOR CARDIAC FUNCTION**

**Rule out magnesium and vitamin D deficiencies.**

Bio-CardioSirt BP (1 rounded scoop), Bio-Cardiozyme Forte (6-12), Stamina Caps (6-12), Bio-GGG-B (6-12), Bio-D-Mulsion Forte (2-4 drops), Bio-C Plus 1000 (1-3), Iodizyme-HP (½-2), NitroGreens (1 scoop), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), Garlic Plus (3), Tri-Chol (3), Blackcurrant Seed Oil (3-6), EGCG-200mg (1-2)

**Secondary Support:** VasculoSirt (10), ResveraSirt-HP (1-3), Potassium-HP (1 scoop), Bio-Allay or Sculacia (3-6), Mg-Zyme (3), Mg-Orotate 500 (2) at bedtime

**Alternative Support:** Hawthorn (*Crataegus oxyacantha/monogyna*), Olive Leaf (*Olea Europaea*), Magnesium (Chloride) Oil (transdermal), Apple Cider Vinegar & Honey (raw, organic), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C), Coffee (Coffee cruda/arabica) organic & dark roasted, Black Seed (*Nigella sativa*), Hemp Seed (*Cannabis sativa*)

**HYPERTENSION with POOR TISSUE OXYGENATION**

**Rule out magnesium and vitamin D deficiencies.**

Bio-CardioSirt BP (1 rounded scoop), Bio-Cardiozyme Forte (6-12), Stamina Caps (6-12),
Argizyme (3-12), Bio-GGG-B (6-12), Bio-D-Mulsion Forte (2-4 drops), Bio-C Plus 1000 (1-3), Iodizyme-HP (½-2), NitroGreens (1 scoop), Garlic Plus (3), Tri-Chol (3), EGCG-200mg (1-2)

**Secondary Support:** VasculoSirt (10), ResveraSirt-HP (1-3), Potassium-HP (1 scoop), Bio-Allay or Sculacia (3-6), Mg-Zyme (3), Mg-Orotate 500 (2) at bedtime

**Alternative Support:** Hawthorn (*Crataegus oxyacantha*/*monogyna*), Olive Leaf (*Olea Europaeae*), Magnesium (Chloride) Oil (transdermal topically), Apple Cider Vinegar & Honey (raw, organic), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C), Coffee (Coffea cruda/arabica) organic & dark roasted, Black Seed (*Nigella sativa*), Hemp Seed (*Cannabis sativa*)

**HYPERTENSION with RENAL DYSFUNCTION**

*Rule out magnesiam and vitamin D deficiencies.*

Bio-CardioSirt BP (1 rounded scoop), Bio-Cardiozyme Forte (6-12), Bio-GGG-B (6-12), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), Nephra-Zyme or Renal Plus (9-15), Argizyme (3-9), Cytozyme-KD (6-12), ADHS (3-6), GlucoBalance (6), EFA-Sirt Supreme (12) or Optimal EFAs Caps or Flax Seed Oil (6) or SunFlax Caps (4), Bio-D-Mulsion Forte (2-4 drops), Bio-C Plus 1000 (1-3), Iodizyme-HP (½-2), NitroGreens (1 scoop), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), Garlic Plus (3), Tri-Chol (3), EGCG-200mg (1-2)

**Secondary Support:** VasculoSirt (10), ResveraSirt-HP (1-3), Potassium-HP (1 scoop), Bio-Allay or Sculacia (3-6), Mg-Zyme (1-3) or Mg-Orotate 500 (2) at bedtime

**Alternative Support:** Hawthorn (*Crataegus oxyacantha*/*monogyna*), Olive Leaf (*Olea Europaeae*), Magnesium (Chloride) Oil (transdermal topically), Apple Cider Vinegar & Honey (raw organic), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C), Coffee (Coffea cruda/arabica) organic & dark roasted, Black Seed (*Nigella sativa*), Hemp Seed (*Cannabis sativa*)

**HYPERTHYROIDISM, GENERAL | Increased Production of Thyroid Hormones**

*Rule out hypochlorhydria and trace minerals deficiency.*

Bio-Ae-Mulsion Forte (5 drops) four times daily in water for one week, then (2 drops) four times daily, Cytozyme-THY (9), Blackcurrant Seed Oil (3-6), Bio-Multi Plus Iron & Copper Free (6), Li-Zyme Forte (6-12), Basic Nine (1-2), L-Carnitine Powder (1 tsp), Bio-B 100 (6-9), Liquid Iodine (2 droppers) three times daily ONLY in established iodine deficiency

**Secondary Support:** Ca/Mg-Plus (9) before meals, EFA-Sirt Supreme (12) or Optimal EFAs Caps (6), Flax Seed Oil (6) or SunFlax Caps (4) or Biomega-3 (6), Cytozyme-Parotid-TS (3), Phosphatidylcholine (3), Potassium-HP (1 scoop)

**Alternative Support:** Cruciferous vegetables (Brussels sprouts, cabbage, broccoli, cauliflower), Arugula, Bok Choy, Chard, Kale, Turnip, Black Radish, Watercress

**HYPERTHYROIDISM, PRIMARY | Excessive Production of Thyroid Hormones**

*Rule out Hashimoto’s Thyroiditis (autoimmune disease), space-occupying lesions, hormonal imbalances, hepatic conditions, iodine insufficiency, halogen exposure, and environmental or food allergies.*

Li-Zyme Forte (9-12), Bio-CMP (3) before meals, Bio-Ae-Mulsion Forte (6 drops), Multi-Mins Iron & Copper Free (6)

**Secondary Support:** Bio-D-Mulsion Forte (4-8 drops), Se-Zyme Forte (1-3), Cytozyme-THY
HYPERTHYROIDISM, SECONDARY to ADRENAL HYPOFUNCTION

Rule out benign or malignant tumor, and address as hypoadrenia with non-toxic goiter.

Bio-B 100 (9), Blackcurrant Seed Oil (6), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Mn-Zyme (3), Rb-Zyme (3)

With Iodine Sensitivity: Support liver function by adding Livotrit Plus (3-6), Beta-TCP (3-6), MCS-2 (3-6), Bio-Ae-Mulsion Forte (6 drops)

Without Iodine Sensitivity: Thyrostim (3-9), Liquid Iodine (30 drops) or Liquid Iodine Forte (15 drops)

HYPERTHYROIDISM, SECONDARY to ANTERIOR PITUITARY HYPERFUNCTION

Rule out pituitary tumor.

Cytozyme-PT/HPT (6), Nuclezyme Forte (3), Bio-CMP (9) before meals and (3) at bedtime

Secondary Support: With increased blood pressure (>140 over >90) ADHS (2-4), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2)

HYPOADRENIA | Decreased Adrenal Hormone Production

Rule out hypochlorhydria, chronic stress, trace minerals deficiency, and inadequate sleep.

Cytozyme-AD and/or ADB5-Plus (6-12), ADHS (2-4) in the morning, Bio-3B-G (9), Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3), EGCG-200mg (2-4), Basic Nine (1-2), Tocotrienols (3), L-Tyrosine (3-6), Gammanol Forte (3-6), Thiamin 50 (1-2), Phosphatidylserine (3), DHEA-5 mg (1), Melatonin-B6/Mg (½ tab) before bedtime

Secondary Support: Cytozyme-PT/HPT (3-6), Bio-Glycozyme Forte (3-9), Cu-Zyme (3-6), Bioctasol Forte (3-6), Bio-B 100 (3-6), L-Tyrosine (3), Cu-Zyme (3-6), HR#5 Chronic Stress (1-2 capfuls)

Alternative Support: Sea or Rock Crystal Salt, Licorice (Glycyrrhiza glabra), Cordyceps Mushroom (Cordyceps sinensis), Eleuthero (Eleutherooccus senticosus) a.k.a. Siberian Ginseng, Ashwagandha (Withania somnifera), Rhodiola (Rhodeola rosea), Schisandra (Schisandra sinensis), Pantothenic Acid (B5), Rehmannia (Rehmannia glutinosa), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C), Earthing/Grounding

HYPOCHOLESTEROLEMIA (Low Cholesterol) | Decreased Serum Fatty Lipid Sterol

Rule out statin drug therapy and its many deleterious "side" effects.

Lipid-Sirt (8), Beta-TCP (6-9), Livotrit Plus (3), Bio-GGG-B (6-9), Biomega-3 or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12)

Secondary Support: Mixed EFAs (1-2 tbsp), PCOH-Plus (2-3)

HYPOCHLORHYDRIA (Low Stomach Acid) | Belching, Bloating, Gas, Feeling Full

Rule out diabetes mellitus, thyroid dysfunction (hyper or hypo), childhood asthma, eczema, gallbladder dysfunction/disease, osteoporosis, rheumatoid arthritis, chronic hives, systemic lupus erythematosus (SLE), adrenal hypofunction, chronic hepatitis, vitiligo, and rosacea; symptoms include postprandial bloating, belching, fullness feeling, gastric burning, constipation or diarrhea; physical signs include fingernail weakness, peeling, and breaking, female hair loss, upper abdominal gas, and capillary dilation on cheeks and nose.
Hydro-Zyme (2-4) per meal increased by (1) per meal until gastric discomfort (burning sensation) or Betaine Plus-HP (1-2) per meal, Thiamin 50 (1-2), B12-2000 Lozenges (3)

**Alternative Support:** Apple Cider Vinegar & Honey (raw organic)

### HYPOGLYCEMIA, DYSINSULINISM or REACTIVE | Low Serum Blood Sugar

*Rule out magnesiuim deficiency.*

Bio-Glycozyme Forte (6-12), Inositol (3-6) or Inositol Powder (1½ tsp), Cytozyme-AD (3-6), Beta-TCP (6-9), ADHS (3), Biomega-3 or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Amino Sport (3) as needed or Amino Acid Quick-Sorb (15-20 drops or 3-6 squirts) as needed, Garlic Plus (3), Bio-3B-G (3), Bio-B 100 (6-9), GSH-Plus (3), Intenzyme Forte (15-21) on an empty stomach, Bio-FCTS (3-6), EGCG-200mg (2)

**Secondary Support:** L-Glutamine (3) or L-Glutamine Powder (1 tsp), Mn-Zyme (1), Bio-C Plus 1000 (1-3), Cytozyme-LV (3), Whey Protein Isolate - Original, Chocolate or Vanilla or Pea Protein Isolate (1-2 scoops) or Whey Protein Concentrate (2 scoops)

**Alternative Support:** Dandelion (*Taraxacum officinale*), Milk Thistle (*Silybum marianum, silymarin*), Red Raspberry Leaf (*Rubus idaeus*), Astragalus (*A. membranaceus*), Swedish Bitters (alcohol/botanical drink), Artichoke Leaf (*Cynara cardunculus*), Apple Cider Vinegar & Honey (raw organic), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

### HYPOGLYCEMIA, REACTIVE | Low Blood Sugar after Meals (Postprandial)

*Rule out magnesium deficiency.*

Bio-Glycozyme Forte (6-9) between meals at mid-morning and mid-afternoon

**Alternative Support:** Apple Cider Vinegar & Honey (raw organic)

### HYPOGONADISM | Diminished Testicular/Ovarian Hormone Function

*Rule out erectile dysfunction (ED), low libido, pharmaceutical usage (statins), depression, impaired memory and/or cognition, reduced muscle mass and bone density, malaise, obesity, lack of exercise, and mineral/trace element deficiencies (selenium, vitamin D, zinc).*

Cytozyme-M (3-12) or Cytozyme-Orchic (3-6) for males; Cytozyme-F or Cytozyme-O (3-6) for females; Cytozyme-PT/HPT (3-6), DHEA-5 mg (1), TMG Powder (1-2 level tsp), Melatonin-B6/Mg (½ tab) before bedtime, Cytozyme-PT/HPT (3), E-Mulsion 200 (3-6), Se-Zyme Forte (1-3) or Aqueous Selenium (1-6 drops) or Selenomethionine (1), Bio-D-Mulsion Forte (2-4 drops), Basic Nine (1-2), Zn-Zyme (2) or Zn-Zyme Forte (1)

### HYPOPARATHYROIDISM, PRIMARY | Low Parathyroid Hormone Levels

*Rule out calcium deficiency, fatigue, low back pain, depression, high blood pressure, cardiac issues, and muscle twitching.*

Bio-D-Mulsion Forte (5-10 drops), Ca/Mg Plus (6-12) or C/Cal/Mag Powder (3 tsp)

### HYPOTENSION | Low Blood Pressure

Bio-CardioSirt BP (1 rounded scoop), Stamina Caps (3-6) or Bio-3B-G (3), Cytozyme-AD (3) and/or ADBS-Plus (2-4), Bio-Glycozyme Forte (3), ADHS (3), Bio-D-Mulsion Forte (2-4 drops), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Gammanol Forte (3-6)

**Alternative Support:** Increase Sea or Rock Crystal Salt intake, Black Seed (*Nigella sativa*)
HYPOTHYROIDISM, GENERAL
Rule out hypochlorhydria, iodine, essential fatty acid and protein insufficiency, hormonal imbalance, high-carbohydrate diet, fluoride and chlorinated water, food allergy, dietary soy and artificial sweeteners (aspartame, sorbitol, sucralose), heavy metal toxicity, and trace minerals deficiency.

With Decreased T-4: L-Tyrosine (4), Liquid Iodine (120 drops) or Liquid Iodine Forte (60 drops) or Iodizyme-HP (½ tab), GTA (3-6) but GTA Forte (2) with TSH above 10, EFA-Sirt Supreme (12) or Optimal EFAs Caps (6-12), Flax Seed Oil (6) or SunFlax Caps (4) or Biomega-3 (6), Blackcurrant Seed Oil (3-6), Bio-D-Mulsion Forte (2-4 drops), Nuclezyme Forte (3), L-Tyrosine (3-6), Bio-B 100 (6-9)

With Decreased T-3: Add Meda-Stim (3-6), and reduce Liquid Iodine Forte to (30)

With Hyperadrenia: ADHS (1-3) am & pm, Phosphatidylserine (1-3) am & pm, Bio-CMP (3-9) am & pm

With Hashimoto's Thyroiditis: Add Se-Zyme Forte (2) or Selenomethionine (1), E-Mulsion 200 (2)

With Reverse T3 & Excess Cortisol: Meda-Stim (3-6), ADHS (1-3) am & pm, Optimal EFAs Caps (6-12), Phosphatidylserine (1-3) am & pm

Secondary Support: Hydro-Zyme (3-6) or Betaine Plus HP (1-3), Bio-Ae-Mulsion Forte (3 drops), Rb-Zyme (3), Basic Nine (1-2), Cytozyme-PT/HPT (3), Aqueous Selenium (3-6 drops) or Selenomethionine (1), Neonatal Multi-Gland (6), Super Phosphozyme Liquid (60 drops) or Super Phosphozyme (6-9), Cytozyme-Parotid-TS (3), Bio-C Plus 1000 (1-3), EGCG-200mg (2-4), E-Mulsion 200 (1-3), DL-Phenylalanine (1-3), Pea Protein Isolate, Whey Protein Isolate - Original, Chocolate or Vanilla or Whey Protein Concentrate (1 scoop)

Alternative Support: Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Goldenseal (Hydrastis canadensis), Kelp (brown seaweed algae), Bayberry (Myrica cerifera), Black Cohosh (Actaea racemosa), Gentian (Gentiana lutea), Swedish Bitters (alcohol/botanical drink), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

HYPOTHYROIDISM, PRIMARY | Hormonal Hypofunction by Reduced Production
Rule out elevated Thyroid Binding Globulin (TBG).

GTA (3-6), Meda-Stim (3-6), Liquid Iodine (20-60 drops) or Liquid Iodine Forte (10-30 drops) or Iodizyme-HP (½ tab), Thyrostim (3-9), EFA-Sirt Supreme (12) or Optimal EFAs Caps (6), L-Tyrosine (3-6), Rb-Zyme (3), Aqueous Selenium (3-9 drops) or Selenomethionine (1), Bio-D-Mulsion Forte (2-4 drops)

With Hypoadrenia: Bio-CMP (3), Phosphatidylserine (1-3), ADHS (3-9) in the am

Alternative Protocol: Ca D-Glucarate (3-6), MSM (3-6), MCS-2 (6-12), Beta-TCP (6-12, OOrganic-15 (6-12)

Alternative Support: Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Goldenseal (Hydrastis canadensis), Kelp (brown seaweed algae), Bayberry (Myrica cerifera), Black Cohosh (Actaea racemosa), Gentian (Gentiana lutea), Swedish Bitters (alcohol/botanical drink), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)
HYPOTHYROIDISM, SECONDARY to ANTERIOR PITUITARY HYPOFUNCTION

Cytozyme-PT/HP (3-6), Thyrostim (3-9), GTA (3-6) or GTA-Forte (3), Mn-Zyme (3-6), EFA-Sirt Supreme (12) or Optimal EFAs Caps (6-12), Bio-D-Mulsion Forte (2-4 drops)

*Alternative Support:* Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Goldenseal (Hydrastis canadensis), Kelp (brown seaweed algae), Bayberry (Myrica cerifera), Black Cohosh (Actaea racemosa), Gentian (Gentiana lutea), Swedish Bitters (alcohol-botanical drink)

HYPOTHYROIDISM, SECONDARY to HEPATIC DYSFUNCTION

Livotrit Plus (3-6), MCS-2 (3-6), GTA (3-6) or GTA-Forte (3), Beta-TCP (3-6), Cytozyme-LV (3-6), Beta Plus (3-6), Phosphatidylcholine (3), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Bio-D-Mulsion Forte (2-4 drops)

*Alternative Support:* Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Goldenseal (Hydrastis canadensis), Kelp (brown seaweed algae), Bayberry (Myrica cerifera), Black Cohosh (Actaea racemosa), Gentian (Gentiana lutea), Swedish Bitters (alcohol-botanical drink)

HYPOXIA | Blood or Tissue Oxygen Insufficiency Deficiency

Bioctasol Forte (3-6), E-Mulsion 2000 or E-200 H2 (1), Tocotrienols (2)

*With Cardiovascular Condition:* Add Bio-Cardiozyme Forte (3-6), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2)

*Alternative Support:* Dimethylglycine (DMG)

HYSTERECTOMY | Surgical Removal of Uterus

Equi-Fem or PMT (6), Gammanol Forte (6), Bio-D-Mulsion Forte (2-4 drops), EFA-Sirt Supreme (12) or Optimal EFAs Caps or Biomega-3 (6), Osteo-B II (6), C/Cal/Mag Powder (2 tsp), Garlic Plus (3), Potassium-HP (1 scoop), Cytozyme-THY (3), Bio-C Plus 1000 (1-3), Bio-B 100 (6-9), Cytozyme-F (3-6), E-Mulsion 200 (1-3)

*Secondary Support:* L-Arginine (3), L-Lysine HCl (3), Bio-Ae-Mulsion Forte (3-6 drops), St. John's Forte (1-3), Mood Enhancer (1-2) before meals or at bedtime, Melatonin-B6/Mg (½ tab) before bedtime

*Alternative Support:* Dong Quai (Angelica sinensis), Fenugreek (Trigonella foenum-graecum), Red Clover (Trifolium pratense), Sage (Salvia officinalis), Ginseng (Panax ginseng), Licorice (Glycyrrhiza glabra), Wild Yam (Dioscorea villosa), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

IBS (Irritable Bowel Syndrome)

See “Irritable Bowel Syndrome (IBS) | Bowel Dysfunction and Inflammation”

ICHTHYOSIS | Fish-like or Dry, Scaly Skin

EFA-Sirt Supreme (12) or Optimal EFAs Caps (6) or Mixed EFAs (3 tbsp) also applied once daily to dry skin, preferably after bathing, Bio-Ae-Mulsion Forte (3 drops), also applied topically to dry skin areas, Cytozyme-Trachea (6), MSM Powder (4 tsp)

*Alternative Support:* Progesterone (topical cream)
ILEITIS - CROHN'S DISEASE | Chronic Intestinal Inflammation

*Rule out celiac disease (gluten intolerance), dysbiosis (microbial imbalance), leaky gut, autoimmune conditions, and allergies.*

NutriClear or NutriClear Chocolate (2 servings) daily for 5 days, increase by (1 serving) every three days until maximum of (5 servings) daily, then decrease by (1 serving) daily every three days until no longer needed, Livortit Plus (3), Beta-TCP (6), Gastrazyme (6), IPS (6), Bio-D-Mulsion Forte (2-4 drops), KappArest (8), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), EFA-Sirt Supreme (12) or Optimal EFAs Caps (6), Bio-FCTS (4) before meals, EGCG-200mg (2), B12-2000 Lozenges (2), Colon-Plus Caps (15), Bio-Cyanidins (3)

**Secondary Support:** Neutrophil Plus (6) with bacterial infection or UltraVir-X (4) before meals with viral infection, POA-Phytolens (3-6), Chlorocaps or Chlorella Caps (6-12), L-Glutamine (6-12), A.D.P. (6-9), Bio-HPF (6-9) with dysbiosis, HistoPlex (6-9) with food allergies, Bio-Immunozyme Forte (3), Neonatal Multi-Gland (6), DL-Phenylalanine (1-3)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm)

ILEOCECAL VALVE (ICV) DYSFUNCTION | Junction of Small & Large Intestines

*Rule out intestinal parasites, dysbiosis, food allergy or sensitivity, and stress.*

**With Severe Digestive Inflammation:** NutriClear or NutriClear Chocolate (2-3 servings) on an empty stomach, until inflammation is reduced, Gastrazyme (12) with meals until stool turns green, then decrease dosage, IPS (6) am & pm away from food, Chlorocaps or Chlorella Caps (3), HCL-Ease (2)

**With ICV Open:** Add Hydro-Zyme (2-3) or Betaine Plus-HP (1) per mid-meal, continue with Gastrazyme at (2) per meal

**With ICV Closed:** Add Ca/Mg-Plus (6) before meals, Bio-D-Mulsion Forte (2), Phosphatidylcholine (6)

**IMMUNE ADAPTIVE SYSTEM | General Supplementation Support**

B12-2000 Lozenges (1-3), Methylfolate Plus (3-6) or B12/Folate Plus (3-6) or Folate-5 Plus (1), Cytozyme-THY (3-9), Cytozyme-SP (3-9), Immuno-gG (3-6), Bio-Ae-Mulsion Forte (3-6 drops), Bio-D-Mulsion Forte (4-8 drops)

**Secondary Support:** Bio-Immunozyme Forte (6-12), GSH-Plus (3-6), Bio-FCTS (3-6), EGCG-200mg (2), NAC (3-6), Dismuzyme Plus or Dismuzyme Plus 5000 (3-6), Bio-Ae-Mulsion Forte (3-6 drops)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Apple Cider Vinegar & Honey (raw organic)

**IMMUNE INNATE SYSTEM | General Supplementation Support**

*Rule out vitamin B, mineral, and essential fatty acid (EFA) deficiencies.*

Neutrophil Plus (6-9), B12-2000 Lozenges (3), Methylfolate Plus (3-6) or B12/Folate Plus (6-12) or Folate-5 Plus (1), B6 Phosphate (6-9), Bio-B with C (3-6)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Apple Cider Vinegar & Honey (raw organic)

**IMMUNE SYSTEM CONDITIONS | Acute and Chronic**
Bio-Immuozone Forte (3-6), BioProtect (3), IAG (3-6 tsp), EGCG-200mg (1-2), EFA-Sirt Supreme (12) or Optimal EFAs Caps (6), Bio-D-Mulsion Forte (2-4 drops), BioDoph-7 Plus (3-6), Methylfolate Plus (3) or 5-MTHF Plus Forte (1), B12-2000 Lozenges (3), 7-Keto-Zyme (3-6) or 7-Keto-Zyme Forte (1-3), Melatonin-B6/Mg (½ tab) before bedtime

**Antimicrobial Support:** A.D.P. (9-12) before meals for 2 weeks, then (3) for four more weeks, Intenzyme Forte (12-24) on an empty stomach or Bromelain Plus CLA (12-24) apart from food, FC-Cidal (6-12) for six weeks, Dysbiocide (6-9), Bio-HPF (6-9), Caprin (6-12), MSM (3-6), Garlic Plus (3-6), POA-Phytolens (3-9)

**Autoimmune, Hepatic, Free Radical Conditions:** Dismuzyme Plus Granules (3)

**Bacterial Condition:** B6 Phosphate (3), Cytozyme-THY (3-9), Immuno-gG (3), Neutrophil Plus (6-12)

**Fungal Condition:** A.D.P. (6-12) and (3) at bedtime, FC-Cidal (6-12)

**Mucus Condition:** Liquid Iodine (60-90 drops) or Liquid Iodine Forte (30-45 drops) or Iodizyme-HP (1)

**Renal Condition:** Renal Plus or Nephra-Zyme (6-12)

**Respiratory Condition:** Pneuma-Zyme (6-12)

**Viral Condition:** UltraVir-X (3-9)

**Secondary Support:** DL-Phenylalanine (1-3), 10-Day BioDetoxification (Pea or Whey) Program (2)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm)

### IMMUNE SYSTEM INSUFFICIENCY | General Supplementation Support

Rule out physical or psychological stress, free radical pathology, intestinal parasites, general and oral infection (bacterial, viral, fungal), drug abuse (alcohol or medications), high-carb processed food diet, hidden food or environmental sensitivities (e.g., high-fructose corn syrup), and heavy metal toxicity. Nutrient categories for immune system support: enzymes, vitamins (especially D), minerals (especially magnesium), fiber, protein (amino acids), probiotics, and essential oils.

Bio-Immuozone Forte (6), Dismuzyme Plus (6-9) or Dismuzyme Plus Granules (1-3 tsp) or Dismuzyme Plus 5000 (3-6), Bio-FTCS (3-6), EGCG-200mg (2), Bio-C Plus (3-6) or Bio-C Plus 1000 (3-6), Cytozyme-THY (12), Cytozyme-SP (3-6), Flax Seed Oil (6) or SunFlax Caps (4) or Biomega-3 or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Bio-D-Mulsion Forte (4-8 drops), NAC (3-6), IAG (3 tsp), Bio-Ae-Mulsion Forte (3-6 drops), Neonatal Multi-Gland (6), BioDoph-7 Plus (3), Garlic Plus (3), NitroGreens (1 scoop), Bio-Trophic Plus (3), Amino Sport (6-12), Methylfolate Plus (3) or 5-MTHF Plus Forte (1), B12-2000 Lozenges (3), Acetyl-L-Carnitine (3), Cognitive Enhancer (1) before breakfast & (1) before lunch or dinner, Immuno-gG (6), GSH-Plus (3), Methionine-200 (3), Intenzyme Forte (12-24) on an empty stomach, Bio-Cyanidins (3), Saccharomyces boulardii (1-3), Mixed Ascorbate Powder (1 tsp), Aqueous Zinc (½-1 bottle) until unpleasant taste, then switch to Zn-Zyme (1-2) or Zn-Zyme Forte (1), Pea Protein Isolate or Whey Protein Isolate or Whey Protein Isolate – Chocolate or Vanilla or Whey Protein Concentrate (2 scoops)

**Antibodies Support:** Immuno-gG (3-6), Cytozyme-SP (6-12), Pea or Whey Protein Isolate (1-3 scoops)
**Bowel Support:** Colon-Plus Caps (6-9), BioDophilus 7 Plus (3-6), Butyric-Cal-Mag (6), Saccharomyces boulardii (3)

**Liver Support:** Cytozyme-LV (6-12), Beta-TCP (6-12), Phosphatidylcholine (3), UltraVir-X (3-9)

**Spleen Support:** Cytozyme-SP (3-6), Dismuzyme Plus Granules (1-3 tsp) or Dismuzyme Plus (3-6) or Dismuzyme Plus 5000 (1-3)

**Thymus Support:** Cytozyme-THY (3-6), Se-Zyme Forte (3-6) or Aqueous Selenium (3-6 drops)

**Secondary Support:** 10-Day BioDoxification (Pea or Whey) Program (2), BioProtect (3), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), B6 Phosphate (3), DopaTropic Powder (1 rounded tsp), Mn-Zyme (3), Se-Zyme Forte/(1) or Selenomethionine (1), Taurine (3), Bio-B 100 (6-9), Ginkgo Biloba (3), Melatonin-B6/Mg (½ tab) before bedtime, HR#2 Lymphatic Drainage (1 capful)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Spirulina (Arthrospira) cyanobacterium blue-green algae, Clove (Syzygium aromaticum), Eucalyptus (E. globulus), Echinacea (Echinacea angustifolia), Thyme (Thymus vulgaris), Ravensara aromatica (essential oil), Kelp (brown seaweed algae), Propolis (bee resin flavonoid), Beta-glucan (polysaccharide sugars), Dimethylglycine (DMG), Astragalus (Astragalus membranaceus), Hawthorn (Crataegus oxyacantha/monogyna), Dandelion (Taraxacum officinale), Black Radish (Raphanus sativus), Bayberry (Myrica cerifera), Fenugreek (Trigonella foenum-graecum), Liquorice (Glycyrrhiza glabra), Mushrooms: Reishi (Ganoderma lucidum) a.k.a. "Lingzhi mushroom," Maitake (Grifola frondosa), Cordyceps (Cordyceps sinensis), Agaricus (Agaricus bisporus & Campestris), Turkey Tail (Trametes versicolor), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**IMPETIGO | Inflammatory Skin Disease**

Cytozyme-Trachea (6), Osteo-B Plus or Osteo-B II (4), Intenzyme Forte (12) on an empty stomach, Bio-D-Mulsion Forte (2-4 drops), KappArest (8), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), EFA-Sirt Supreme (12) or Optimal EFAs Caps (6)

**IMPOTENCE, MALE | Erectile Dysfunction (ED)**

See "Erectile Dysfunction (ED) | Male Impotence"

**INCONTINENCE, URINARY | Involuntary Urine Leakage, Bladder Weakness**

*Rule out excessive dietary caffeine and alcohol, artificial sweeteners (aspartame, sorbitol, sucralose), potassium deficiency, and dehydration.*

UT Complex (3), Nephra-Zyme (6), Bio-CMP (3-6), Amino Sport (6-12)

**Secondary Support:** K-Zyme (3) or Potassium-HP (1 scoop), Bio-Ae-Mulsion Forte (1-3 drops), Zn-Zyme (1-3) or Zn-Zyme Forte (1)

**Alternative Support:** Butterbur, Crateva (C. magna), Damiana (Turnera diffusa), Vinpocetine derived from Lesser Periwinkle (Vinca minor), Angelica (A. archangelica), "Kegels" exercise

**INDIGESTION (Dyspepsia) | Inability to Sustain the Digestive Process**

Hydro-Zyme (6-12) with meals, Gastrazyme (6) between meals, Garlic Plus (3), Optimal EFAs Caps (3-6), Bio-B 100 (6-9), BioDophilus Caps (3), BioDophilus 7 Plus (1-3), HCL-Ease (4)

**Secondary Support:** NAC (3), Se-Zyme (1-2) or Selenomethionine (1), Mn-Zyme (1), L-
Carnitine (3)


**INFANT DIGESTIVE DISTRESS | Colic, Constipation, Diarrhea**

*Rule out dairy or formula sensitivity, thymus hypofunction, dysbiosis, infection (bacterial or viral), intestinal parasites, bowel obstruction, and poor diet with breastfeeding mother.*

Cytozyme-THY (1–4), Bromelain Plus CLA (1-2) on an empty stomach, BioDophilis-FOS (¼-½ tsp) or Lactozone (½-1) in lieu of BioDophilus-FOS with Klebsiella (sometimes pathogenic bacterial species), Saccharomyces boulardii (1)

**Secondary Support:** Aqueous Multi-Plus (½ tsp)

**INFECTION, ACUTE | Infestation of Pathogenic Microorganisms**

Intenzyme Forte (12-15) on an empty stomach, Bio-C Plus 1000 (12), Bio-Immunozyme Forte (6-9), A.D.P. (6-12), Garlic Plus (6), Bio-FCTS (3), EGCG-200mg (2), IAG (3-6 tsp), GSH-Plus (3-6), Dismuzyme Plus (6-9) or Dismuzyme Plus Granules (1-3 tbsp) or Dismuzyme Plus 5000 (3-6), Iodizyme-HP (1), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2)

**With Bacterial Infection:** Neutrophil Plus (6), Bio-HPF (6)

**With Viral Infection:** UltraVir-X (6)

**Alternative Support:** Apple Cider Vinegar & Honey (raw organic), Olive Leaf (*Olea Europaea*), Lactoferrin (protein), Elderberry (*Sambucus canadensis*), Chamomile (*Matricaria chamomilla*) tea, Colloidal Silver (1 tbsp @ 40 ppm, then 1-2 tsp thrice daily), Oregano (*Origanum vulgare*), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C), Black Seed (*Nigella sativa*)

**INFECTION, FUNGAL (Mycoses) | Fungi-Induced Tissue Pathology**

*Rule out refined and processed diet of high-glycemic index/glycemic load (GI/GL) carbs, alcohol, fermented foods, dairy, hydrogenated fats and oils, and fruit (fructose) juices.*

Gastrazyme (6), I.P.S (6), Beta-TCP (6), ResveraSirt-HP (1-3); after one week, add A.D.P. (5) three times daily before meals for one week, then (3) three times daily, Bio-B 100 (12), Caprin (6-9), MSM (3) or MSM Powder (1-2 tsp), FC-Cidal (6-9), Liquid Iodine (30 drops) or Liquid Iodine Forte (15 drops) twice daily, POA-Phytolens (4), Garlic Plus (3), Bio-Cyanidins (2), EGCG-200mg (2-4), HR #8 Fungal-Yeast Infection; after three weeks, reduce protocol by 50% and add Lactozone (6) or BioDophilus Caps (3) before meals, Saccharomyces boulardii (3), Immuno-gG (6), Berberine HCl (1), Bromelain-Plus (3) on an empty stomach, BioDoph-7 Plus (3)

**Secondary Support:** Neonatal Multi-Gland (6), remain on protocol for 8 weeks, Bio-Allay (3), Sculacia (3), Dismuzyme Plus (6-9) or Dismuzyme Plus Granules (1-3 tbsp) or Dismuzyme Plus 5000 (3-6)

**Alternative Support:** Magnesium/Epsom Salts (body or foot bath), Goldenseal (*Hydrastis canadensis*), Oregano (*Origanum vulgare*), Tea Tree (*Melaleuca alternifolia*) oil,
**INFECTION, VIRAL, CHRONIC | Pathogenic Microorganisms Infestation**

Intenzyme Forte (9-12) on an empty stomach, UltraVir-X (6), MCS-2 (3), Bio-FCTS (6), EGCG-200mg (2), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), Bio-Immunozyme Forte (3), IAG (3-6 tsp) in water, Immuno-gG (6), Dismuzyne Plus (6-9) or Dismuzyne Plus Granules (1-3 tbsp) or Dismuzyne Plus 5000 (3-6), E-Mulsion 200 (1-2) or Bio-E-Mulsion Forte (15-45 drops)

**Secondary Support:** BioProtect (3), Mixed EFAs (3 tbsp), Iodizyme-HP (½-2)

**Alternative Support:** Apple Cider Vinegar & Honey (raw organic), Olive Leaf (Olea Europaea), Lactoferrin (protein), Oregano (Origanum vulgare), Elderberry (Sambucus canadensis), Chamomile (Matricaria chamomilla) tea, Colloidal Silver (1 tbsp @ 40 ppm, then 1-2 tsp thrice daily), Black Seed (Nigella sativa)

**INFECTION, INTESTINAL**

A.D.P. (3-6) & (1) at bedtime, Bio-HPF (6), Bromelain Plus CLA (9-12) on an empty stomach

**Alternative Support:** Apple Cider Vinegar & Honey (raw organic), Olive Leaf (Olea Europaea), Lactoferrin (protein), Elderberry (Sambucus canadensis), Chamomile (Matricaria chamomilla) tea, Oregano (Origanum vulgare), Colloidal Silver (1 tbsp @ 40 ppm, then 1-2 tsp thrice daily), Black Seed (Nigella sativa)

**INFECTION, RECOVERY**

Bio-Immunozyme Forte (3), Intenzyme Forte (6-9) on an empty stomach, Cytozyme-AD (6) and/or ADB5-Plus (2-4), Chlorella Caps (6)

**INFERTILITY, FEMALE | Inability to Sexually Conceive or Reproduce**

*Rule out hormonal imbalance (estrogen, progesterone, testosterone), endocrine dysfunction (primary hypothyroidism or same secondary to anterior pituitary hypofunction), irregular ovulation, fallopian tube blockage, reactive hypoglycemia, high-carbohydrate/refined food diet, excessive caffeine and alcohol consumption, magnesium and iron deficiencies, poor diet, and stress.*

EFA-Sirt Supreme (12) or Optimal EFAs Caps or Biomega-3 (6) or Biomega-3 Liquid (1-2 tsp), Bio-Glycozyme Forte (6-9) between meals, Gammanol Forte (6), B-12/Folate Plus (6) or Methylfolate Plus (3) or 5-MTHF Plus Forte (1), b-VITAL (2), E-Mulsion 200 (1-2) or E-200 Hy (1-2), Tocotrienols (2), Bio-C Plus 1000 (1-3), EGCG-200mg (2-4), Se-Zyme Forte (1) or Selenomethionine (1), Phosphatidylcholine (3), Chlorocaps (3), Bioctasol Forte (3), Zn-Zyme (1-2) or Zn-Zyme Forte (1)

**Secondary Support:** Equi-Fem or PMT (6) if on hormone replacement therapy (HRT), Thyrostim (3), Meda-Stim (3), GTA (3), Cytozyme-O or Cytozyme-F (3-12), 7-Keto-Zyme or 7-Keto-Zyme Forte (1-2), Mn-Zyme (1), Intenzyme Forte (9-18) on an empty stomach, Bio-Cyanidins (3-6), Methionine-200 (3)

**Alternative Support:** Para-aminobenzoic Acid (PABA), Dimethylglycine (DMG), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C), Acupressure

**INFERTILITY, MALE | Inability to Sexually Conceive or Reproduce**

*Rule out hormonal imbalance (estrogen, progesterone, testosterone), magnesium deficiency, endocrine dysfunction (primary hypothyroidism or same secondary to anterior pituitary hypofunction)*
hypofunction), abnormal or low sperm count, erectile dysfunction, reactive hypoglycemia, high-carbohydrate/refined food diet including soda pop, and stress.

Palmetto Plus Forte (3-12), Cytozyme-Orchic or Cytozyme-M (3-12), b-VITAL (3-9), Bio-Ae-Mulsion Forte (2-4 drops), Biomega-3 (6) or Biomega-3 Liquid (1-2 tsp) or Optimal EFAs (6), EFA-Sirt Supreme (12), Aqueous Zinc (½ bottle) until distasteful, Multi-Mins Iron & Copper Free (1-3), E-Mulsion 200 or E-200 Hβ (1-2), Tocotrienols (2), Co-Q-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), Se-Zyme (1) or Selenomethionine (1), Bio-C Plus 1000 (1-3), EGCG-200mg (2-4), Phosphatidylcholine (3), Zn-Zyme (1-2) or Zn-Zyme Forte (1), Bioctasol Forte (3), L-Arginine (6-9)

**Secondary Support:** Bio-Cardiozyme Forte (3-12), Cytozyme-AD (3-12) or ADB5-Plus (3), 7-Keto-Zyme or 7-Keto-Zyme Forte (1-2), Mn-Zyme (1), Intenzyme Forte (9-18) on an empty stomach, Bio-Cyanidins (3-6), Methionine-200 (3)

**Alternative Support:** Astragalus (*A. membranaceus*), Dimethylglycine (DMG), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomial C (molecule-soluble vitamin C)

**INFLAMMATION, GENERAL | Localized Tissue Reaction to Injury or Infection**

Rule out infection, trauma, excessive stress, allergies, and magnesium deficiency. Consider "RICE" (Rest, Ice, Compression, Elevation) therapy.

Intenzyme Forte (12-18) repeatedly on an empty stomach, reduce to (9) when the inflammation abates, Bio-FCTS or Bio-Cyanidins (6-9), EGCG-200mg (2), Dismuzyme Plus (6-9) or Dismuzyme Plus Granules (1-3 tbsp) or Dismuzyme Plus 5000 (3-6), ResveraSirt-HP (1-3), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), Flax Seed Oil (3), Optimal EFAs Caps (6), Sesame Seed Oil Caps (1-3), KappArest (9), ChondroSamine-S or ChondroSamine Plus (3), Saccharomyces boulardii (1-3), Bio-D-Mulsion Forte (2-4 drops), Bio-C Plus 1000 (1-3), Zn-Zyme (1-2) or Zn-Zyme Forte (1), Phosphatidylcholine (1-3), GSH-Plus (3) before meals

**Acute:** Intenzyme Forte (12-18) loading dose on an empty stomach ASAP, then (3-6) three to five times daily for two to three days, then (3-6) daily for maintenance, Bio-Allay (6-9) with meals

**Chronic:** Bio-D-Mulsion Forte (4-8 drops), Sculacia (3-6), KappArest (6-12), ResveraSirt-HP (3-6), Lipoic Acid Plus (3-6) or R-Lipoate CBG (2-4), POA-Phytolens (3-6), Optimal EFAs Caps or EFA-Sirt Supreme (3-9), Bio-FCTS (6-12), EGCG-200mg (2)

**With Adrenal Insufficiency:** ADB5-Plus (3-6), Cytozyme-AD (6-9), ADHS (3-6), L-Tyrosine (3-6)

**With Pain:** Bio-Allay (3), Sculacia (3), DL-Phenylalanine (3), KappArest (3-9), ResveraSirt-HP (3-6), Inositol (9-12)

**Alternative Pain Support:** Turmeric/Curcumin (BCM-95®), Boswellia (*Boswellia sacra*) a.k.a. Frankincense, Blue Lotus (*Nymphaea caerulca*), Wild Opiium Lettuce (*Lactuca vivosa*), Kava Kava (*Piper methysticum*), White Willow (*Salix alba*), Nattokinase & Serrapeptase (enzymes from natto & silk worm), Arnica (*Arnica montana*) pellet, cream, gel or ointment

**Secondary Support:** 10-Day BioDetoxification (Pea or Whey) Program (2), Bio-CMP (3) before meals, Bromelain Plus or Bromelain Plus CLA (3) on an empty stomach, Bio-Cardiozyme Forte (3), Garlic Plus (3), Blackcurrant Seed Oil or Evening Primrose Oil (3)

**Alternative Support:** Turmeric /Curcumin(BCM-95®), Tulsi (* Ocimum tenuiflorum*),
Rosemary (Rosmarinus officinalis), Boswellia (Boswellia sacra) a.k.a. Frankincense, Ginger (Zingiber officinale), Kelp (brown seaweed algae), Aloe (Aloe vera), Propolis (bee resin flavonoid), Tart Cherry (anti-inflammatory properties), Beta-glucan (polysaccharide sugars), Olive Leaf (Olea Europaea), Cayenne Pepper (Capsicum annuum), Bilberry (Vaccinium myrtillus), Magnesium (Chloride) Oil (transdermal), Apple Cider Vinegar & Honey (raw organic), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C), Black Seed (Nigella sativa), Hemp Seed (Cannabis sativa), Earthing/Grounding

INFLAMMATORY BOWEL DISEASE (IBD) | Crohn’s Disease or Ulcerative Colitis

Rule out bacterial infection, parasites, celiac disease, food allergies, iron deficiency anemia, and magnesium deficiency.

NutriClear or NutriClear Chocolate (2 servings) daily for five days, increase by (1 serving) every three days until maximum of (5) daily, then decrease by (1 serving) daily every three days until no longer needed, Livotrit Plus (3), Beta-TCP (6), KappArest (8), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), Gastrázyme (6), IPS (6), Bio-FCTS (4) before meals, EGCG-200mg (2), B12-2000 Lozenges (2), Colon-Plus Caps (15), EFA-Sirt Supreme (12) or Optimal EFAs Caps (6), Sesame Seed Oil Caps (1), L-Glutamine (3-6), GSH-Plus (3), Se-Zyme Forte (1) or Selenomethionine (1), Zn-Zyme Forte (1-2), Bio-Ae-Mulsion (3 drops), Bio-D-Mulsion Forte (2-4), Folic Acid 800 (1), Butyric Acid (3), Multi P (6), BioAe (1), BioProtect (3), Cal Mag (3), BioZyme Forte (3) or Bio-Lipoate CBG (1-2), Bio-Lipoate CBG (3), Bio-Cyanidins (3), Neutrophil Plus (6) with bacterial infection or UltraVir-X (4) before meals with viral infection, Bio-Immunozyme Forte (3), Bio-Multi Plus (3), Neonatal Multi-Gland (6), DL-Phenylalanine (1-3)

Secondary Support: 10-Day protocol of Bio-Cyanidins (3), Neutrophil Plus (6) with bacterial infection or UltraVir-X (4) before meals with viral infection, Bio-Immunozyme Forte (3), Bio-Multi Plus (3), Neonatal Multi-Gland (6), DL-Phenylalanine (1-3)

Alternative Support: Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Aloe (Aloe vera), Black Seed (Nigella sativa), Hemp Seed (Cannabis sativa)

INFLUENZA, PROPHYLAXIS

Bio-Immunozyme Forte (3), A.D.P. (3-6), Bio-C Plus 1000 (3-6), Bio-FCTS (3-6), EGCG-200mg (2), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), ResveraSirt-HP (1-3), BioProtect (1-3), Bio-Cyanidins (3-6), Bio-D-Mulsion Forte (2-4 drops), GSH-Plus (1-3), NAC (3), Cytozime-THY (3), Garlic Plus (3), Intenzyme Forte (6-9) on an empty stomach, KappArest (6), Pneuma-Zyme (3), BioDophilus-FOS (6) or BioDoph-7 Plus (3) or Lactozyme (6) before meals, Saccharomyces boulardii (3), Bio-Allay (3), Sculacia (3), Zn-Zyme (1-2) or Zn-Zyme Forte (1), Amino Sport (6-12), L-Lysine HCL (3)

Secondary Support: POA-Phytolens (3), Se-Zyme Forte (1) or Selenomethionine (1)

Alternative Support: Turmeric/Curcumin (BCM-95®), Grapefruit Seed (Citrus paradisi) & Grape Seed, Olive Leaf (Olea Europaea), Elderberry (Sambucus canadensis), Apple Cider Vinegar & Honey (raw organic), Hydrogen Peroxide (H2O2), Astragalus (A. membranaceus), Echinacea (Echinacea angustifolia), Goldenseal (Hydrastis canadensis), Cayenne Pepper (Capsicum annuum), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

INJURY, ACUTE

ChondroSamine-S or ChondroSamine Plus (3), Intenzyme Forte (12) ASAP on an empty stomach, then reduce to (9) when inflammation abates, Bio-D-Mulsion Forte (2-4 drops), KappArest (8), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), EFA-Sirt Supreme (12) or Optimal
EFAs Caps (6), Bio-FCTS (3), EGCG-200mg (2), HR#3 Acute Stress (3 capfuls)

**INSECT BITES and STINGS**

HistoPlex-AB (6), Bio-B Complex (6), Bromelain Plus (15) on an empty stomach, Bio-C Plus 1000 (3-6), Bio-Cyanidins (3), Bio-FCTS (3-6), EGCG-200mg (2), DL-Phenylalanine (1-3)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Grapefruit Seed (Citrus paradisi) extract and Black Radish (Raphanus sativus) juice transdermal topically, Oregano (Origanum vulgare), Tea Tree (Melaleuca alternifolia), Eucalyptus (E. globulus), & Emu (Dromaius) Australian flightless bird essential oils (transdermal topically), Aloe (Aloe vera), Holy Basil (Ocimum basilicum), Calendula (Calendula officinalis) ointment, Sage (Salvia officinalis), Neem (Azadirachta indica), Apple Cider Vinegar (raw organic topically), MSM (cream), Sodium Bicarbonate, Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**INSOMNIA | Sleeplessness, Cannot Get to Sleep**

*Rule out lack of exercise, stress, food allergy, pineal gland dysfunction, lack of sunshine, reactive hypoglycemia, alkaline mineral (magnesium), and thiamine deficiencies.*

De-Stress (2) 30 minutes before bedtime, Melatonin-B6/Mg (½ tab) before bedtime (as directed absent Benign Prostatic Hypertrophy (BPH) or Endocrine Hyperfunction), Mood Enhancer (1-2) before meals or at bedtime, Phenitropic (1-2), Bio-CMP (4) and/or Mg-Orotate 500 (3) one hour before bedtime, Folic Acid 800 (1), V.H.P. (4) one hour before bedtime, Neuro-5 HTP Plus (2-3) at bedtime, Bio-B3 Plus 250 (1), Bio-GGG-B (3) one hour before bedtime, Inositol (2) or Inositol Powder (1½ tsp)

**Secondary Support:** 10-Day BioDetoxification Kit (Pea or Whey) Program (2), Bio-D-Mulsion Forte (2-4)

**Alternative Support:** California Poppy (Eschscholzia californica), Glycine, Kava Kava (Piper methysticum), Lemon Balm (Melissa officinalis), Ignatia Amara (homeopathic), Apple Cider Vinegar & Honey (raw organic)

**INSOMNIA | Sleeplessness, Cannot Remain Asleep**

*Rule out lack of exercise, chronic stress, food allergy, pineal gland dysfunction, reactive hypoglycemia, alkaline mineral (magnesium), and thiamine deficiencies.*

De-Stress (2) 30 minutes before bedtime, Melatonin-B6/Mg (½ tab) before bedtime (as directed absent Benign Prostatic Hypertrophy (BPH) or Endocrine Hyperfunction), Mood Enhancer (1-2) before meals or at bedtime, Phenitropic (1-2), Bio-CMP (4) and/or Mg-Orotate 500 (3) one hour before bedtime, Folic Acid 800 (1), V.H.P. (4) one hour before bedtime, Neuro-5 HTP Plus (2-3) at bedtime, Bio-Glycozyme Forte (2) mid-morning and mid-afternoon and (2) two hours after dinner, Bio-GGG-B (3) one hour before bedtime, Beta-TCP (2) before bedtime, NutriClear or NutriClear Chocolate and Whey Protein Isolate - Original, Chocolate or Vanilla or Pea Protein Isolate or Whey Protein Concentrate (1 scoop) before bedtime with the B complex

**Secondary Support:** 10-Day BioDetoxification Kit (Pea or Whey) Program (2), St. John's Forte (2-4), Amino Sport (6-12) and Immuno-gG (3) before bedtime

**Alternative Support:** California Poppy (Eschscholzia californica), Glycine (amino acid),
Kava Kava (*Piper methysticum*), Lemon Balm (*Melissa officinalis*), Arsenicum (*A. album*) & Nux Vomica (homeopaths) for early waking, Apple Cider Vinegar & Honey (raw organic)

**INTERMITTENT CLAUDICATION | Ischemia-Induced Burning Leg Pain/Lameness**

*Rule out diabetes, essential fatty acid and vitamin E deficiencies, dehydration, and peripheral atherosclerosis.*

- Porphyra-Zyme (12) on an empty stomach, Bio-E-Mulsion Forte (15-45 drops), Ginkgo Biloba (3), Evening Primrose Oil or Blackcurrant Seed Oil (6-9), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), PCOH-Plus (4) in am and pm, L-Carnitine (6), E-Mulsion 200 (1-3)
- **Secondary Support:** GlucoBalance (6), Intenzyme Forte (12) on an empty stomach with inflammation, Bio-FCTS (3) before meals, EGCG-200mg (2)
- **Pain Support:** Bio-Allay (3), Sculacia (3), DL-Phenylalanine (1-3)
- **Alternative Pain Support:** Turmeric/Curcumin (BCM-95®), Boswellia (*Boswellia sacra*) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Blue Lotus (*Nymphaea caerulea*), Wild Opium Lettuce (*Lactuca vivosa*), Kratom (* Mitragyna speciosa*), Kava Kava (*Piper methysticum*), White Willow (*Salix alba*), Arnica (*Arnica montana*) pellet, cream, gel or ointment

**INTERSTITIAL CYSTITIS (IC) | Chronic Bladder Wall Inflammation**

*Rule out food allergies (especially dairy) or insensitivities especially those to acid foods.*

- A.D.P. (6), ChondroSamine-S or ChondroSamine Plus (3), MSM Powder (1-3 tsp), Mixed EFAs (3 tbsp) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Renal Plus or Nephra-Zyme (6), B12/Folate Plus (3-6)
- **Alternative Support:** Sodium Bicarbonate (baking soda), Aloe (*Aloe vera*), Marshmallow (*Althaea officinalis*), Ozone therapy

**INTESTINAL DYSFUNCTION | General Gut-Healing Supplemental Support**

- Immuno-gG (3-9), L-Glutamine (3-9) or L-Glutamine Powder (1-3 tsp), Gastrazyme (3-6), IPS (3-9), Colon Plus or Colon-Plus Caps (6-12), POA-Phytolens (6-12), Chlorocaps or Chlorella Caps (6-12), Bio-3B-G (6-12), Saccharomyces boulardii (1-3), NutriClear (2 scoops twice daily), Whey Protein Isolate - Original, Chocolate, or Vanilla or Pea Protein Isolate or Whey Protein Concentrate (2 scoops)
- **Alternative Support:** Apple Cider Vinegar & Honey (raw organic)

**IRON DEFICIENCY | Tendency to Anemia, White Sclera or Eyes Blue**

*Rule out copper, DNA, and vitamin (biotin B7, B12, folic acid, C, E) deficiencies.*

- Fe-Zyme (1-3), Nuclezyme-Forte (3), Cytozyme-SP (3-6), B12-2000 Lozenges (3) between meals, Folate-5 Plus (1-3), Beta-TCP (3-6), NitroGreens (1 scoop)
- **Alternative Support:** Ginseng (*Panax ginseng*), Rehmannia (*Rehmannia glutinosa*), Yellow Dock (*Rumex crispus*)

**IRON, HEAVY METAL DETOXIFICATION**

- Porphyra-Zyme (12) on an empty stomach, BioProtect (6), MSM (3) or MSM Powder (1 tsp), Zn-Zyme Forte (3), Mo-Zyme Forte (3), Cu-Zyme (1) apart from zinc supplementation, Bio-Multi Plus Iron & Copper Free (6), HR#7 Heavy Metal Detox (1 capful) for one week, then (2 capfuls) for 30 days
**Secondary Support:** Basic Nine (6), Garlic Plus (6), Bio-E-Mulsion Forte (30 drops) or E-Mulsion 200 (1) or E-200 H₂ (1-3), Tocotrienols (2), Methionine-200 (3)

**Alternative Support:** Coriander (*Coriandrum sativum*) a.k.a. Cilantro

**IRRITABILITY (Testiness)**
Mg-Zyme (6) or Mg-Orotate 500 (2) at bedtime or Aqua Mag-Cl (3 tsp) in choice of beverage, ADHS (3), Li-Zyme Forte (3-9), Bio-Glycozyme Forte (3), EFA-Sirt Supreme (12) or Optimal EFAs Caps (6), Bio-D-Mulsion Forte (2-4 drops), De-Stress (3), Mood Enhancer (1-2) before meals or at bedtime

**IRRITABLE BOWEL SYNDROME (IBS) | Bowel Dysfunction and Inflammation**

*Rule out hypochlorhydria, intestinal parasites, infection, food allergy/sensitivity (caffeine and alcohol), dietary fiber deficiency, dehydration, and bowel inflammation.*

10-Day BioDetoxification Kit (Pea or Whey) Program (2), then: NutriClear or NutriClear Chocolate and Whey Protein Isolate - Original, Chocolate or Vanilla or Pea Protein Isolate or Whey Protein Concentrate (2 scoops) twice daily, IPS (3-6) am & pm on empty stomach, MCS-2 (4), Beta Plus (6-12), Gastrazyme (6), Bio-B 100 (3-9), B12-2000 Lozenges (2), Folate-5 Plus (1-3), POA-Phytoleens (3), Bio-D-Mulsion Forte (2-4), Colon-Plus Caps (15), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), SunFlax Caps (3-6), KappArest (8), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), L-Glutamine (3-6) or L-Glutamine Powder (1-2 tsp), Immuno-gG (6), Butyric-Cal-Mag (6), BioDophilus-FOS (6) or BioDoph-7 Plus (3-6) or Lactozyme (6) before meals, Saccharomyces boulardii (3)

**Secondary Support:** IAG (1-3 tsp), Bio-Cyanidins (3), Neutrophil Plus (6) with bacterial infection or UltraVir-X (4) before meals with viral infection, Bio-Immunozyme Forte (3), Bio-Multi Plus (3), Neonatal Multi-Gland (6), GSH-Plus (3), Garlic Plus (3), Se-Zyme Forte (1) or Selenomethionine (1), Zn-Zyme Forte (1-2), Bio-Ae-Mulsion (3 drops), Amino Sport (6-9), DL-Phenylalanine (1-3)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Boswellia (*Boswellia sacra*) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Milk Thistle (*Silybum marianum*, silymarin), Alfalfa (*Medicago sativa*), Aloe (*Aloe vera*), Skullcap (*Scutellaria baicalensis*), N-Acetylglucosamine (NAG), Peppermint (*Mentha piperita*), Apple Cider Vinegar & Honey (raw organic)

**ITCHING, RECTAL (Pruritus)**
A.D.P. (6), IAG (1-3 tsp), Beta Plus (6), MCS-2 (3), Lactozyme (6) or BioDoph-7 Plus (3), Saccharomyces boulardii (3), Optimal EFAs Caps (6), Chlorocaps or Chlorella Caps (3), BioDoph-7 Plus (2), C/Cal/Mag Powder (3-6 tbsp), Bio-D-Mulsion Forte (2-4 drops), MSM (3) or MSM Powder (1-2 tsp) and topically as well

**Secondary Support:** Blackcurrant Seed Oil (3) or Evening Primrose Oil (3)

**Alternative Support:** Lavender (*Lavandula angustifolia*), Tea Tree (*Melaleuca alternifolia*) oil, Aloe (*Aloe vera*) and Chamomile (*Matricaria chamomilla*) transdermal topically, Calendula (*Calendula officinalis*) & Capsaicin (Capsicum) creams, Apple Cider Vinegar & Honey (raw organic)

**ITCHING SCALP | Skin Condition Indication of Dermatitis or Psoriasis**
MCS-2 (3), Beta-TCP (6), Mixed EFAs (3 tbsp) or Optimal EFAs Caps (6), Lactozyme (6) or BioDoph-7 Plus (3), Bio-D-Mulsion Forte (2-4 drops), C/Cal/Mag Powder (3-6 tbsp)
**Secondary Support:** Blackcurrant Seed Oil (3) or Evening Primrose Oil (3)

**Alternative Support:** Lavender (Lavandula angustifolia), Tea Tree (Melaleuca alternifolia) oil, Aloe (Aloe vera) and Chamomile (Matricaria chamomilla) transdermal topically, Calendula (Calendula officinalis) & Capsaicin (Capsicum) creams, Apple Cider Vinegar & Honey (raw organic)

**ITCHING or CRAWLING SKIN SENSATION**

MCS-2 (3), HistoPlex-AB (6), Beta-TCP (6), Bioctasol Forte (3-6), Bio-B 100 (6), Lactozyme (6) or BioDoph-7 Plus (3), C/Cal/Mag Powder (3-6 tbsp), Saccharomyces boulardii (3), Optimal EFAs (6)

**Secondary Support:** Blackcurrant Seed Oil or Evening Primrose Oil (3)

**Alternative Support:** Lavender (Lavandula angustifolia), Tea Tree (Melaleuca alternifolia) oil, Aloe (Aloe vera) & Chamomile (Matricaria chamomilla) transdermal topically, Gamma Linoleic Acid (GLA), Calendula (Calendula officinalis) & Capsaicin (Capsicum) creams, Apple Cider Vinegar & Honey (raw organic)

**JAUNDICE | Yellowish Tissue Discoloration (Bile Salts and/or Bilirubin Buildup)**

Livotrít Plus (3-6), Beta-TCP (6-9), MCS-2 (3), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), Immuno-gG (6), Bio-Cyanidins (3), EGCG-200mg (2-4), GSH-Plus (3), Garlic Plus (3), BioDophilus Caps (3), Cytozyme-LV (3), Bio-B 100 (6-9), Bio-C Plus 1000 (1-3), MygranX (2)

**Secondary Support:** A.D.P. (3-9)

**Alternative Support:** Milk Thistle (Silybum marianum, silymarin), Dandelion (Taraxacum officinale), Chamomile (Matricaria chamomilla), Gentian (Gentiana lutea), Red Clover (Trifolium pratense), Burdock (Arctium lappa), S-Adenosylmethionine (SAMe), Apple Cider Vinegar & Honey (raw organic), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**JET LAG (Desynchronois) | Temporary Disruption of the Body’s Biological Clock**

Rule out dehydration (caffeine and alcohol induced) and the "sleeping pill" quick fix solution.

Li-Zyme (12) the day before travel, Nuclezyme-Forte (12) the day of travel, then (12) of each for three days, Bio-Immunozyme Forte (1-2), Cytozyme-THY (3-6), Neonatal Multi-Gland (1-2) for its neonatal, bovine, pineal glandular in support of pineal gland function, i.e., melatonin production, Melatonin-B6/Mg (½ tab) before bedtime, Mood Enhancer (1-2) before meals or at bedtime

**Optional Protocol:** Bio-Cyanidins (Pycnogenol®) (10) daily in divided doses for seven days, starting two days before travel

**Alternative Support:** Arnica (Arnica montana) pellet, cream, gel or ointment

**JOCK ITCH (Tinea Cruris) | Ringworm Fungal Infection of Groin Area Skin**

A.D.P. (6), MCS-2 (3), Beta-TCP (6), BioDophilus-FOS (1 tsp) applied as a paste topically, Bio-E-Mulsion Forte (5 drops) also transdermal topically

**Alternative Support:** Aloe (Aloe vera) topically, Black Cumin (Cuminum cyminum), Cinnamon (Cinnamomum verum), Calendula (Calendula officinalis), Neem (Azadirachta indica), Bee Propolis (bee resin flavonoid), Apple Cider Vinegar & Honey (raw organic)

**JOINT PAIN**

Bio-Allay (3-6), Sculacia (3-6), DL-Phenylalanine (3), KappArest (6-9), Lipoic Acid Plus (3) or
R-Lipoate CBG (1-2), ChondroSamine-S (3-6) or ChondroSamine-Plus (3-6), Purified Chondroitin Sulfates (1-3), Cytozyme-Trachea (3-9)

**Alternative Pain Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Blue Lotus (Nymphaea caerulea), Wild Opium Lettuce (Lactuca vivosa), Kratom (Mitragyna speciosa), Kava Kava (Piper methysticum), White Willow (Salix alba), Arnica (Arnica montana) pellet, cream, gel or ointment

**Secondary Support:** Bromelain Plus or Bromelain Plus CLA (1-3) on an empty stomach, MSM (1-2) or MSM Powder (1 tsp)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Purple Passion Fruit (Passiflora edulis), Yucca (Yucca spp.), Ginger (Zingiber officinale), Boswellia (Boswellia sacra) a.k.a. Frankincense, Devil's Claw (Harpagophytum procumbens), Indian Gooseberry (Phyllanthus emblica) a.k.a. Amla

**JOINT STIFFNESS upon ARISING**

*Rule out phosphorus deficiency.*

Super Phosphozyme Liquid (30-60 drops) or Super Phosphozyme (3-6), EFA-Sirt Supreme (12) or Optimal EFAs Caps (6) or Flax Seed Oil (6) or SunFlax Caps (4), Beta-TCP (6-9), MSM Powder (4 tsp), ChondroSamine-S or ChondroSamine Plus (3), Cytozyme-Trachea (3-9), Bio-D-Mulsion Forte (2-4 drops)

**KELOIDS | Growing Scar Tissue Raised on Skin**

Intenzyme Forte (9-12) on an empty stomach, Cytozyme-Trachea (6), E-Mulsion 200 or E-200 H γ (2), Tocotrienols (3), MSM Powder (1-3 tsp), Bio-Ae-Mulsion Forte (10 drops), Iodizyme-HP (½-2), Liquid Iodine Forte rubbed into the keloid twice daily for several months

**Alternative Support:** Calendula (Calendula officinalis) cream

**KERATOSIS, ACTINIC | Scaly/Crusty Skin Spots**

Bio-Ae-Mulsion (2-4 drops) transdermal topically

**Alternative Support:** Devil's Apple (Podophyllum peltatum) transdermal topically

**KETOSIS | Abnormal/Pathological Increased Ketone Production**

Nephra-Zyme or Renal Plus (12), Beta-TCP (6), MCS-2 (3)

**KIDNEY CYSTS | Abnormal Membranous Sacs**

Nephra-Zyme or Renal Plus (12), MCS-2 (3), UT Complex (3), EFA-Sirt Supreme (12) or Optimal EFAs Caps or Mixed EFAs (6 tbsp), Intenzyme Forte (12) on an empty stomach, Dismuzyme Plus Granules (3 tbsp), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2)

**KIDNEY DETOXIFICATION | Toxins Elimination**

Nephra-Zyme or Renal Plus (12), MCS-2 (3), UT Complex (3), Beta-TCP (6), Argizyme (6), Dismuzyme Plus Granules (3 tbsp), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2)

**Alternative Support:** Apple Cider Vinegar & Honey (raw organic), Black Seed (Nigella sativa)

**KIDNEY DISEASE (Renal Failure)**

See "Urinary Tract Infection (UTI), Bacterial"

**KIDNEY INFECTION | Impaired Renal Function by Pathogenic Microorganisms**
Rule out magnesium deficiency, dietary sugars, and coffee/tobacco usage.

Nephra-Zyme or Renal Plus (12), Argizyme (6), Intenzyme Forte (9-12) on an empty stomach, A.D.P. (6-9), Cytozyme-KD (3-6), UT Complex (3)

**Acute Care:** Renal Plus (20) in divided doses for three days, then reduce to (12) in divided doses until resolved

**Alternative Support:** Apple Cider Vinegar & Honey (raw organic), Black Seed (*Nigella sativa*)

**KIDNEY STONES, CALCIUM OXALATE | Acid pH Range**

Maintain adequate vitamin A, B6 and magnesium intake; limit vitamin C intake to no more than 3 grams to preclude formation of calcium oxalate stones; reduce animal protein by adopting a quasi-vegetarian diet; eliminate refined carbohydrates and sugar; and add the following to the Stone Flush Protocol (see below):

Super Phosphozyme Liquid (1-2 droppers) in water, Potassium-HP (3 tsp) or K-Zyme (3-9), Mg-Zyme (3-9), ChondroSamine Plus or ChondroSamine-S (3-6), NAC (3), Optimal EFAs Caps (9-12)

**Alternative Support:** Apple Cider Vinegar & Honey (raw organic)

**KIDNEY STONES, CALCIUM PHOSPHATE | Alkaline pH Range**

Super Phosphozyme Liquid (1-2 droppers) in water, Potassium-HP (3 tsp), Mg-Zyme (3-9), Optimal EFAs Caps (9-12)

**Alternative Support:** Apple Cider Vinegar & Honey (raw organic)

**KIDNEY STONES, CARBONATE**

Add to the Stone Flush Protocol (see below):

Super Phosphozyme Liquid (1-2 droppers) in water

**Alternative Support:** Apple Cider Vinegar & Honey (raw organic)

**KIDNEY STONES, GENERAL**

Rule out magnesium deficiency, high-fat and low-fiber diet, dehydration, and lack of exercise; eliminate refined carbohydrates, sugar and artificial sweeteners such as high-fructose corn syrup (HFCS); reduce intake of animal protein; increase fiber intake.

Mg-Zyme (3) or Mg-Orotate 500 (2) at bedtime, B6 Phosphate (5), Bio-D-Mulsion Forte (2-4 drops), Bio-Ae-Mulsion (5 drops), UT Complex (3), Methionine-200 (3), Bio-B 100 (3-9), Zn-Zyme (2) or Zn-Zyme Forte (1)

**Secondary Support:** L-Arginine (3), Potassium-HP (1 scoop), Intenzyme Forte (9-18) on an empty stomach, Cytozyme-KD (3), E-Mulsion 200 (1-3), Ginkgo Biloba (3)

**Alternative Support:** Inositol hexaphosphate (IP-6), Tribulus (*Tribulus terrestris*), Aloe (*Aloe vera*) juice, Uva-ursi (*Arctostaphylos uva-ursi*), Cleavers (*Gallium aparine*), Juniper Berries (*Juniper communis*), Marshmallow (*Althaea officinalis*), Goldenseal (*Hydrastis canadensis*), Apple Cider Vinegar & Honey (raw organic)

**KIDNEY STONES, STONE FLUSH PROTOCOL (7-Day Program)**

Nephra-Zyme or Renal Plus (6-12), Super Phosphozyme Liquid (1 bottle) in tomato juice (4 oz) for two weeks, B6 Phosphate (6), Bio-Ae-Mulsion (5 drops), Bio-CMP or Ca/Mg-Zyme (6)

**Secondary Support:** Mg-Zyme (4-8) or Mg-Orotate 500 (2) at bedtime to bowel tolerance,
UT Complex (3) for post-flush support

**Alternative Support:** "Vermont Folk Remedy" Apple Cider Vinegar & Honey (raw organic), Aloe (Aloe vera)

### KIDNEY STONES, URATE (Uric Acid) | Low Acid pH Range

Rede animal protein intake; increase dietary fiber; limit dietary fruit (fructose); eliminate HFCS carbonated beverages; and add the following to the Stone Flush Protocol (see above):

Folic Acid 800 (3-6), or Methylfolate Plus (3-6), Potassium-HP (3 tsp) or K-Zyme (3-9), Mg-Zyme (4-8) or Mg-Orotate 500 (2) at bedtime to bowel tolerance

**Note:** Use B12-2000 Lozenges in place of the folic acid/folate products for convenience

**Alternative Support:** Apple Cider Vinegar & Honey (raw organic)

### KIDNEY STONES, URINARY pH

Add the following to the Stone Flush Protocol (see above):

- **With pH Average above 6.5:** Super Phosphozyme Liquid (60-90 drops) in water
- **With pH Average below 5.5:** K-Zyme (3-6) or Potassium-HP (3 tsp)

### KIDNEY SUPPORT, GENERAL

Rule out magnesium deficiency and long-term use of diuretics and pharmaceuticals.

Renal Plus or Nephra-Zyme (6-12), Carbamide Plus (3), Cytozyme-KD (3-6), UT Complex (3), L-Arginine (3-6), Bio-Ae-Mulsion Forte (6 drops)

**Secondary Support:** Argizyme (6-12), Cytozyme-AD (3-9), Potassium-HP (1-3 tsp), B6 Phosphate (3-6), Mg-Zyme (4-8) or Mg-Orotate 500 (2) at bedtime to bowel tolerance

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Apple Cider Vinegar & Honey (raw organic), Black Seed (Nigella sativa)

### KNEES, PAINFUL

ChondroSamine-S or ChondroSamine Plus (3), Intenzyme Forte (12-15) on an empty stomach, EFA-Sirt Supreme (12) or Optimal EFAs Caps (6), KappArest (6), Sculacia (3), Bio-Allay (3), DL-Phenylalanine (3), Osteo-B Plus or Osteo-B II (3), Bio-D-Mulsion Forte (2-4 drops)

**Alternative Pain Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Blue Lotus (Nymphaea caerulea), Wild Opium Lettuce (Lactuca vivosa), Kratom (Mitragyna speciosa), Kava Kava (Piper methysticum), White Willow (Salix alba), Arnica (Arnica montana) pellet, cream, gel or ointment

**With Medial Knee Tenderness:** Cytozyme-AD (6), ADB5-Plus (2-4)

**Secondary Support:** Bromelain Plus or Bromelain Plus CLA (9-15) on an empty stomach, MSM Powder (1-3 tsp), Beta-TCP (6)

### KYPHOSIS of SPINE | Backward Curve or Hunchback

ChondroSamine-S or ChondroSamine Plus (3), EFA-Sirt Supreme (12) or Optimal EFAs Caps (6), Flax Seed Oil (3) or SunFlax Caps (4), Ca/Mg-Plus (3), MSM Powder (1-3 tsp)

### LACERATIONS | Jagged Wounds or Cuts

Bio-GGG-B (3-6), Bio-Ae-Mulsion Forte 3-9 drops

**Without Surgical Stitches:** Intenzyme Forte (10) ASAP, then (5) 4 times daily on an
empty stomach, then (9) after three days

**With Surgical Stitches:** Bromelain Plus (10) ASAP, then (5) four times daily on an empty stomach, then (9) until healed

**Secondary Support:** Bio-Immuonzyme Forte (6) for 10 days, then (3) until healed, Bio-Multi Plus (3), Flax Seed Oil Caps (6) or SunFlax Caps (4), Biomega-3 (6), Optimal EFAs Caps (6)

**Alternative Support:** Manuka Honey (transdermal topically)

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**LACTATION DYSFUNCTION | Decreased Milk Production**

*Rule out digestive dysfunction, poor blood quality, dehydration, essential fatty acids and thiamine insufficiencies.*

Pre-Natal Packs (2), EFA-Sirt Supreme (12) or Optimal EFAs Caps or Biomega-3 (6), Bio-CMP (3-12), Bio-D-Mulsion Forte (2-4), Gammanol Forte (6), Inositol (6) or Inositol Powder (1½ tsp), Cytozyme-PT/HPT (6), Osteo-B Plus (6)

**Alternative Support:** Fenugreek (*Trigonella foenum-graecum*), Water (8-10 glasses daily), Apple Cider Vinegar & Honey (raw organic)

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**LACTATION, MATERNAL SUPPORT**

Pre-Natal Packs (1), Osteo-B Plus or Osteo-B II (3), Flax Seed Oil (6) or SunFlax Caps (4) or Biomega-3 (6) or Optimal EFAs Caps or EFA-Sirt Supreme (3-12), Bio-D-Mulsion Forte (2-4 drops)

**Alternative Support:** Fenugreek(*Trigonella foenum-graecum*), Water (8-10 glasses daily), Apple Cider Vinegar & Honey (raw organic)

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**LACTIC ACIDOSIS | Lactic Acid Buildup Leading to Blood Acidification**

*Rule out vitamin (B1) and mineral (magnesium, potassium) deficiencies, carbohydrate sensitivity (Syndrome-X/Metabolic Syndrome) in high-carb and hydrogenated fats/oils diet, and over-exercise.*

Bio-Glycozyme Forte (3) at 10 am, 3 pm, two hours after dinner, and before bedtime, Mg-Zyme (4-6) or Mg-Orotate 500 (2) at bedtime increasing to bowel tolerance, Potassium-HP (1 scoop), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), KappArest (8) absent infection

**With Pain:** Bio-Allay (3), Sculacia (3) and DL-Phenylalanine (3)

**Alternative Pain Support:** Turmeric/Curcumin (BCM-95®), Boswellia (*Boswellia sacra*), a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Blue Lotus (*Nymphaea caerulea*), Wild Opium Lettuce (*Lactuca vivosa*), Kratom (*Mitragyna speciosa*), Kava Kava (*Piper methysticum*), White Willow (*Salix alba*), Arnica (*Arnica montana*) pellet, cream, gel or ointment

**Secondary Support:** Li-Zyme Forte (9) or (2) per waking hour in severe cases, Bio-3B-G (9) and ADB5-Plus (3) with low blood pressure

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**LACTATE DEHYDROGENASE (LDH), Elevated | Sugar-Energy Conversion Enzyme**

**Cardiac Conditions:** MCS-2 (3-6), Cytozyme-Parotid TS (3-6), Bio-Carbozyme Forte (6-16), Stamina Caps (3-16), VasculoSirt (10)

**Hepatic Conditions:** Cytozyme-LV (3-9), Beta-TCP (3-9), Phosphatidylcholine (2-3), Livitrit Plus (3-6)

**Musculoskeletal Conditions:** Bio-Carbozyme Forte (6-16), Stamina Caps (3-16), Bio-
Musculoskeletal (1 pack)

**Pulmonary Conditions:** Pneuma-Zyme (3-16), BioProtect (2-4), OOrganic-15 (3)

**Renal Conditions:** UltraVir-X (3-12), Bio-ImmuNozyme Forte (3-6), Cytozyme-THY (3-12), Nephra-Zyme or Renal Plus (3-6), UT Complex (3)

**LACTOSE INTOLENTANCE | Lactase Enzyme Deficiency**

*Rule out dairy and milk allergy (use rice or almond milk and yogurt).*

BioDoph-7 Plus (2-4), Mg-Zyme (3-6) or Mg-Orotate 500 (2) at bedtime, Bio-D-Mulsion Forte (2-4 drops), Lactozyme or BioDophilus Caps (3) or BioDoph-7 Plus (1-3), Zn-Zyme (3) or Zn-Zyme Forte (1)

**Alternative Support:** Charcoal (activated)

**LARYNGITIS (Hoarseness) | Inflamed Larynx/Swollen Vocal Cords with Mucus**

*Rule out viral or bacterial infection.*

A.D.P. (6-9), Intenzyme Forte (12) on an empty stomach, Lactozyme or BioDoph-7 Plus (3), Saccharomyces boulardii (3), C/Cal/Mag Powder (3-6 tsp), Bio-Ae-Mulsion Forte (10-15 drops)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Tea Tree (*Melaleuca alternifolia*) oil for gargle with water

**LAXATIVE, NATURAL**

*Rule out thyroid hypofunction, toxic bowel, HCl deficiency, gallbladder and pancreatic dysfunction.*

Mg-Zyme (2-3) or Mg-Orotate 500 (2) at bedtime or Aqua Mag-Cl in choice of beverage (2-3 tsp) increasing each day to bowel tolerance

**Secondary Support:** Bio-C Plus or Bio-C Plus 1000 (1-3) to bowel tolerance

**Alternative Support:** Prunes ("Dried Plum"), Licorice (*Glycyrrhiza glabra*), Senna, “Smooth Move” herbal laxative tea, Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**LEAD, HEAVY METAL DETOXIFICATION**

Porphyra-Zyme (12) on an empty stomach, Chlorocaps or Chlorella Caps (3-6), Colon-Plus Caps (6-12), BioProtect (6), Ca-Zyme (6) before meals, Bio-Multi Plus Iron & Copper Free (6), GSH-Plus (3), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), Garlic Plus (3-6), MSM (3-6) or MSM Powder (1-2 tsp), HR7-Heavy Metal Detox (1 capful) for one week, then (2 capfuls) for 30 days

**Secondary Support:** 10-Day BioDetoxification (Pea or Whey) Program (2), Basic Nine (6), Bio-E-Mulsion Forte (30 drops) or E-Mulsion 200 or E-200 Hγ (1), Tocotrienols (2), Methionine-200 (3), Phosphatidylcholine (3)

**Alternative Support:** Coriander (*Coriandrum sativum*) a.k.a. Cilantro, Alfalfa (*Medicago sativa*), S-Adenosylmethionine (SAMe), Aloe (*Aloe vera*) juice, Kelp (brown seaweed algae), Apple Cider Vinegar & Honey (raw organic)

**LEAKY GUT SYNDROME | Intestinal Permeability - Antigen Leakage into Blood**

*Rule out hypochlorhydria, intestinal parasites, infection, food allergy/sensitivity, bowel inflammation, dysbiosis, ileocecal valve (ICV) dysfunction, and autoimmune conditions.*
10-Day BioDetoxification Kit (Pea or Whey) Program (2), then: NutriClear or NutriClear Chocolate and Whey Protein Isolate - Original, Chocolate or Vanilla or Pea Protein Isolate or Whey Protein Concentrate (2 scoops) twice daily, MCS-2 (4), Beta-TCP (6-12), Immuno-gG (3-9), Livotrit Plus (3-6), Beta-TCP (6-9), Gastrazyme (3-9), IPS (3-6) am & pm apart from food, B12-2000 Lozenges (2), IAG (2 tsp), Folate-5 Plus (1-3), POA-Phytolens (3-9), Bio-D-Mulsion Forte (2-4), Colon-Plus Caps (15), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), L-Glutamine (3-9) or L-Glutamine Powder (3 tsp), Histoplex (3-6), Gammanol Forte (6-12), Gluco-Syn-Amine (3-6), BioDoph-7 Plus (3-9) or Lactozyme (6) before meals, Saccharomyces boulardii (3-6)

**Secondary Support:** Bio-Cyanidins (3), ECGC-200mg (2-4), Neutrophil Plus (6) with bacterial infection or UltraVir-X (4) before meals with viral infection, Bio-Immunozyme Forte (3), Bio-Multi Plus (3), Neonatal Multi-Gland (6), GSH-Plus (3), Se-Zyme Forte (1) or Selenomethionine (1), Zn-Zyme Forte (1-2), Bio-Ae-Mulsion (3 drops), BioDophilus-FOS (6)

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**Rule out magnesium deficiency.**

Bio-CMP (3-6), Osteo-B Plus or Osteo-B II (3), E-Mulsion 200 or E-200 Hγ (1-2), Tocotrienols (2), EFA-Sirt Supreme (12) or Optimal EFAs Caps (6), Bio-D-Mulsion Forte (2-4 drops), Aqua Mag-Cl (1-3 tsp), Mg-Zyme (3) or Mg-Orotate 500 (3) at bedtime to bowel tolerance

**Secondary Support:** Multi-Mins (3), Hydro-Zyme (6-12)

**Alternative Support:** Magnesium (Chloride) Oil (transdermal topically), Turmeric/Curcumin (BCM-95®), Horse Chestnut (*Aesculus hippocastanum*), Butcher’s Broom (*Ruscus aculeatus*), Apple Cider Vinegar & Honey (raw organic)

**LEGS, SWOLLEN - INDENT ON PRESSURE (Pitting Edema)**

**Rule out cardiovascular, hepatic, and nephrotic dysfunction or disease, food allergies, Type 2 diabetes (NIDDM), and insulin resistance.**

Bio-Cardiozyme Forte (3-6), Nephra-Zyme or Renal Plus (9), B6 Phosphate (6), DL-Phenylalanine (1-3)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Boswelia (*Boswellia sacra*) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Horse Chestnut (*Aesculus hippocastanum*), Apple Cider Vinegar & Honey (raw organic)

**LEG ULCERS | Wounds or Open Sores**

Porphyra-Zyme (9-12) on an empty stomach, Bio-Multi Plus (6), Intenzyme Forte (12) on an empty stomach, Chlorocaps or Chlorella Caps (6), GlucoBalance (6), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), Garlic Plus (3), Bio-Cyanidins (3), Bio-C Plus 1000 (1-3), E-Mulsion 200 (1-3)

**Secondary Support:** SunFlax Caps (3-6), Amino Sport (6-12), Bi-B 100 (3-6), Bio-K-Mulsion (1-2 drops)

**Alternative Support:** Manuka Honey (transdermal topically), Dimethylglycine (DMG), Shark Cartilage, Colloidal Silver, Alfalfa (*Medicago sativa*), Red Clover (*Trifolium pratense*), Echinacea (*Echinacea angustifolia*), Goldenseal (*Hydrastis canadensis*), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**LEGS, CRAMPS, NOCTURNAL**

**Rule out magnesium deficiency.**

Bio-CMP (3-6), Osteo-B Plus or Osteo-B II (3), E-Mulsion 200 or E-200 Hγ (1-2), Tocotrienols (2), EFA-Sirt Supreme (12) or Optimal EFAs Caps (6), Bio-D-Mulsion Forte (2-4 drops), Aqua Mag-Cl (1-3 tsp), Mg-Zyme (3) or Mg-Orotate 500 (3) at bedtime to bowel tolerance

**Secondary Support:** Multi-Mins (3), Hydro-Zyme (6-12)

**Alternative Support:** Magnesium (Chloride) Oil (transdermal topically), Turmeric/Curcumin (BCM-95®), Horse Chestnut (*Aesculus hippocastanum*), Butcher’s Broom (*Ruscus aculeatus*), Apple Cider Vinegar & Honey (raw organic)
Bio-3B-G (6), Stamina Caps (3-6)

**LESIONS, BENIGN, SPACE OCCUPYING | Localized Pathological Tissue Change**

**Male:** Multi-Plus Iron & Copper Free (6), C/Ca/Mag Powder (3-6 tbsp), Inositol (3-6) or Inositol Powder (1½ tsp)

**Female:** Equi-Fem (6) or PMT with hormone replacement therapy (HRT), C/Ca/Mag Powder (3-6 tbsp), Inositol (3-6) or Inositol Powder (1½ tsp)

**Male and Female:** Intenzyme Forte (16) on an empty stomach, Inositol (3-6) or Inositol Powder (1½ tsp)

**With Excess Estrogen Production:** Ca D-Glucarate (6) and alternately with Progesterone (topical cream), Chaste Tree (*Vitex agnus-castus*), Indole-3-Carbinol (13C) or Diindolylmethane (DIM)

**With Testosterone Insufficiency:** b-VITAL (2) daily

**Secondary Support:** Bio-Immunozyme Forte (3), Blackcurrant Seed Oil or Evening Primrose Oil (6), BioProtect (3), Bio-E-Mulsion Forte (10 drops) three times daily in water or E-Mulsion 200 or E-200 Hγ (1), Tocotrienols (2)

**LEUKEMIA | Neoplastic Bone Marrow Disease w/WBC Proliferation**

Cytozyme-Trachea (12), Dismuzyme Plus Granules (3), VasculoSirt (10), ResveraSirt-HP (1-3), EGCG-200mg (1-2), Bio-Ae-Mulsion Forte (15 drops), MCS-2 (3), Beta-TCP (6), EFA-Sirt Supreme (12) or Optimal EFAs Caps (6) or Mixed EFAs (6 tbsp), Liquid Iodine (30 drops) or Liquid Iodine Forte (15 drops), Bio-Immunozyme Forte (3-6), IAG (3), Bio-Cyanidins (3-6)

**Secondary Support:** Bio-Allay (3), Sculacia (3), DL-Phenylalanine (1-3), HR#2 Lymphatic Drainage (1 capful)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Boswellia (*Boswellia sacra*) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Apple Cider Vinegar & Honey (raw organic)

**LEUCOPENIA | Decreased Circulating Blood Leukocytes (White Blood Cells)**

Rule out heavy metal toxicity.

MCS-2 (3), Beta-TCP (6), B12-2000 Lozenges (6), HR#1 Detoxification (2 capfuls)

**Secondary Support:** 10-Day BioDetoxification Kit (Pea or Whey) Program (2)

**LEUCOPLAKIA | White Spots or Patches on Mucous Membranes**

MCS-2 (3), Beta-TCP (6), Bio-FCTS (4), EGCG-200mg (2), Dismuzyme Plus Granules (3 tbsp)

**LIBIDO, DIMINISHED – FEMALE**

Rule out vitamin D deficiency, inadequate physical activity, poor sleep, pharmaceutical “side” effects, excessive alcohol intake, chronic stress, and a poor diet lacking such science-backed, "aphrodisiac" foods as arugula (trace minerals), almonds (trace minerals), avocados (EFAs), citrus (antioxidants), figs (fiber), seafood (EFAs, zinc), strawberries (folic acid), and cacao (raw chocolate); other foods with folklore support include: anise seed, asparagus, basil, carrots, clove, fennel, mustard, nettles, nutmeg, pepper, pistachios, sweet peas, and others.

Equi-Fem or PMT (3-12), Bio-Glycozyme Forte (6) between meals, Gammanol Forte (6), DopaTropic Powder (1 rounded tsp), B-12/Folate Plus (6) or Methylfolate Plus (3) or 5-MTHF Plus Forte (1), Biomega-3 (3) or Biomega-3 Liquid (1 tsp) or Optimal EFAs Caps (6) or EFA-
With Pain:

ChondroSamine EFA

empty stomach for the next 48 hours, then reduce to (9

Intenzyme Forte (15) ASAP as a loading dose on an empty stomach, then (3) per hour on an

LIGAMENTAL INJURY

Cider Vinegar & Honey (raw organic)

(Deer Antler

Bean
grandiflorum

Damiana

catozyme

Secondary Support:

bedtime

Garlic Plus (3), Pregnenolone 25 (1), DHEA

Fo

Aqueous Zinc (Palmetto

Cytozyme
carrots, clove, fennel, mustard, nettles, nutmeg, pepper, pistachios, sweet peas, and others.

“aphrodisiac” foods as arugula (trace minerals), almonds (trace minerals), avocados (EFAs),
citrus (antioxidants), figs (fiber), seafood (EFAs, zinc), strawberries (folic acid), and cacao
(raw chocolate); other foods with folklore support include: anise seed, asparagus, basil,
carrots, clove, fennel, mustard, nettles, nutmeg, pepper, pistachios, sweet peas, and others.

LIBIDO, DIMINISHED - MALE (Low Testosterone)

Rule out vitamin D deficiency, inadequate physical activity, poor sleep, pharmaceutical "side"
effects, excessive alcohol intake, chronic stress, and a poor diet lacking such science-backed,

Cytozyme-M (6-12) or Cytozyme-Orchic (3-6), b-VITAL (6-12), DopaTropic Powder (1 tsp),

Palmetto-Plus or Palmetto Plus Forte (3-12), Biomega-3 (3) or Biomega-3 Liquid (1 tsp),

Aqueous Zinc (½-1 bottle) until unpleasant taste, then switch to Zn-Zyme (1-2) or Zn-Zyme
Forte (6-12), then Multi-Mins Iron & Copper Free (1-3), Argizyme (6), Gammanol Forte (9),

Garlic Plus (3), Pregnenolone 25 (1), DHEA-5 mg (1), Melatonin-B6/Mg (½ tab) before
bedtime

Secondary Support: Cytozyme-PT/HPT (3), Cytozyme-AD (3-12), ADB5-Plus (3-6), Bio-
Cardiozyme Forte (3-12), L-Arginine (1-3)

Alternative Support: Turmeric/Curcumin (BCM-95®), Pumpkin Seed (sprouted), Goji

Berries (Lycium chinensis) a.k.a. Lycium, Holy Basil (Ocimum basilicum),
Damiana (Turnera diffusa), Catuaba (Erythroxylum catuaba), Horny Goat Weed (Epimedium
grandiflorum), Muira Puama (Ptychopetalum olacoides), Tribulus (Tribulus terrestris), Velvet
Bean (Mucuna Pruriens), Tongkat Ali (Eurycoma longifolia), Yohimbe (Yohimbine), Velvet
Deer Antler (Ceru

nipp

on/elaphus/parvum), Maca (Lepidium meyenii),

Schisandra (Schisandra sinensis), Astragalus (A. membranaceus), Apple Cider Vinegar &

Honey (raw organic)

LIGAMENTAL INJURY

Intenzyme Forte (15) ASAP as a loading dose on an empty stomach, then (3) per hour on an
empty stomach for the next 48 hours, then reduce to (9-12) until inflammation resolves,
EFA-Sirt Supreme (12) or Optimal EFAs Caps (6), KappArest (6), ChondroSamine Plus or
ChondroSamine-S (3), Bio-D-Mulsion Forte (2-4 drops), Mn-Zyme (3)

With Pain: Sculacia (3), Bio-Allay (3) DL-Phenylalanine (3)
Secondary Support: Bromelain Plus or Bromelain Plus CLA (9-12) on an empty stomach, Chondro-Plus (6)
Alternative Support: Turmeric/Curcumin (BCM-95®), Apple Cider Vinegar & Honey (raw organic)

LIGAMENTAL LAXITY (Subluxation) | Fibrous Connective Tissue Weakness

Rule out adrenal hypofunction, trauma, pituitary manganese, biliary insufficiency, and hypochlorhydria.

Chondro-Plus or ChondroSamine Plus (6-9), Gluco-Syn-Amine (3-6), Bio-Glycozyme Forte (6-12), Cytozyme-AD or ADB5-Plus (6-9), ADHS (3-6), DHEA-5 mg (1), E-Mulsion 200 (1-3) or Bio-E-Mulsion Forte (15-45 drops), L-Tyrosine (3-6)

With Upper Cervical Spine Instability: Bioctasol Forte (6-9)
Secondary Support: Beta-TCP (6), Bio-Musculoskeletal (1), Hydro-Zyme (2-3) at mid-meal, Mn-Zyme (6), Bio-C Plus (6) or Bio-C Plus 1000 (3-6), EGCG-200mg (2-4)
Alternative Support: Turmeric/Curcumin (BCM-95®), Apple Cider Vinegar & Honey (raw organic), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

LIGAMENTAL SUPPORT

ChondroSamine-S or ChondroSamine Plus (3), Bio-Cyanidins (3-6), Bio-FCTS (3-6), EGCG-200mg (2), MSM (3-6) or MSM Powder (1-3 tsp), Purified Chondroitin Sulfates (6-12), Cytozyme-Trachea (6-9), C/Cal/Mag Powder (1-3 tsp), Gluco-Syn-Amine (3-6)
Alternative Support: Turmeric/Curcumin (BCM-95®), Apple Cider Vinegar & Honey (raw organic)

LIGHT SENSITIVITY (Photophobia) | Inflammation and/or Hypoadrenia

Cytozyme-AD (6-9) and/or ADB5-Plus (3), Stamina Caps (3), Beta-TCP (6), Bio-Ae-Mulsion Forte (5 drops), Bio-B 100 (6-12), MygranX (2)
Alternative Support: Turmeric/Curcumin (BCM-95®), Apple Cider Vinegar & Honey (raw organic)

LIPOPROTEIN DISORDERS | High LDL, Low HDL, High Lipo (a), Low Apo A-1

Rule out diabetes, genetic predisposition, high-carbohydrate, fats and oils diet, lack of exercise and obesity.

GlucoBalance (9) for 30 days then (6) with meals, Lipid-Sirt (8), EFA-Sirt Supreme (12), VasculoSirt (8), ResveraSirt-HP (1-3), Inositol (3-6) or Inositol Powder (1½ tsp), ADHS (2-4), E-200 H工作中 (1), Whey Protein Isolate - Original, Chocolate or Vanilla or Pea Protein Isolate or Whey Protein Concentrate (2 scoops)
With Increased Total Cholesterol: PCOH-Plus (3-6), Tocotrienols (2)
With Increased LDL Cholesterol or Lipoprotein(a): PCOH-Plus (3-6), Tocotrienols (2)
Optional Protocol: Dr. Houston's Lipid Kit (Red Yeast Rice, Niacin 100, Lipid-Sirt)
Secondary Support: Cytozyme-PAN (6), Garlic Plus (6), Liquid Iodine Forte (60) in pure water or Iodizyme-HP (½ tab)
Alternative Support: Turmeric/Curcumin (BCM-95®), Apple Cider Vinegar & Honey (raw organic)

LIPS, CRACKED, SWOLLEN (Cheilosis)

Rule out vitamin B2 and B6 deficiencies.
Bio-B Complex (6), Optimal EFAs Caps (6) or Mixed EFAs (6 tbsp), Flax Seed Oil (3-6), SunFlax Caps (3-6), MygranX (2)

**Alternative Support:** Grapefruit Seed (*Citrus paradisi*) extract transdermal topically, Chamomile (*Matricaria chamomilla*) & Emu (*Dromaius*) Australian flightless bird oils transdermal topically, Beeswax Lip Balm & Lysine/Zinc Oxide Lip Balm, Myrrh (*Commiphora myrrha*)

**LIPS, ULCERATED (Cheilitis)**
B12-2000 Lozenges (3), Folate-5 Plus (2), Bio-B 100 (6); add Colon-Plus Caps (15), if protocol proves to be ineffective in two weeks

**Alternative Support:** Grapefruit Seed (*Citrus paradisi*) extract transdermal topically, Chamomile (*Matricaria chamomilla*) and Emu (*Dromaius*) Australian flightless bird oils (transdermal topically)
Beeswax Lip Balm, Lysine/Zinc Oxide Lip Balm

**LIVER and COLON DETOXIFICATION | Elimination of Toxic Xenobiotics**
NutriClear or NutriClear Chocolate (1-2 servings) for up to one week, Livotrit Plus (1) then increase to (2-3) after one week, Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), Beta-TCP (6-12), Colon-Plus Caps (15), MCS-2 (3-9), HR#2 Lymphatic Drainage (1-2 capful)

**Phase I Detox:** BioProtect (3-6), ADHS (3-6), ProMulti-Plus (3-9), Dismuzyme Plus 5000 (9)

**Phase II Detox:** Bio-Detox Packs (1-3), MCS-2 (6-9), Beta-TCP (6-12), OOrganic-15 (3-9)

**Phase II Detox Support:** NutriClear (3 level scoops), Amino Sport (3), Ca D-Glucarate (3), GSH-Plus (3), Livotrit Plus (3-6), Methylfolate Plus (3), Mo-Zyme Forte (3), MSM (3), NAC (3), Whey Protein Isolate (1-3 level scoops)

**Secondary Support:** 10-Day BioDetoxification Kit (Pea or Whey), Neonatal Multi-Gland (9), IPS (6), GSH-Plus (3), Cytozyme-Parotid-TS (3-6), Cytozyme-LV (3-9), Phosphatidylcholine (3), OOrganic-15 (6-9)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Milk Thistle (*Silybum marianum*, silymarin), D-Limonene (citrus fruit peel extract), Coffee (Coffee cruda/arabica) organic & dark roasted

**LIVER DISEASE, GENERAL | Hepatic Inflammation and Cellular Destruction**

**Rule out magnesiuum deficiency.**

Livotrit Plus or MCS-2 (3-6) and Beta-TCP (6-12), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), Cytozyme-LV (6-9), Bio-FCTS (3), EGCG-200mg (2), Iodizyme-HP (½-2), UltraVir-X (6-9), Phosphatidylcholine (3), Bio-MCT (1 tbsp), HR#1 Detoxification (1-2 capfuls)

**Secondary Support:** 10-Day BioDetoxification Kit (Pea or Whey)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Milk Thistle (*Silybum marianum*, silymarin), D-Limonene (citrus fruit peel extract), Coffee (Coffee cruda/arabica) organic & dark roasted

**LIVER DYSFUNCTION, GENERAL | Impaired Hepatobiliary Function**

Livotrit Plus (3-6), MCS-2 (3-6), Cytozyme-LV (3-9), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), Beta-TCP (6), Beta Plus (3-9), Phosphatidylcholine (3), Tri-Chol (3-6), Bio-B with C (3-6), Bio-MCT (1 tbsp)

**Secondary Support:** 10-Day BioDetoxification Kit (Pea or Whey)
**Alternative Support:** Turmeric/Curcumin (BCM-95®), Milk Thistle (*Silybum marianum*, silymarin), D-Limonene (citrus fruit peel extract), Coffee (Coffea cruda/arabica) organic & dark roasted

**LIVER FAILURE from ACETAMINOPHEN OVERDOSE | Paracetamol Poisoning**

Supplementation most effective when taken within 8 hours of overdose.

NAC (3-6), GSH-Plus (3), Intenzyme Forte (12-15) on an empty stomach, Lipoic Acid Plus (3) or R-Lipoate CBG (2)

**Secondary Support:** Livotrit Plus (3), Cytozyme-LV (3-6), 10-Day BioDetox Kit (Pea/Whey)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Boswellia (*Boswellia sacra*) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Milk Thistle (*Silybum marianum*, silymarin), Coffee (Coffea cruda/arabica) organic & dark roasted

**LIVER, FATTY (Steatosis) and Nonalcoholic Fatty Liver Disease (NAFLD) | Fat Accumulation in Interstitial Tissue Leading to Liver Fibrosis, Cirrhosis, Failure**

Rule out excess weight (obesity), high-blood sugar (hyperglycemia), commonly referred to as “diabetes,” insulin resistance, metabolic syndrome, and diabetic neuropathy as well as nephropathy.

Livotrit Plus (3-6), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), Beta-TCP (6), Inositol (6) or Inositol Powder (1½ tsp), IAG (3), Phosphatidylcholine (6), Bio-Immunozyme Forte (6), Bio-FCTS (3), EGCG-200mg (2), Dismuzyme Plus Granules (6 tbsp), Bio-MCT (1 tbsp)

**Secondary Support:** Cytozyme-LV (3-6), 10-Day BioDetoxification Kit (Pea or Whey)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Milk Thistle (*Silybum marianum*, silymarin), Coffee (Coffea cruda/arabica) organic & dark roasted

**LIVER INFECTION | Caused by Viral, Toxin, Autoimmune or Hereditary Factors**

Livotrit Plus (3-6), UltraVir-X (6), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), Beta-TCP (6), Bio-FCTS (3), EGCG-200mg (2), IAG (3), Intenzyme Forte (9-12) on an empty stomach

**Secondary Support:** 10-Day BioDetoxification Kit (Pea or Whey)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Milk Thistle (*Silybum marianum*, silymarin), Coffee (Coffea cruda/arabica) organic & dark roasted

**LIVER SUPPORT | Hormonal Management & Maintenance**

Bio-Detox Packs (1-3) or Livotrit Plus (3-6) and Beta-TCP (6-12) or MCS-2 (6-12)

**Secondary Support:** Colon Plus (6-12) and Phosphatidylcholine (3-6)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Milk Thistle (*Silybum marianum*, silymarin), Coffee (Coffea cruda/arabica) organic & dark roasted

**LOCKJAW (Inflamed and Swollen Joint)**

Bio-FCTS (6), EGCG-200mg (2), Osteo-B Plus or Osteo-B II (6), Intenzyme Forte (12) on an empty stomach, Bio-D-Mulsion Forte (2-4 drops), KappArest (8), ChondroSamine Plus or ChondroSamine-S (3), DL-Phenylalanine (3)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Boswellia (*Boswellia sacra*) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm)

**LORDOSIS | Forward Curvature of Lumbar Spine**

Check the sacral wedge.
ChondroSamine-S or ChondroSamine Plus (3), Optimal EFAs Caps or Flax Seed Oil (6) or SunFlax Caps (4), Ca/Mg-Plus (3)

**LOSS OF SMELL (Anosmia)**
Zn-Zyme Forte (3), Optimal EFAs (6) or Mixed EFAs (6 tbsp), Inositol (6) or Inositol Powder (1½ tsp), MCS-2 (3), Beta-TCP (6)

**LOSS OF TASTE (Dysgeusia)**
Zn-Zyme Forte (3), Optimal EFAs Caps (6) or Mixed EFAs (6 tbsp), Inositol (6) or Inositol Powder (1½ tsp), MCS-2 (3), Beta-TCP (6)

*Alternative Support:* Atlas Wedge (chiropractic adjustment)

**LOU GEHRIG’S DISEASE (Amyotrophic Lateral Sclerosis - ALS) | CNS Disease**
Nuclezyme-Forte (6-16), Phosphatidylserine (6-9), Phosphatidylcholine (6-9), Dismuzyme Plus (6-9) or Dismuzyme Plus Granules (1-3 tbsp), GSH-Plus (3-9), BioProtect (3-6), Bio-D-Mulsion Forte (5-6 drops) daily for 30 days, then (3 drops) daily, Multi-Mins Iron & Copper Free (3), Neonatal Multi-Gland (9), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Biocatasol Forte (3-6), B12-2000 Lozenges (3), Acetyl-L-Carnitine (3-6), Cognitive Enhancer (1) before breakfast & (1) before lunch or dinner, Lipoic Acid Plus (3-6) or R-Lipoate CBG (2-4), Gammanol Forte (3-6)

*Secondary Support:* Amino Sport (6-12), Beta-TCP (6-16), MCS-2 (3-9), Blackcurrant Seed Oil or Evening Primrose Oil (6-9), Bio-GGG-B (4-16), UltraVir-X (4-16)

*Alternative Support:* Homeopathics

**LOW BLOOD PRESSURE (Hypotension) | Varies with Age, Activity, Meds, etc.**
Stamina Caps (3-6) or Bio-3B-G, Cytozyme-AD (3), Bio-Glycozyme Forte (3), ADHS (3)

*Alternative support:* Increase Sea or Rock Crystal Salt intake

**LOW BLOOD SUGAR (Hypoglycemia) | Abnormally Decreased Blood Glucose**
Bio-Glycozyme Forte (3-6), Beta-TCP (6), ADHS (3), Amino Acid Quick-Sorb (15-20 squirts) under the tongue, when in a hypoglycemic state

*Secondary Support:* Melatonin-B6/Mg (½ tab) before bedtime, Whey Protein Isolate - Original, Chocolate or Vanilla or Pea Protein Isolate (1 scoop) or Whey Protein Concentrate (2 scoops) at bedtime with waking up in middle of the night, and not being able to go back to sleep (use at bedtime until resolved)

**LUMBAGO | Lower Back Pain from Muscle Strain or Slipped Disc**
Sculacia (3), Bio-Allay (3), DL-Phenylalanine (3), Osteo-B Plus (6), ChondroSamine-S or ChondroSamine Plus (3), MSM (3) or MSM Powder (1-3 tsp), Liquid Iodine (30 drops) or Liquid Iodine Forte (15 drops), Cytozyme-AD (6), ADB5-Plus (2-4)

*Alternative Pain Support:* Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Blue Lotus (Nymphaea caerulea), Wild Opium Lettuce (Lactuca vivosa), Kratom (Mitragyna speciosa), Kava Kava (Piper methysticum), White Willow (Salix alba), Arnica (Arnica montana) pellet, cream, gel or ointment

**LUMP in THROAT | Constriction from Mineral Insufficiency or Biliary Stasis**
K-Zyme (4), Beta-TCP (6), Bio-Multi Plus (4)

**LUNG CONGESTION, ACUTE | Difficulty Breathing**
Rule out asthma, emphysema, allergy, mucus, intestinal parasites, hypochlorhydria, smoking, pollution exposure, essential fatty acid (EFA) deficiencies, obesity and chronic cold.

Pneuma-Zyme (6), A.D.P. (12), UltraVir-X (6-9), BioProtect (6), Neutrophil Plus (6-9), Liquid Iodine (30 drops) or Liquid Iodine Forte (15 drops) in water and Bromelain Plus CLA (12) on an empty stomach with mucus, OOrganic-15 (9) before meals, Bio-FCTS (4), EGCG-200mg (2), CLA (1-3), Bio-D-Mulsion Forte (2-4 drops)

Secondary Support: Cytozyme-AD (6) or ADB5-Plus (3), GSH-Plus (6), NAC (3), Bio-Immuonozyme Forte (3), ResveraSirt-HP (1-3), Histoplex (6-9) on an empty stomach, Bio-C Plus 1000 (3), Mg-Zyme (3) or Mg-Orotate 500 (2) at bedtime, Bio-Ae-Mulsion (3-9 drops), Phosphatidylcholine (3), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), E-Mulsion 200 or E-200 H1 (2), Tocotrienols (2), DHEA-10 mg (1)

Optional Alternative Protocol: Nebulized, inhaled glutathione at 120-200 mg twice daily (Wright)
Alternative Support: Turmeric/Curcumin (BCM-95®), Thyme (Thymus vulgaris), Boswellia (Boswellia sacra) a.k.a. Frankincense, Myrrh (Commiphora myrrha), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

Lung Congestion, Chronic | Pulmonary Edema Usually Cardiogenic

Pneuma-Zyme (6-15), Bio-Immuonozyme Forte (3-6), Intenzyme Forte (9-12) on an empty stomach, A.D.P. or Neutrophil Plus (3-12), OOrganic-15 (3-9), Cytozyme-Trachea (6-9), Cytozyme-THY (3), Bio-D-Mulsion Forte (4-8 drops), Immuno-gG (6), KappArest (3-9), Cytozyme-AD (3), DHEA-5 mg (1-2) or DHEA-10 mg (1)

Secondary Support: Liquid Iodine (10-120 drops) or Liquid Iodine Forte (5-60 drops) or Iodizyme-HP (½ tab), C/Cal/Mag Powder (2-4 tsp), IAG (2-4 tsp), HR#2 Lymphatic Drainage, HR#4 Detox Virus, HR#8 Fungal Yeast Infection, HR#9 Bacteria Detox, HR#10 Parasite Detox (1-2 capfuls each)

Lupus Erythematosus, Systemic (SLE) | Connective Tissue Autoimmune

Rule out hypochlorhydria, eliminate dietary sweeteners (aspartame, sorbitol, sucralose), all dairy and gluten-grains from the diet, and increase all brassica vegetables (broccoli, cabbage, cauliflower, Brussels sprouts, etc.) for their indole-3-carbinol content.

Bio-Immuonozyme Forte (3-6), Cytozyme-Trachea (3-12), IAG (2-4 tsp), Methione-200 (3), Bio-FCTS (3-12), EGCG-200mg (2), POA-Phytolens (3-12), Bio-D-Mulsion Forte (2-4 drops), IPS (3-12), Biomega-3 (3) or Biomega-3 Liquid (1 tsp) or Optimal EFAs Caps (3-6) or EFA-Sirt Supreme (12), MCS-2 (3), Beta-TCP (6), Histoplex (6), Lipoic Acid Plus (3), UltraVir-X (6), Cytozyme-THY (3), Cytozyme-SP (3-12), Bio-Ae-Mulsion Forte (3-6 drops), Intenzyme Forte (9-18) on an empty stomach, Garlic Plus (3), Zn-Zyme (1-2) or Zn-Zyme Forte (1)

Secondary Support: POA-Phytolens (1-3), Bio-Cyanidins (3), Hydro-Zyme (3-6) with each meal, Cytozyme-AD (3-12), ADBS-Plus (2-4), Cu-Zyme (1), NutriClear or NutriClear Chocolate (3 servings) HR#1 Detoxification (1 capful), HR#4 Detox-Virus (2 capfuls)

Alternative Support: Turmeric/Curcumin (BCM-95®), Milk Thistle (Silybum marianum, silymarin), Kelp (brown seaweed algae), Goldenseal (Hydrastis canadensis), N-Acetylg glucosamine (NAG), Burdock (Arctium lappa), Red Clover (Trifolium pratense), Feverfew (Tanacetum parthenium)

Lyme Disease | Bacterial Tick Infection w/Rash, Fever, Joint Inflammation
Rule out dietary artificial sweeteners especially aspartame, sorbitol, and sucralose.

A.D.P. (15) for two weeks, then (9) daily, Lactozyme (3) with meals thereafter, Bromelain Plus CLA (9) on an empty stomach, Saccharomyces boulardii (3), Neutrophil Plus (3-6), NAC (6), Optimal EFAs Caps (3-6), Evening Primrose Oil or Blackcurrant Seed Oil (3), Lipoic Acid Plus (1-3) or R-Lipoate CBG (1-2), HR#1 Detoxification (2 capfuls), HR#10 Parasite Detox (2 capfuls)

**Secondary Support:** MCS-2 (3), Beta TCP-(6), IAG (3), POA-Phytolens (2), Dismuzyme Plus Granules (3 tbsp), Histoplex-AB (3-6), E-Mulsion 200 or E-200 H2 (1), Tocotrienols (2), Bio-C Plus 1000 (1-3), EGCG-200mg (2-4), KappArest (6), Garlic Plus (3), Taurine (3), Se-Zyme Forte (1) or Selenomethionine (1), HR#9 Bacteria Detox (1-2 capfuls)

**Optional Protocol:** Bio-Detox Packs (3) and (1) for children with caution

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Hawthorn (*Crataegus oxyacantha*/*monogyna*), Milk Thistle (*Silybum marianum*, silymarin), Kelp (brown seaweed algae), Alfalfa (*Medicago sativa*), Dandelion (*Taraxacum officinale*), Ginseng (*Panax ginseng*), Goldenseal (*Hydrastis canadensis*), Echinacea (*Echinacea angustifolia*), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**LYMPH ADENOPATHY | Swollen Lymph Glands or Lymph Congestion**

A.D.P. (4-16), Bio-Ae-Mulsion Forte (2-4 drops), Bio-Immunozyme Forte (2-8), Immuno-gG (2-8), Cytozyme-SP (4-16), Cytozyme-THY (3-6), MCS-2 (3), Dismuzyme Plus Granules (1-2 tbsp), C/Cal/Mag Powder (1-2 tsp), IAG (1-2 tsp), Inositol (3-6) or Inositol Powder (1½ tsp), Liquid Iodine Forte (30-90 drops), H2O to tolerance, HR#2 Lymphatic Drainage (1-2 capfuls)

**Secondary Support:** B6 Phosphate (3), Mg-Zyme (1-3) or Mg-Orotate 500 (2) at bedtime

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Horse Chestnut (*Aesculus hippocastanum*), Burdock (*Arctium lappa*), Dandelion (*Taraxacum officinale*), Yellow Dock (*Rumex crispus*), Wild Indigo (*Baptisia australis*), Licorice (*Glycyrrhiza glabra*), Echinacea (*Echinacea angustifolia*)

**LYMPHATIC SYSTEM | General Supplementation Support**

Carbamide Plus (3-6), Bio-Immunozyme Forte (2-8), Bio-Cyanidins (3-6), Liquid Iodine Forte (60 drops), Bio-FCTS (3-9), EGCG-200mg (2), Cytozyme-SP (3-6), Cytozyme-THY (3-6), Cytozyme-Parotid-TS (6-9), Cytozyme-LV (3-9), Bio-Ae-Mulsion Forte (3-9 drops), C/Cal/Mag Powder (1-3 tsp), HR#2 Lymphatic Drainage (1-2 capfuls)

**Alternative Support:** H2O (as much as possible)

**LYMPHOCYTES, HIGH | Elevated Lymphoid Tissue-Generated White Blood Cells**

UltraVir-X (3-12), Bio-Immunozyme Forte (3-6), Cytozyme-THY (3-12)

**LYMPHOCYTES, LOW | Decreased Lymphoid Tissue-Generated White Blood Cells**

Bio-Immunozyme Forte (3-6), Cytozyme-THY (3-12), Cytozyme-SP (3-12), UltraVir-X (3-12), Zn-Zyme Forte (3-12), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Astragalus (*A. membranaceus*), Ligustrum (*Ligustrum japonicum*), Schisandra (*Schisandra sinesis*), Licorice (*Glycyrrhiza glabra*), Ginseng (*Panax ginseng*) and Codonopsis (*Codonopsis pilosula*)

**MACULAR DEGENERATION, AGE-RELATED (AMD) | Macula/Vision Deterioration**

Rule out genetic predisposition, high homocysteine, atherosclerosis, calcium metabolism...
dysfunction (calcium tissue precipitation), vitamin (A, B6, B12, folate, C) and mineral (zinc) deficiencies, inadequate dietary antioxidants, hypochlorhydria, food sensitivities (caffeine and alcohol), and high-fat diet.

Optic-Plus (3-6), BioProtect (3-6), Bio-Cyanidins (3-6), Bio-3B-G (9), B6 Phosphate (3), B12-2000 (1-2), Folic Acid 800 (1-2), Aqueous Zinc (½-1 bottle) until distasteful, then switch to Zn-Zyme (1-2) or Zn-Zyme Forte (1), EFA-Sirt Supreme (12) or Optimal EFAs Caps (6), Bio-D-Mulsion Forte (2-4 drops), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), Taurine (1), Se-Zyme (1-2) or Selenium-thioneine (1)

**Secondary Support:** Acetyl-L-Carnitine (1), Cognitive Enhancer (1) before breakfast & (1) before lunch or dinner, TMG Powder (1-2 level tsp), Ginkgo Biloba (3), Blackcurrant Seed Oil or Evening Primrose Oil (6), Basic Nine (6), Liquid Iodine (60 drops) or Liquid Iodine Forte (30 drops) in water or Iodizyme-HP (½-1), HistoPlex (6-9) between meals, Bio-C Plus 1000 (1-3), EGCG-200mg (2-4), E-Mulsion 200 or E-200 H γ (3), Tocotrienols (2)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Bilberry (Vaccinium myrtillus), Astaxanthin/Lutein/Zeaxanthin (Carotenoids), Benfotiamine (fat-soluble B1), Shark Cartilage, Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**MAGNESIUM DEFICIENCY | Indications:** Cramping, Chocolate Craving, Foot Odor

Rule out digestive dysfunction and hypochlorhydria.

Mg-Zyme (1-3) or Mg-Orotate 500 (1-3) before bedtime increasing dosage by (1) per night to bowel tolerance

**Alternative Support:** Magnesium (Chloride) Oil (transdermal topically)

**MALE, DIMINISHED SEX DRIVE**

Rule out hormonal imbalance, adrenal dysfunction, vitamin (E) and mineral (zinc, trace minerals) deficiencies, and benign prostate hypertrophy (BPH).

Cytozyme-M (6), Cytozyme-Orchic (3), Bio-Multi Plus Iron & Copper Free (6), Argizyme (6), Gammanol Forte (9), Cytozyme-PT/HPT (6), b-VITAL (3), L-Arginine (3)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Maca (Lepidium meyenii), Horny Goat Weed (Epimedium grandiflorum), Tribulus (Tribulus terrestris), Yohimbe (Yohimbine), Ashwagandha (Withania somnifera), Dimethylglycine (DMG)

**MALE, GENERAL ENDOCRINE SUPPORT**

Bio-Multi Plus Iron & Copper Free (3-6) or ProMulti-Plus (6), Cytozyme-M (3-6), Multi-Mins Iron & Copper Free (3), Bio-D-Mulsion Forte (2-4 drops)

**With Cardiovascular Issues:** Bio-Cardiozyme Forte (3-6)

**With Immune System Issues:** Bio-Immunozyme Forte (3-6)

**With Sugar Handling Issues:** Bio-Glycozyme Forte (3-6)

**MALE, REDUCED SPERM COUNT**

Rule out neoplasm, urinary tract infection (UTI), lack of exercise, infrequent sexual release, obesity, normal aging, food allergy or sensitivity.

Cytozyme-Orchic (3-6), Cytozyme-M (3-6), Cytozyme-Parotid-TS (3), Bio-Immunozyme Forte (6), L-Arginine (6), UT Complex (3)

**MANIC/BIPOLAR DEPRESSION DISORDER | Alternating Mania and Depression**
Li-Zyme Forte (1) per hour for two weeks, then (9) daily, Bio-3B-G (1) per hour for two weeks, then (9) daily, Meda-Stim (3) before meals, St. John's Forte (4), Melatonin-B6/Mg (½ tab) before bedtime, Mood Enhancer (1-2) before meals or at bedtime

**With Poor Dream Recall:** B6 Phosphate (9)

**With Unipolar Disorder:** Amino Sport (6-12)

**With Low BP:** Bio-Cardio-Sirt BP (1 scoop), Cytozyme-AD (6) or ADB5-Plus (3-6)

**With Insomnia:** De-Stress (2) at bedtime and/or Melatonin-B6/Mg (½ tab) before bedtime

### MASTITIS | Breast Inflammation Caused by Milk Duct Blockage

Liquid Iodine (30-60 drops) or Liquid Iodine Forte (15-30 drops) rubbed directly on the breast, HR#2 Lymphatic Drainage (3 capfuls) also rubbed on the breast, EFA-Sirt Supreme (12) or Optimal EFAs Caps (6), Chlorocaps (6), Chlorella Caps (6)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Apple Cider Vinegar & Honey (raw organic)

### MEASLES | Contagious, Viral, Childhood Disease w/Red Skin Eruptions

Bio-Immunozyme Forte (3), Cytozyme-THY (3), Aqueous Multi-Plus (1), IAG (2) in the acute phase, then (1), UltraVir-X (1), Cytozyme-Parotid-TS (1), Liquid Iodine (5 drops) in water, Bio-Ae-Mulsion Forte (1-3 drops), HR#2 Lymphatic Drainage (1 capful), HR#4 Detox Virus (1 capful)

**Secondary Support:** Intenzyme Forte (6-12) on an empty stomach, Bio-B 100 (3-6), Bio-C Plus 1000 (1-3), ECGC-200mg (2-4)

**Alternative Support:** Lobelia (Lobelia inflata), Spirulina (Arthrospira) cyanobacterium blue-green algae, Oatmeal (bath), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

### MEMORY LOSS (Amnesia) | Forgetfulness, Attention Deficit, Short-Term Loss

*Rule out vascular insufficiency, primary thyroid hypofunction, reactive hypoglycemia, atherosclerosis, food allergy or sensitivity, heavy metal toxicity, lack of exercise, and stress.*

NeuPerzine (3-6), Phenitropic (1-2), DopaTropic Powder (1 scoop), Cognitive Enhancer (1) before breakfast and (1) before lunch or dinner, Nuclezyme Forte (3-6), Phosphatidylserine (3) and Phosphatidylcholine (6), L-Tyrosine (3-6) or DopaTropic Powder (1-2 tsp), Cytozyme-B (3-6), EFA-Sirt Supreme (12) or Optimal EFAs Caps (6-12), Lipoic Acid Plus (3-6) or R-Lipoate CBG (1-2), Ginkgo Biloba (3-6), Rb-Zyme (6), TMG Powder (1-2 level tsp), Bio-B 100 (9), B12-2000 Lozenges (1-2), B12/Folate Plus (3-6), Phosphatidylcholine (6), Folate-5 Plus (1), Acetyl-L-Carnitine (3), Bio-Glycozyme Forte (3-6), Cytozyme-AD (3-16) and/or ADB5-Plus (3), Garlic Plus (3), Dismuzyme Plus (3) or Dismuzyme Plus 5000 (3), St. John’s Forte (2-4), Mood Enhancer (1-2) before meals or bedtime, Bio-C Plus 1000 (3), EGCG-200mg (2)

**Secondary Support:** NitroGreens (1 scoop), 7-Keto-Zyme (1-3) or 7-Keto-Zyme Forte (1), Porphyrza-Zyme (12), Neonatal Multi-Gland (6), Bio-3B-G (6-12), Mn-Zyme (1), Mg-Zyme (1-3) or Mg-Orotate 500 (2) at bedtime, Super Phosphozyme Liquid (60 drops), Acetyl-L-Carnitine (3), L-Tyrosine (3), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), DHEA-5 mg (1), Pregnenolone 25 (1), Melatonin-B6/Mg (½ tab) before bedtime

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Coconut Oil (MCTs), Vinpocetine derived from Lesser Periwinkle (Vinca minor), Boron (mineral) or Boric Acid (Acidum
MENIERE’S DISEASE | Inner Ear Deafness, Ringing and Loss of Balance

Rule out spinal, cranial or TMJ dysfunction, hypertension, poor circulation resulting in nerve damage, infection, adrenal dysfunction, vitamin (thiamin) and mineral (manganese) deficiencies, and food allergy or sensitivity.

With Low Blood Pressure: Bio-CardioSirt BP (1 rounded scoop), Bio-Glycozyme Forte (3) at 10 am, 3 pm and two hours after dinner, Cytozyme-AD (6) or ADB5-Plus (3), Bio-3B-G (2) per waking hour for 10 days, then (9) daily

With High Blood Pressure: Bio-CardioSirt BP (1 rounded scoop), CoQ-Zyme 30 (3 or CoQ-Zyme 100 Plus (2), Blackcurrant Seed Oil or Evening Primrose Oil (6-9) or Optimal EFAS Caps (6), Renal-Plus or Nephra-Zyme (15), Bio-CMP (6), ADHS (2-4) at breakfast and lunch

With Normal Blood Pressure: Bio-Ae-Mulsion Forte (4 drops) in water three times daily for one week, then (2 drops) three times daily for three weeks, Bio-Immunozyme Forte (3)

With Infection: Cytozyme-THY (15), IAG (2 tsp), UltraVir-X (6) before meals with viral, Neutrophil Plus (6) before meals with bacterial

Secondary Support: Ginkgo Biloba (6), Zn-Zyme Forte (2), Cu-Zyme (1) away from the zinc, Mg-Zyme (4-6) or Mg-Orotate 500 (2) at bedtime, then increase to bowel tolerance, Porphyra-Zyme (12) on an empty stomach, Chondro-Plus (6), Phosphatidylcholine (3), Ginkgo Biloba (3), St. John's Forte (3), Mood Enhancer (1-2) before meals or at bedtime

Alternative Support: Turmeric/Curcumin (BCM-95®), Butcher’s Broom (Ruscus aculeatus), Ginger (Zingiber officinale), Apple Cider Vinegar & Honey (raw organic), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

MENOPAUSE & PERIMENOPAUSE, GENERAL SUPPORT | Menstruation Cessation

Equi-Fem or Equi-Fem Iron & Copper Free (6) or PMT (6-9) with hormone replacement therapy (HRT), Cytozyme-F (3-6) or Cytozyme-O (3-6), BioPause-AM & BioPause-PM (3-6), BioDrive (1) am and pm, Cytozyme-PT/HPT (1-3), Thyrostim (3-6), Osteo-B Plus or Osteo-B II (3-12), Flax Seed Oil (3-6), Biomega-3 (3) or Biomega-3 Liquid (1 tsp) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Blackcurrant Seed Oil or Evening Primrose Oil (3), Bio-D-Mulsion Forte (2-4 drops), E-Mulsion 200 or E-200 H_y (3), Tocotrienols (2), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), DHEA-10 mg (1-2), 7-Keto-Zyme (3) or 7-Keto-Zyme Forte (1), Pregnenolone 25 (1), Phosphatidylcholine (3), Bio-B 100 (6-9), BioDophilus-FOS (1 tsp) or BioDophilus Caps (3)

Secondary Support: Gammanol Forte (1-3), Bio-K-Mulsion (2-4 drops), Bio-C Plus 1000 (1-3), b-VITAL (1-3), Bio-FCTS (3), EGCG-200mg (2), Bio-Cyanidins (1-2), L-Arginine (3), L-Lysine HCl (3), V.H.P. (3), Melatonin-B6/Mg (½ tab) before bedtime, St. John's Forte (2-4), Mood Enhancer (1-2) before meals or at bedtime

Alternative Support: Turmeric/Curcumin (BCM-95®), Black Cohosh (Actaea racemosa), Beta-glucan (polysaccharide sugars), Fennel (Foeniculum vulgare), Sage (Salvia officinalis),

*boricum*, Dimethylglycine (DMG), Dimethylaminoethanol (DMAE), Rosemary (*Rosmarinus officinalis*), Ginseng (*Panax ginseng*), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)
Anise Seed (Pimpinella anisum), Licorice (Glycyrrhiza glabra), Damiana (Turnera diffusa), Red Clover (Trifolium pratense), Gotu Kola (Centella asiatica), Ginseng (Panax ginseng), Dong Quai (Angelica sinensis), Apple Cider Vinegar & Honey (raw organic), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**MENOPAUSE, HOT FLASHES | Transient Vascular Skin Dilation**

Rule out hormonal imbalance, iodine deficiency, refined carbohydrate diet, obesity, food allergy or sensitivity, and lack of exercise.

Equi-Fem or PMT (6) with hormone replacement therapy (HRT), Melatonin-B6/Mg (½ tab) before bedtime, BioPause-AM & BioPause-PM (3-6), B-12/Folate Plus (6) or Methylfolate Plus (3) or 5-MTHF Plus Forte (1), Gammanol Forte (6), Liquid Iodine Forte (6), b-VITAL (2), Bio-D-Mulsion Forte (2-4 drops), E-Mulsion 200 or E-200 H (3), Tocotrienols (2), Bio-B 100 (6)

**With Exogenous Estrogen Supplementation:** Liquid Iodine (60 drops) or Liquid Iodine Forte (30 drops) in water or Iodizyme-HP (½-1), Ca D-Glucarate (4)

**Secondary Support:** Blackcurrant Seed Oil or Evening Primrose Oil (6-9)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Progesterone (topical cream), Black Cohosh (Actaea racemosa), Chaste Tree (Vitex agnus-castus), Sage (Salvia officinalis), Motherwort (Leonurus cardiaca), Indole-3-Carbinol (I3C), Diindolylmethane (DIM), Apple Cider Vinegar & Honey (raw organic)

**MENOPAUSE, DIFFICULT | Night Sweats, Vaginal Dryness, Hot Flashes, etc.**

Equi-Fem or PMT (6) with hormone replacement therapy (HRT), Gammanol Forte (6), ADHS (3), Liquid Iodine (30 drops) or Liquid Iodine Forte (15), Bioctasol Forte (3-6), b-VITAL (3), EFA-Sirt Supreme (12) or Optimal EFAs Caps (3-6) or Biomega-3 (3) or Biomega-3 Liquid (1 tsp), Bio-D-Mulsion Forte (2-4 drops), E-Mulsion 200 or E-200 H (3), Tocotrienols (2), Bio-B 100 (3-9), BioPause-AM & BioPause-PM (3-6)

**Secondary Support:** DHEA-10 mg (1-2), Pregnenolone 25 (1), Bio-C Plus (3) or Bio-C Plus 1000 (1-3), EGCG-200mg (1-2), Bio-Cyanidins (1-2)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Progesterone (topical cream), Black Cohosh (Actaea racemosa), Motherwort (Leonurus cardiaca), Sage (Salvia officinalis), Ginseng (Red Korean), Sepia & Pulsatilla (homeopaths), Apple Cider Vinegar & Honey (raw organic), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**MENOPAUSE, EARLY | Cessation of Menstruation before Age 45**

Equi-Fem or PMT (6) with hormone replacement therapy (HRT), Gammanol Forte (6), ADHS (3), Liquid Iodine (30 drops) or Liquid Iodine Forte (15 drops), Bioctasol Forte (3-6), Multi-Mins (1-2), Cytozyme-O (3-6), Biomega-3 (3) or Biomega-3 Liquid (1 tsp) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Bio-D-Mulsion Forte (2-4 drops), BioPause-AM & BioPause-PM (3-6)

**Secondary Support:** DHEA-10 mg (1-2), Pregnenolone 25 (1), Aqueous Selenium (3-6 drops) or Selenomethionine (1), Bio-C Plus (3) or Bio-C Plus 1000 (1-3), Bio-Cyanidins (1-2), Bio-FCTS (1-2), EGCG-200mg (1-2), E-Mulsion 200 or E-200 H (3), Tocotrienols (2)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Progesterone (topical cream), Apple Cider Vinegar & Honey (raw organic), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)
**MENOPAUSE, MALE “MANOPAUSE” | Decreased Testosterone Production**

Cytozyme-M (6-12) or Cytozyme-Orchic (3-6), Optimal EFAs Caps (6-12) or Biomega-3 (6-12) or Biomega-3 Liquid (1-3 tsp) or EFA-Sirt Supreme (6-12), Zn-Zyme Forte (6-12), Bio-D-Mulsion Forte (4-8), E-Mulsion 200 (3-6), b-VITAL (3), ADB5-Plus (3-6), DHEA-10 mg (1-2) or 7-Keto-Zyme (3-6) or 7-Keto-Zyme Forte (1-2), Pregnenolone 25 (1)

*Secondary Support:* Bio-C Plus 1000 (1-3), Bio-Cyanidins (1-2), Bio-FCTS (1-2), EGCG-200mg (1-2)

*Alternative Support:* Turmeric/Curcumin (BCM-95®), Apple Cider Vinegar & Honey (raw organic), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**MENORRHAGIA | Abnormally Heavy or Excessive/Extended Menstrual Flow**

*Rule out endocrine dysfunction, red blood cell (RBC) insufficiency, essential fatty acids (EFA) deficiency, anemia, tumors, cysts, endometriosis, and Syndrome-X/Metabolic Syndrome (refined carbohydrate diet).*

Equi-Fem or PMT with hormone replacement therapy (HRT) (3-6), Bio-Cyanidins (3-6), Neonatal Multi-Gland (9), Cytozyme-O (3-9), Blackcurrant Seed Oil or Evening Primrose Oil (6-9), Bio-CMP & Ca/Mg-Plus (9) before meals & (3) at bedtime, Methylfolate Plus (3) or 5-MTHF Plus Forte (1), Fe-Zyme (1-3)

*With Pernicious Anemia:* Methylfolate Plus (1-3) or B12-2000 Lozenges (3)

*With Iron Deficiency:* Fe-Zyme (1-3), Multi-Mins (3-6)

*With Menstrual Cramps:* Bio-CMP (4) at onset, then (2) per hour until abated to a maximum of (12); use Ca/Mg Zyme (4) per hour, if additional mineralization is required

*With Menstrual Bleeding:* Fe-Zyme in dosage required to correct anemia, Ca/Mg Plus (6)

*With Prolonged Bleeding:* Cytozyme-O (3-9), PMT (3-6)

*With Testosterone Insufficiency:* b-VITAL (2)

*With Exogenous Estrogen Therapy:* Liquid Iodine Forte (50 drops), Ca D-Gluarate (4)

*Secondary Support:* Cytozyme-F (3-6), DL-Phenylalanine (3)

*Alternative Support:* Chaste Tree (Vitex agnus-castus), Progesterone (topical cream)

**MENSES, PAINFUL (Dysmenorrhea) | Lower Abdominal Cramping**

Equi-Fem (6), Bio-CMP (6-9), Mg-Zyme (6-9) or Mg-Orotate 500 (2) at bedtime, Intenzyme Forte (9-12) on an empty stomach, Biomega-3 (3) or Biomega-3 Liquid (1 tsp) or Optimal EFAs Caps (3-6) or EFA-Sirt Supreme (12)

*Secondary Support:* Bio-B 100 (3-6), E-Mulsion 200 or E-200 H7 (3), Tocotrienols (2), V.H.P. (3), Melatonin-B6/Mg (½ tab) before bedtime

*Pain Support:* Bio-allay (3), Sculacia (3), DL-Phenylalanine (3)

*Alternative Pain Support:* Turmeric/Curcumin (BCM-95®), Boswelia (Boswelia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Blue Lotus (Nymphaea caerulea), Wild Opium Lettuce (Lactuca vivosa), Kratom (Mitragyna speciosa), Kava Kava (Piper methysticum), White Willow (Salix alba), Arnica (Arnica montana) pellet, cream, gel or ointment

**MENSES, SCANTY (Amenorrhea) | Minimal Menstrual Flow**

Equi-Fem or PMT with hormone replacement therapy (HRT) (6), Neonatal Multi-Gland (6), Cytozyme-O or Cytozyme-F (3-6), Blackcurrant Seed Oil or Evening Primrose Oil (6-9), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Beta-TCP (3-6), Garlic Plus (3-6)
**With Cramping:** Bio-CMP (4-12)

**With Heavy Bleeding:** Fe-Zyme & Ca/Mg-Plus (6)

**With Exogenous Estrogen Supplementation:** Ca D-Glucarate (4)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Myrrh (Commiphora myrrha), Chaste Tree (Vitex agnus-castus), Progesterone (topical cream), Apple Cider Vinegar & Honey (raw organic)

**MENSTRUAL CRAMPS | Mild to Severe Spasmodic Pain in Lower Abdomen**

*Rule out uterine fibroids, endometriosis, and a high-fat diet.*

- Ca/Mg-Zyme (3-9) or Ca/Mg Plus (3) or C/Cal/Mg Powder (1-3 tsp), Mg-Orotate 500 (3), Equi-Fem or PMT (3-12), EFA-Sirt Supreme (12) or Optimal EFAs Caps (6) or Biomega-3 (3) or Biomega-3 Liquid (1 tsp), Blackcurrant Seed Oil (6), B6 Phosphate (3-6), Bio-C Plus 1000 (1-3), Bio-FCTS (1-2), Bio-Cyanidins (1-2), EGCG-200mg (1-2)

**Note:** Ca/Mg-Zyme or Ca/Mg-Plus at (3) per hour to bowel tolerance for symptomatic relief with severe case

**Pain Support:** Bio-allay (3), Sculacia (3), DL-Phenylalanine (3)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Progesterone (topical cream), Valerian (Valeriana officinalis), Motherwort (Leonurus cardiaca), Fennel (Foeniculum vulgare), Apple Cider Vinegar & Honey (raw organic), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**MENSTRUAL, MENSTRUAL CYCLE IRREGULARITY**

*Rule out hormonal, emotional, nutritional, and illness factors.*

- Equi-Fem (3-6) or PMT (3-6), Cytozyme-PT/HPT (6), Cytozyme-O or Cytozyme-F (3-6), Evening Primrose Oil or Blackcurrant Seed Oil (1-3), Bio-D-Mulsion Forte (2-4), Mg-Zyme (3) or Mg-Orotate 500 (1-3) at bedtime to bowel tolerance, Gammanol Forte (6)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Progesterone (topical cream), Apple Cider Vinegar & Honey (raw organic)

**MENSTRUATION SUPPORT | Menstrual Health Maintenance Supplementation**

- Equi-Fem or PMT (3-6), Bio-D-Mulsion Forte (4-8 drops), Optimal EFAs Caps (6-12), Flax Seed Oil (3-6), Blackcurrant Seed Oil or Evening Primrose Oil (3-6), Mg-Zyme (6-9), B6 Phosphate (3-6), Ca/Mg-Zyme 6-9

**Secondary Support:** Bio-C Plus 1000 (1-3), Bio-FCTS (1-2), Bio-Cyanidins (1-2), EGCG-200mg (1-2)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C), Progesterone (topical cream), Apple Cider Vinegar & Honey (raw organic)

**MENTAL FUNCTION, GENERAL SUPPORT**

- Cytozyme-B (3), EFA-Sirt Supreme (12) or Optimal EFAs Caps (6) or Biomega-3 (3) or Biomega-3 Liquid (1 tsp), Nuclezyme Forte (1-3), Amino Sport (6-12), Acetyl-L-Carnitine (1-4), Cognitive Enhancer (1) before breakfast & (1) before lunch or dinner, Phosphatidylserine (1-3), TMG Powder (1-2 level tsp), Ginkgo Biloba (2-4), B6/B1 Plus Zinc (1-2), Cytozyme-AD and/or ADBS-Plus (3-6), B12/Folate Plus (3-6)

**Secondary Support:** Bio-C Plus 1000 (1-3), Bio-FCTS (1-2), Bio-Cyanidins (1-2), EGCG-
200mg (1-2)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Apple Cider Vinegar & Honey (raw organic), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**MENTAL FUNCTION, SLOW, CHILDREN**

Rule out malnutrition, iron anemia, intestinal parasites, vitamin B12 deficiency, and decreased serum cholesterol.

EFA-Sirt Supreme (6-12) or Optimal EFAs Caps (3-6) or Biomega-3 (3) or Biomega-3 Liquid (1 tsp) or Mixed EFAs (1-3 tbsp), Nuclease Forte (1-3), Phosphatidylserine (1), Acetyl-L-Carnitine (1), Cognitive Enhancer (1) before breakfast, lunch or dinner, Cytozyme-B (1-3), Cytozyme-PT/HPT (1-3), Tocotrienols (1-2), TMG Powder (1 level tsp), B6/B1 Plus Zinc (1)

**Secondary Support:** Bio-C Plus (1-3), Bio-C Plus 1000 (1), Bio-FCTS (1), Bio-Cyanidins (1), EGCG-200mg (1)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Bacopa (Bacopa monnieri), Apple Cider Vinegar & Honey (raw organic), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**MENTAL FUNCTION, RETARDED ("Backward Children")**

Rule out malnutrition, iron anemia, intestinal parasites, vitamin B12 deficiency, and decreased serum cholesterol.

Amino Sport (3-6), B12-2000 Lozenges (1-2), B12/Folate Plus (1-3), Flax Seed Oil (3-6) or SunFlax Caps (4), Biomega-3 (3) or Biomega-3 Liquid (1 tsp) or Optimal EFAs Caps (3) or EFA-Sirt Supreme (6), Phosphatidylserine (1-3), Acetyl-L-Carnitine (1-4), Cognitive Enhancer (1) before breakfast & (1) before lunch or dinner, TMG Powder (1 level tsp), Ginkgo Biloba (2-4), Bio-D-Mulsion Forte (1-2 drops), B6/B1 Plus Zinc (1)

**Secondary Support:** Neonatal Multi-Gland (6), Cytozyme-B (3), Nuclease Forte (3)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Apple Cider Vinegar & Honey (raw organic)

**MERCURY DETOXIFICATION | Elimination of Systemic Mercury**

Porphyra-Zyme (12) on an empty stomach, BioProtect (6), MSM (3) or MSM Powder (1 tsp), Se-Zyme Forte (1) or Selenomethionine (1), Bio-C Plus 1000 (1-3), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), DopaTropic Powder (1 tsp), Bio-Multi Plus Iron & Copper Free (6), GSH-Plus (3), NAC (3), Methione-200 (3), Bio-B 100 (6-9), Bio-E-Mulsion Forte (30 drops) or E-Mulsion 200 or E-200 H₂ (1-3), Tocotrienols (2), HR#7 Heavy Metal Detox (1 capful) for one week, then (2) for 30 days

**Secondary Support:** Basic Nine (6), Garlic Plus (6), Hydro-Zyme (3-9)

**Alternative Support:** Coriander (Coriandrum sativum) a.k.a. Cilantro, Zeolite, Kelp (brown seaweed algae), Alfalfa (Medicago sativa), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**METABOLIC SYNDROME/SYNDROME X (Carbohydrate Sensitivity) | Abnormal Blood Glucose Metabolism w/Insulin Resistance Leading to CAD, Stroke, Diabetes**

Rule out adrenal dysfunction (hyperadrenia), digestive dysfunction, reactive hypoglycemia, dysbiosis, fungal infection, excess carbohydrate intake, and vitamin (thiamine) and mineral (magnesium) deficiencies associated with decreased Kreb's cycle & ATP energy production.
10-Day BioDetoxification Kit (Pea or Whey) Program (2), then:

**With Normal Blood Pressure:** Bio-Glycozyme Forte (9), Cytozyme-PAN (6-9), Bio-3B-G (6) before bedtime

**With Normal Lipid (HDL, LDL, Triglycerides) Levels:** Same as above

**With Decreased Blood Pressure:** Cytozyme-AD (6) or ADB5-Plus (3)

**With Increased Triglycerides or LDL:** Lipid-Sirt (8), GlucoBalance (9), ADHS (2-4) with breakfast and lunch, Cytozyme-PAN (6-9), Biomega-3 (3) or Biomega-3 Liquid (1 tsp) or Optimal EFAs Caps (6) or Flax Seed Oil (3-6) or SunFlax Caps (2-4), EFA-Sirt Supreme (12)

**With Decreased HDL Cholesterol:** Same as above

**With Reactive Hypoglycemia/Syndrome X:** Betaine Plus-HP (3) with meals increased by (1) every third day to gastric distress

**With Abnormal Blood Lipid Panel (Increased LDL and/or Triglycerides, Decreased HDL) following Weight Loss and Decreased Blood Pressure:** Lipid-Sirt (8), PCOH-Plus (3-6), Tocotrienols (2)

**Secondary Support:** Cytozyme-PT/HPT (3-6), Neonatal Multi-Gland (6), NutriClear or NutriClear Chocolate and Whey Protein Isolate - Original, Chocolate or Vanilla or Pea Protein Isolate or Whey Protein Concentrate (2 scoops) between meals

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Apple Cider Vinegar & Honey (raw organic), Apple Pectin (plant fiber)

**METHYLATION & NEUROTRANSMITTERS | Elevated and Reduced**

*Rule out both elevated and reduced methylation:*

**Under-methylation:** Elevated serum histamine levels plus decreased levels of catecholamines leading to depression and obsessive-compulsion disorders and activities

**Over-methylation:** Excessive catecholamine production and thyroid hormones with reduced histamine levels leading to anxiety and depression

**Under-methylation:** OOrganic-15 (3-6), Methionine-200 (3-6), B6 Phosphate (6-9), Betatocopherol (TCP 6-12), B12-2000 Lozenges (1-3), Methylfolate Plus (½-3), Phosphatidylcholine (1-3), Inositol (6-9)

**Over-methylation:** B12-2000 Lozenges (1-3), B12/Folate Plus (1-3), B6 Phosphate (6-9), Folic Acid 800 (1-3), Bio-GGG-B (6-9), Niacin 100 (1-3), OOrganic-15 (1-3), Folate-5 Plus (1), Inositol (6-9), Li-Zyme (6-12) or Li-Zyme Forte (3-6), Taurine (3-6)

**MIGRAINE HEADACHE | Severe Vascular Pain Usually on One Side of Head**

*Rule out allergy triggers, vitamin B complex, mineral (magnesium, copper, zinc), and trace minerals deficiencies, heavy metal toxicity, dietary sucrose (table sugar), and chemical sweeteners (aspartame, sorbitol, sucralse); avoid low blood sugar/hypoglycemia.*

MygranX (2-4), Bio-Allay (3), Sculacia (3), DL-Phenylalanine (3), Bio-Glycozyme Forte (3) at 10 am, 3 pm, and 7 pm; Aqua Mag-Cl (2 tsp) at the onset and (2) at bedtime, then increase to bowel tolerance, Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3), Bio-Cyanidins (8), Bio-FCTS (2-4) before meals, EGCG-200mg (2-4), Bio-E-Mulsion Forte (5 drops) or E-Mulsion 200 or E-200 H₇ (1), Tocotrienols (2), Beta-TCP (6), EFA-Sirt Supreme (12) or Optimal EFAs Caps (6) or Biomega-3 (3) or Biomega-3 Liquid (1 tsp), Bio-GGG-B (9-12), B6 Phosphate (10), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2)

**Secondary Support:** Phosphatidylcholine (6), Li-Zyme Forte (9), Amino Sport (6-12)
Bioctasol Forte (3-6), De-Stress (2) at onset and bedtime with insomnia, Mood Enhancer (1-2) before meals or at bedtime

**Alternative Pain Support:** Turmeric/Curcumin (BCM-95®), Boswellia (*Boswellia sacra*) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Blue Lotus (*Nymphaea caerulea*), Wild Opium Lettuce (*Lactuca vivosa*), Kratom (*Mitragyna speciosa*), Kava Kava (*Piper methysticum*), White Willow (*Salix alba*), Arnica (*Arnica montana*) pellet, cream, gel or ointment

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Feverfew (*Tanacetum parthenium*), Magnesium (IV), Magnesium (Chloride) Oil (transdermal topically), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C), Acupuncture

**MIGRaines, OPHTHALMIC | Ocular Vision Distortion with or without Headache**

*Rule out food allergies or sensitivities and hypoglycemia.*

MygranX (2-4), Mg-Zyme (4) or Mg-Orotate 500 (2) at bedtime, B6 Phosphate (10), Bio-GGG-B (10)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Feverfew (*Tanacetum parthenium*) at 100 mg, Magnesium (Chloride) Oil (transdermal), Acupuncture

**MINERS' BLACK LUNG (Anthracosis) | Pneumoconiosis by Inhaled Coal Dust**

Pneuma-Zyme (6), A.D.P. (6-9), ChondroSamine-S (3-6), Cytozyme-Trachea (6)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Apple Cider Vinegar & Honey (raw organic)

**MISCARRIAGE | Spontaneous Abortion Usually in the First Trimester**

*Rule out vaginal bleeding, spotting, cramping, back or abdominal pain, vomiting, and fever.*

Equi-Fem (3-6), Pre-Natal Packs (1), Optimal EFAs Caps (3-6) or Liquid (1 tsp) or Biomega-3 (3) or Biomega-3 Liquid (1 tsp), Blackcurrant Seed Oil or Evening Primrose Oil (1-3), Bio-D-Mulsion Forte (2-4), Liquid Iodine Forte (30-90 drops) or Iodizyme-HP (½-1), Methylfolate Plus (1)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Apple Cider Vinegar & Honey (raw organic)

**MITRAL VALVE PROLAPSE (MVP) | Cardiopathy by Mitral Valve Dysfunction**

*Rule out vitamin (B1) and mineral (magnesium) deficiency, scoliosis, food allergy or sensitivity, poor diet, and genetic predisposition.*

Bio-Cardiozyme Forte (9), Purified Chondroitin Sulfates (6) or Chondro-Plus (3-9), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Aqua Mag-Cl (2 tsp) or Mg-Orotate 500 (2) at bedtime, then increase to bowel tolerance

**With Low BP, Decreased Serum CO2, and/or Increased Anion Gap:** Bio-3B-G (9)

**Secondary Support:** CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), Cytozyme-H (6)

**Alternative Support:** Magnesium (Chloride) Oil (transdermal topically)

**MONOCYTES, HIGH | Increased Phagocytic White Blood Cells (WBC)**

**With Recovery from Infection:** Bio-Immunozyme Forte (3-6)

**With Tissue Inflammation:** Intenzyme Forte (10-50) on an empty stomach

**With Chemical Toxicity:** MCS-2 (3-6), Beta-TCP (3-9), Cytozyme-Parotid TS (3-6)
**With Prostate Hypertrophy (BPH):** Palmetto-Plus Forte & Zn-Zyme Forte (3-12)

**MONOCYTES, LOW | Decreased Phagocytic White Blood Cells (WBC)**

Bio-Immunozyme Forte (3-16)

**MONONUCLEOSIS (Glandular Fever) | Acute Infectious Viral Disease**

*Rule out poor diet, chronic endocrine hypofunction, immune dysfunction, unresolved prior infection, IV drug abuse, sexual transmitted disease (STD), and stress.*

**Acute Phase:** Bio-Immunozyme Forte (6), UltraVir-X (6), Cytozyme-THY (15), Cytozyme-LV (3-6), Livotrit Plus (3) increased to (6) daily, Beta-TCP (9), Dismuzyme Plus Granules (6 tbsp), IAG (6 tsp), HR#9 Lymphatic Drainage & HR#4 Detox Virus (1 capful) daily for 30 days, then (1 capful) each daily, Liquid Iodine Forte (100 drops) in water or Iodizyme-HP (½-1), Bio-C Plus 1000 (3), Bio-FCTS (6), EGCG-200mg (2), BioDophilus Caps (3) or BioDophilus-FOS (1 tsp), Intenzyme Forte (9-18) on an empty stomach, Amino Sport (6-12), Garlic Plus (3)

**Chronic Phase:** Bio-Immunozyme Forte (3), Cytozyme-THY (6), Cytozyme-LV (3), Livotrit Plus (3), Beta-TCP (6), Dismuzyme Plus Granules (2 tbsp), IAG (2 tsp), UltraVir-X (6), HR#9 Lymphatic Drainage (2 capfuls) and HR#4 Detox Virus (1 capful) daily for 30 days, then (1 capful) each, Liquid Iodine Forte (100 drops) in water or Iodizyme-HP (½-1), Bio-C Plus 1000 (3), Bio-FCTS (6), EGCG-200mg (2)

**When Asymptomatic:** Continue with Livotrit Plus, Bio-Immunozyme Forte, Beta-TCP, UltraVir-X, and IAG at (1 tsp) per day for one year

**Secondary Support:** Bio-Cyanidins (3), Mg-Zyme (4) or Mg-Orotate 500 (2) at bedtime, then increase by (1) daily to bowel tolerance, Neonatal Multi-Gland (6), BioProtect (3), Amino Sport (6-12), Flax Seed Oil (6) or SunFlax Caps (4), Biomega-3 (6) or Biomega-3 Liquid (1 tsp) or Optimal EFAs Caps (3-6), E-Mulsion 200 (3), Cytozyme-THY (3), POA-Phytolens (3)

**Alternative Support:** Milk Thistle (*Silybum marianum*, silymarin), Dandelion (*Taraxacum officinale*), Astragalus (*A. membranaceus*), Dimethylglycine (DMG), Olive Leaf (*Olea Europaea*), Echinacea (*Echinacea angustifolia*), Goldenseal (*Hydrastis canadensis*), Spirulina (*Arthrospira*) cyanobacterium blue-green algae, Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**MONONUCLEOSIS, CHILDREN | 8-Year-Old and Above**

UltraVir-X (3-6), EFA-Sirt Supreme (6-12) or Optimal EFAs Caps (3-6) or Mixed EFAs (1-3 tbsp), IAG (1-3 tsp), C/Cal/Mag Powder (1-3 tsp)

**Secondary Support:** Bio-Immunozyme Forte (3-6)

**MORNING SICKNESS | Nausea/Vomiting upon Rising in Early Pregnancy**

*Rule out ileocecal valve (ICV) dysfunction.*

Chlorocaps or Chlorella Caps (3) between meals, Cytozyme-AD (6), ADB5-Plus (4), Beta-TCP (6-12), Hydro-Zyme (6), B6 Phosphate (6-12), Cr-Zyme (3-6) or Aqueous Chromium (3-9 drops), Mg-Zyme (3) or Mg-Orotate 500 (2) at bedtime,

**Secondary Support:** Super Phosphozyme Liquid (1 dropper) in water as needed for nausea, Phosphatidylcholine (3)

**Alternative Support:** Ginger (*Zingiber officinale*), Essential Oils: Lavender (*Lavandula*...
**MOTION SICKNESS | Inner Ear Bone Disease**

Chlorocaps or Chlorella Caps (3), B6 Phosphate (3-6), Beta-TCP (6), ADHS (3), Osteo-B Plus or Osteo-B II (3), Mg-Orotate 500 (3) or Mg-Zyme (3) to bowel tolerance

**Alternative Support:** Ginger (*Zingiber officinale*), Charcoal (activated), Black Horehound (*Ballota nigra*), Butcher's Broom (*Ruscus aculeatus*), Kudzu (*Pueraria lobata*), Motherwort (*Leonurus cardiaca*), Peppermint (*Mentha piperita*) tea

**MOUTH, BURNING SENSATION (Stomatopyrosis)**

B6 Phosphate (6), Bio-B 100 (6), Bio-B with C (3-6); add Colon-Plus Caps (15), if protocol ineffective after two weeks

**MOUTH, CRACKS in CORNERS**

Bio-GGGG-B (6), Bio-B 100 (6-12), Bio-B with C (3-6); add Colon-Plus Caps (15), if protocol ineffective after two weeks

**MOUTH, SMOOTH or SHINY**

B12-2000 Lozenge (3), Folic Acid 800 (3), Bio-B 100 (6), Bio-B with C (3-6)

**MOUTH, ULCER (Canker Sore) | Small but Painful Lesion**

Hydro-Zyme (6), C/Cal/Mag Powder (3-6), Optimal EFAs Caps (6) or Mixed EFAs (3 tbsp), Chlorocaps or Chlorella Caps (6), Bio-B with C (3-6), L-Lysine HCl (3)

**Pain Support:** Bio-Allay (3), Sculacia (3), DL-Phenylalanine (3)

**Alternative Pain Support:** Turmeric/Curcumin (BCM-95®), Boswellia (*Boswellia sacra*) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Blue Lotus (*Nymphaea caerulea*), Wild Opium Lettuce (*Lactuca vivosa*), Kratom (*Mitragyna speciosa*), Kava Kava (*Piper methysticum*), White Willow (*Salix alba*), Arnica (*Arnica montana*) pellet, cream, gel or ointment

**MOUTH, ULCER, CHILDREN**

Bio-GGGG-B (1) applied to the ulcer until melted, Ca/Mg-Zyme (1-3), Biomega-3 (1-3) or Optimal EFAs Caps (1-3)

**MTHFR GENE MUTATION | MethyTetraHydroFolate Reductase - Impaired Methylation Enzymatic Dysfunction Due to Inherited Genetic Defect**

**Overview:** Genetic variation in this gene may influence susceptibility to hyperhomocysteinemia through reduced enzyme activity (risk factor for arterial disease and venous thrombosis), occlusive vascular disease, neural tube defects, Alzheimer’s disease and other forms of dementia, colon cancer, and acute leukemia, because mutations in this gene are associated with methylene tetrahydrofolate reductase deficiency.

**Symptoms:** CNS disorders (depression, memory loss with Alzheimer’s, dementia, fibromyalgia, chronic fatigue syndrome, bipolar, schizophrenia), cardiovascular issues (MI, stroke, clots, peripheral neuropathy, anemia), environmental toxicity, nausea, diarrhea, abdominal pain, liver/kidney dysfunction, hypertension, tachycardia, pulmonary fibrosis, asthma, hair loss, and rashes.

Methylfolate Plus (30) or 5-MTHF Plus Forte (10), TMG Powder (3-6 level tsp), NAC (3), Melatonin-B6/Mg (½ tab) before bedtime
MUCOUS COLITIS, SPASTIC COLON

NutriClear or NutriClear Chocolate (2 servings) per day for five days, increase by (1 serving) every three days until (5 servings) daily, then reduce by (1 serving) every three days, Gastrazyme (6), IPS (6), Bio-D-Mulsion Forte (2-4 drops), KappArest (8), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), EFA-Sirt Supreme (12) or Optimal EFAs (6), Butyric-Cal-Mag (6), Beta-TCP (6), Bio-FCTS (3), EGCG-200mg (2), Lactozyme (6), BioDoph-7 Plus (3), Saccharomyces boulardii (3)

Secondary Support: 10-Day BioDetoxification Kit (Pea or Whey) Program (2)

MUCUS, DECREASED | Reduced Production by the Mucous Membranes

Cytozyme-Parotid-TS (3-6), GSH-Plus (3-9), Beta Plus (1-3 per meal, cycled), Amino Sport (6-12)

MUCUS, INCREASED | Excess Production by the Mucous Membranes

Liquid Iodine Forte (30 drops) twice daily or iodizyme-HP (½-2), NAC (1-3), Bromelain Plus or Bromelain Plus CLA (12) in divided doses am and pm apart from meals, Garlic Plus (3)

Secondary Support: A.D.P. (6-9), Methionine-200 (3), HCL-Plus or Hydro-Zyme (3-6)

Alternative Support: Capsaicin (Capsicum), Fenugreek (Trigonella foenum-graecum), Mullein (Verbascum thapsus), Onion (Allium cepa), Horseradish (Amoracia rusticana), Chili Peppers, Sage (Salvia officinalis), Thyme (Thymus vulgaris)

MULTIPLE SCLEROSIS (MS) | Central Nervous System Myelin Sheath Destruction

Rule out genetic predisposition, digestive dysfunction (hypochlorhydria), heavy metal toxicity, intestinal parasites, infection (bacterial or viral), exposure to food chemicals (additives, preservatives, colorings, flavorings, sweeteners especially aspartame, sorbitol, sacralose), and refined carbohydrate diet.

Bio-D-Mulsion Forte (6 drops) for 30 days, then (4 drops) daily, Bioctasol Forte (6-9), GSH-Plus (6-9), Nuclezyme Forte (6), ResveraSirt (3-6), Dismuzzye Plus (6-9), Neonatal Multi-Gland (6), Phosphatidylcholine (9), Amino Sport (6-12), Mixed EFAs (1-3 tbsp), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Blackcurrant Seed Oil or Evening Primrose Oil (3), Bio-B3 Plus 250 (1-2), C/Cal/Mag Powder (2 tsp), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), Garlic Plus (3), MSM (3) or MSM Powder (1 tsp), Se-Zyme Forte (1) or Selenomethionine (1), B12-2000 Lozenges (3)


Alternative Support: Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Calcium EAP (by IV initially, then by capsule), Coconut Oil (MCTs) organic extra virgin, Nicotinamide adenine dinucleotide (NADH), Alfalfa (Medicago sativa), Burdock (Arctium lappa), Goldenseal (Hydrastis canadensis), Red Clover (Trifolium pratense), Cordyceps Mushroom (Cordyceps sinensis), Skullcap (Scutellaria baicalensis), Valerian (Valeriana officinalis), Coffee (Coffee cruda/arabica) organic & dark roasted, Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)
MUMPS | Acute, Contagious, Viral Inflammation of the Salivary Glands

Bio-Immunozyme Forte (3), Cytozyme-THY (3), Aqueous Multi-Plus (1 tbsp), IAG (2 tsp) in the acute phase, then (1 tsp), HR#2 Lymphatic Drainage (1 capful), HR#4 Detox-Virus (1 capful), UltraVir-X (1), Cytozyme-Parotid-TS (1), Liquid Iodine (5 drops) in water, Bio-C Plus 1000 (1-3), BioDophilus Caps (3) or BioDoph-7 Plus (1-3), Amino Sport (6-12), Potassium-HP (1 scoop), Bio-B 100 (3-9)

Alternative Support: Oatmeal (bath), Kelp (brown seaweed algae), Teas: Chamomile (Matricaria chamomilla), Dandelion (Taraxacum officinale), Peppermint (Mentha piperita), Elderflower or Elderberry (Sambucus canadensis), Echinacea (Echinacea angustifolia), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

MUSCLE CRAMPS & SPASMS | Involuntary Muscle Contraction without Relaxation

Rule out iron anemia, vitamin (E) and mineral (calcium, magnesium) deficiencies, dehydration, lack of exercise or over exercise of muscles.

Bio-CMP (4) upon onset, then (2) per hour to a maximum of (12) daily until abated, C/Cal/Mag Powder (3-6 tbsp), Mg-Orotate 500 (3) at bedtime, Bio-E-Mulsion Forte (30 drops) or E-Mulsion 200 or E-200 Hγ (1), Tocotrienols (2), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Bio-Cyanidins (1-3), Fe-Zyme with iron anemia as directed

Geriatric Application: B12-2000 Lozenges (2)

With Hypochlorhydria: Hydro-Zyme (6-9)


Alternative Support: Turmeric/Curcumin (BCM-95®), Magnesium (Chloride) Oil (transdermal topically), Alfalfa (Medicago sativa), Skullcap (Scutellaria baicalensis), Blessed Thistle (Cnicus benedictus), Meadowsweet (Filipendula ulmaria), Bayberry (Myrica cerifera), Elderberry (Sambucus canadensis), Massage, Stretching, Icing

MUSCLES CRAMPS, INACTIVITY AT REST

Feet Cramps at Rest with Toes Curled Down: Super Phosphozyme Liquid (90 drops), Bio-CMP (9-12)

Feet Cramps at Rest with Toes Curled Up: Liquid Iodine Forte (40 drops) in water, Bio-CMP (9-12)


Alternative Support: Turmeric/Curcumin (BCM-95®), Magnesium (Chloride) Oil (transdermal topically), Alfalfa (Medicago sativa), Skullcap (Scutellaria baicalensis), Blessed Thistle (Cnicus benedictus), Meadowsweet (Filipendula ulmaria), Bayberry (Myrica cerifera), Elderberry (Sambucus canadensis), Massage, Stretching, Icing

MUSCLE FATIGUE | Decline in Muscular Ability to Create Force

Stamina Caps (3-6), Biocatsol Forte (3-6), C/Cal/Mag Powder (1-3 tsp), EFA-Sirt Supreme (12) or Optimal EFAs Caps (6) or Mixed EFAs (3 tbsp), Bio-Anabolic Pack (1), Amino Sport (3-6), Gammanol Forte (3-9), CoQ-Zyme 30 (1-3), CoQ-Zyme 100 Plus (1-2), Bio-3B-G (3-9), Whey Protein Isolate - Original, Chocolate or Vanilla or Pea Protein Isolate (1-3 scoops) or Whey Protein Concentrate (2 scoops)


Alternative Support: Cherry (unsweetened juice) for exercise-induced muscle damage
MUSCLE HEALTH & HEALING | Supplementation Maintenance Support

**Rule out excessive muscular activity, amino acid insufficiencies, inadequate rest and sleep, and insufficient recovery from endurance exercise.**

Bio-Anabolic Pack (1-3), Amino Sport (3-6), Gammanol Forte (6-12), Cytozyme-H (6-12), CoQ-Zyme 100 Plus (3), Bio-3B-G (6-12), Pea or Whey Protein Isolate or Whey Protein Concentrate (2 level scoops)

**MUSCLE PAIN, ACUTE (Myalgia) | Muscular Pain or Tenderness**

Intenzyme Forte (15) ASAP on an empty stomach as a loading dose, then (3) per hour for 48 hours, then (9-12) daily, Bio-D-Mulsion Forte (2-4 drops), EFA-Sirt Supreme (12) or Optimal EFAs Caps (6), ChondroSamine Plus or ChondroSamine-S (6-9), KappArest (8), Bio-Cyanidins (1-3), Bio-Anabolic Pack (1)

**Pain Support:** Bio-Allay (3), Sculacia (3), DL-Phenylalanine (3)

**Secondary Support:** Bio-Musculoskeletal (1), St. John's Forte (2-4), OOrganic-15 (9-15), 10-Day BioDetoxification Kit (Pea or Whey) Program (2)

**Alternative Pain Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Blue Lotus (Nymphaea caerulea), Wild Opium Lettuce (Lactuca vivosa), Kratom (Mitragyna speciosa), Kava Kava (Piper methysticum), White Willow (Salix alba), Arnica (Arnica montana) pellet, cream, gel or ointment

**MUSCLE PAIN, CHRONIC (Myalgia) | Nonspecific Muscular Pain and Tenderness**

Intenzyme Forte (9-12) on an empty stomach, Bio-D-Mulsion Forte (2-4 drops), EFA-Sirt Supreme (12) or Optimal EFAs Caps (6), ChondroSamine Plus (6-9), KappArest (8), Bio-Anabolic Pack (1)

**Pain Support:** Bio-Allay (3), Sculacia (3), DL-Phenylalanine (1-3)

**Secondary Support:** Bio-Musculoskeletal (1), OOrganic-15 (9-15), St. John's Forte (2-4), Mood Enhancer (1-2) before meals or at bedtime, 10-Day BioDetoxification Kit (Pea or Whey) Program (2)

**Alternative Pain Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Blue Lotus (Nymphaea caerulea), Wild Opium Lettuce (Lactuca vivosa), Kratom (Mitragyna speciosa), Kava Kava (Piper methysticum), White Willow (Salix alba), Arnica (Arnica montana) pellet, cream, gel or ointment

**MUSCLE SORENESS, WORSE with ACTIVITY**

Rule out iron anemia, vitamin (E) and mineral (calcium, magnesium) deficiencies,

Gammanol Forte (2) on rising and (4) at bedtime, Cytozyme-PT/HPT (3), Livotrit Plus (3-6), Beta-TCP (6), Bio-D-Mulsion Forte (2-4 drops), Bio-Anabolic Pack (1), Biocatsol Forte (3-6)

**Secondary Support:** Bio-Musculoskeletal (1), OOrganic-15 (9-15), DL-Phenylalanine (1-3)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Boswellia, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Emu (Dromaius) Australian flightless bird oil (transdermal topically), Arnica (Arnica montana) pellet, cream, gel or ointment

**MUSCLE SPASM | Involuntary and Painful Muscular Contraction**

Rule out iron anemia, vitamin (E) and mineral (calcium, magnesium) deficiencies,
dehydration, lack of exercise or over exercise of muscles.

Bio-CMP (4) upon onset, then (2) per hour to a maximum of (12) daily until abated, Bio-E-Mulsion Forte (30 drops) or E-Mulsion 200 or E-200 Hγ(1), Tocotrienols (2), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Bio-Cyanidins (1-3), Fe-Zyme with iron anemia, Bio-Anabolic Pack (1)

**Pain Support:** Bio-Allay (3), Sculacia (3), DL-Phenylalanine (3)

**With Geriatric Association:** B12-2000 Lozenges (2)

**With Hypochlorhydria:** Hydro-Zyme (6-9)

**Secondary Support:** Bio-Musculoskeletal (1), OOrganic-15 (9-15)

**Alternative Pain Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Blue Lotus (Nymphaea caerulea), Wild Opium Lettuce (Lactuca vivosa), Kratom (Mitragyna speciosa), Kava Kava (Piper methysticum), White Willow (Salix alba), Arnica (Arnica montana) pellet, cream, gel or ointment

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Magnesium (Chloride) Oil (transdermal topically), Magnesium/Dimethyl sulfoxide (DMSO) cream (Wright)

**MUSCLE STIFFNESS, WORSE with ACTIVITY**

Stamina Caps (4-6), Dismuzyme Plus Granules (3 tbsp), DopaTropic Powder (1 tsp), Beta-TCP (6), BioProtect (3-6), Bio-Anabolic Pack (1)

**Secondary Support:** Bio-Musculoskeletal (1), OOrganic-15 (12), DopaTropic Powder (1 tsp)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Magnesium (Chloride) Oil (transdermal), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Emu (Dromaius) Australian flightless bird oil (transdermal topically), Arnica (Arnica montana) pellet, cream, gel or ointment

**MUSCULAR DYSTROPHY | Progressive Skeletal Muscle Wasting**

Bio-D-Mulsion Forte (6 drops) for 30 days, then (3 drops) daily, Bioctasol Forte (6-9), Nuclezyme Forte (6), Neonatal Multi-Gland (6), Phosphatidylcholine (9), Amino Sport (6-12), Mixed EFAs (1-3 tbsp), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Bio-B3 Plus 250 (1-2), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2)


**Alternative Support:** Calcium EAP (by IV initially, then by capsule), Turmeric/Curcumin (BCM-95®), Magnesium (Chloride) Oil (transdermal topically)

**MUSCULOSKELETAL REHABILITATION**

Bio-Musculoskeletal (1), ChondroSamine Plus or ChondroSamine-S (3-6), Intenzyme Forte (20) on an empty stomach, EFA-Sirt Supreme (12) or Optimal EFAs Caps (6) or Biomega-3 (3) or Biomega-3 Liquid (1 tsp), BioProtect (3-6), Bio-D-Mulsion Forte (2-4 drops), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), Bio-Anabolic Pack (1), OOrganic-15 (9-15)

**MYASTHENIA GRAVIS | Chronic Muscle Weakness and Tiredness**

*R佬e out hypochlorhydria, autoimmune disease, and dysfunctional nerve conduction.*

Bio-Immunozyme Forte (3), Cytozyme-THY (12), Dismuzyme Plus Granules (3 tbsp), Blackcurrant Seed Oil or Evening Primrose Oil (6-9), EFA-Sirt Supreme (12) or Optimal EFAs
Caps (6), IAG (2-4 tsp), Bio-D-Mulsion Forte (2-4 drops)

**Secondary Support:** Bio-Anabolic Pack (1), Liquid Iodine (60 drops) or Liquid Iodine Forte (30 drops) in water, Bio-Ae-Mulsion (3 drops) in water, HR#2 Lymphatic Drainage (1 capful), UltraVir-X (2) with viral issue or Neutrophil Plus (6) with bacterial issue, Bio-GGG-B (6), St. John's Forte (4-8), Mood Enhancer (1-2) before meals or at bedtime

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Magnesium (Chloride) Oil (transdermal topically), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Emu (Dromaius) Australian flightless bird oil (transdermal topically), Arnica (Arnica montana) pellet, cream, gel or ointment

### MYELIN SHEATH DEGENERATION
Bio-D-Mulsion Forte (2-4 drops), B12/Folate Plus (3), Basic Nine (1), Mixed EFAs (1-3 tbsp), Optimal EFAs Caps (3-6) or EFA-Sirt Supreme (6-9) or Biomega-3 Caps (3) or Liquid (1 tsp), Mg-Zyme (3) or Mg-Orotate 500 (3) at bedtime, Lipoic Acid Plus (3-6) or R-Lipoate CBG (2-4), Acetyl-L-Carnitine (1-3) Cognitive Enhancer (1) before breakfast & (1) before lunch or dinner, Phosphatidylserine (1-3), Ginkgo Biloba (1-3), Iodizyme-HP (1), Se-Zyme Forte (1) or Selenomethionine (1), Zn-Zyme Forte (2) or Zn-Zyme Forte (1), Bio-GGG-B (3), E-Mulsion 200 or E-200 H₂ (1-3), DL-Phenylalanine (1-3)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Hawthorn (Crataegus oxycanthha/monogyna), Bacopa (Bacopa monnieri), Ginger (Zingiber officinale), Ashwagandha (Withania somnifera), Ginseng (Panax ginseng), Elderberry (Sambucus canadensis), Vinpocetine derived from Lesser Periwinkle (Vinca minor), Luteolin (citrus bioflavonoid), Glycerophosphocholine (GPC), Blueberry (Vaccinium myrtillus) a.k.a. Bilberry

### MYOCARDIAL INFARCTION (MI) | Heart Attack
See "Heart Attack (Myocardial Infarction or MI), Early Signs"

### MYOCARDITIS | Inflammation of the Myocardium (Heart Muscle)
Cytozyme-H (6-12), KappArest (8), VasculoSirt (6-12), ResveraSirt-HP (1-3), UltraVir-X (6), Bio-Cardiozyme Forte (6-12), Bio-Cardio Packs (1-3), A.D.P. (6), CoQ-Zyme 30 or CoQ-Zyme 100 Plus (1-3), EFA-Sirt Supreme (6-9) or Optimal EFAs Caps (3-6) or Mixed EFAs (3 tbsp), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), Bioctasol Forte (3-6), POA-Phytolens (1-2), Potassium-HP (3 tsp), Bio-3B-G or Bio-B 100 (6-12), Mg-Zyme (3-6), Mg-Orotate (3-6) preferably before bedtime to bowel tolerance

**Secondary Support:** Bio-Cardio 369 (1-3), D-Ribose (3 tsp), L-Carnitine (3-9), Cytozyme-AD (6-12) or ADBS-Plus (3-6), Intenzyme Forte (12) on an empty stomach, Taurine (3-6), DHEA-5 mg or DHEA-10 mg (1-3), E-Mulsion 200 or E-200 H₂ (3-6), Ca/Mg-Zyme (3-9), B₆ Phosphate (3-6), DL-Phenylalanine (1-3), Bio-C Plus 1000 (3)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Magnesium (Chloride) Oil (transdermal topically), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

### MYOPIA (Nearsightedness) | Poor Vision of Distant Objects
Optic-Plus (6), Bio-Ae-Mulsion Forte (5-10), Beta-TCP (6), Ginkgo Biloba (1-3), Bio-C Plus 1000 (1-3), Bio-FCTS (1-3), Bio-E-Mulsion Forte (5 drops), Lipoic Acid Plus (1-3) or R-Lipoate
CBG (1), Se-Zyme Forte (1-3) or Selenomethionine (1)

**Alternative Support:** Astaxanthin/Lutein/Zeaxanthin (Carotenoids), Bilberry (*Vaccinium myrtillus*), Eyebright (*Euphrasia officinalis*), Sarsaparilla (*Aralia nudicaulis*), Jujube (*Ziziphus jujuba*), Lycium (*Lycium chinense*) a.k.a. Goji Berry, Cinnamon (*Cinnamomum verum*), Velvet Bean (*Mucuna pruriens*), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**MYOSITIS (Muscular Inflammation)**

*Rule out vitamin (B1) and mineral (lithium, magnesium, potassium) deficiencies, food allergy or sensitivities, dehydration, carbohydrate sensitivity, processed food diet, and muscular over-exertion.*

Bio-Glycozyme Forte (3) at 10 am, 2 pm, and two hours after dinner, Li-Zyme Forte (6) up to (2) per waking hour, Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Intenzyme Forte (12) on an empty stomach, KappArest (8) absent infection, Bio-D-Mulsion Forte (2-4), Potassium-HP (1 scoop), Mg-Zyme (3-6)

**Secondary Support:** Bio-Cardiozyme Forte (6), ChondroSamine-S (3), L-Glutamine (6), Super Phosphoyme Liquid (30-60 drops) in water, Bio-Cyanidins (4), MSM (3), Bio-FCTS (6), EGCG-200mg (2), Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3), DL-Phenylalanine (1-3)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Boswellia (*Boswellia sacra*) a.k.a. Frankincense, Magnesium (Chloride) Oil (transdermal topically), Nattokinase & Serrapeptase (enzymes from natto & silk worm), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**NARCOLEPSY | Sleep Disorder - Excessive Daytime Sleepiness**

*Rule out carbohydrate sensitivity (refined and processed food diet), HPA axis dysfunction, thiamine B1 insufficiency, decreased GI immunity, neurotransmitter issues, and food allergy.*

Phosphatidylserine (9), Stamina Caps (4-6), GTA-Forte (1-2), Optimal EFAs Caps (3-6), Whey Protein Isolate - Original, Chocolate or Vanilla or Pea Protein Isolate (1-2 scoops) or Whey Protein Concentrate (2 scoops), Cytozyme-PT/HPT (6), Amino Sport (6-12), PheniTropic (1-2), C/Cal/Mag Powder (2 tsp), Chromium Picolinate (1), L-Glutamine (3) or L-Glutamine Powder (1 tsp), L-Tyrosine (3), Bioctasol Forte (3), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), Bio-B 100 (6-9), Bio-D-Mulsion Forte (2-4 drops), E-Mulsion 200 (3)

**With Hypoadrenia:** ADB5-Plus (3), Bio-Glycozyme Forte (4) between meals

**With Hyperadrenia:** ADHS (1-2) with breakfast and lunch, GlucoBalance (6) with meals

**With Hypotension:** Bio-3B-G (2) per waking hour for ten days, then (9) daily

**Secondary Support:** St. John’s Forte (3), Mood Enhancer (1-2) before meals or at bedtime, Ginkgo Biloba (3), Cognitive Enhancer (1) before breakfast & (1) before lunch or dinner, Melatonin-B6/Mg (½ tab) before bedtime

**Alternative Support:** Gamma-aminobutyric acid (GABA) at 1,500 mg, Nicotinamide adenine dinucleotide (NADH), Gotu Kola (*Centella asiatica*), Carbohydrates: reduce intake to less than 50 grams/day

**NASAL/SINUS CONGESTION | Irritation & Inflammation of Nasal Passages**

Neutrophil Plus (6-18), Intenzyme Forte (9-36) between meals on an empty stomach, HR#2 Lymphatic Drainage (½ capful) 3-4 times daily
**Acute Care:** A.D.P. (9-12) until symptoms abate, then (3-6) for two weeks, followed by BioDoph-7 Plus for probiotic replenishment, Liquid Iodine Forte (1 dropper), Intenzyme Forte (15-30) or Bromelain Plus (18-36) or Bromelain Plus CLA (18-36) on an empty stomach.

**Chronic Care:** Acute Care program plus Colon-Plus Caps (6-12), Detoxification Program.

**Saline Spray Therapy:** Purchase a nasal spray (consider SinuOrega Aromatic Spice Formula P73 by North American Herb & Spice, an emulsified oil blend of Wild Oregano, Bay Leaf, Sage, and Clove in a Sea or Rock Crystal Salt base), empty and save 2/3 of the solution, add back (1/3) Glycerine/Glycerol, Liquid Iodine Forte (1/3), and Bio-Ae-Mulsion (3 drops); use at 1-2 squirts per nostril 1-2 times daily, then breathe better thereafter.

**Neti Pot Therapy:** Purified water (12 ounces), Liquid Iodine Forte (1 dropperful), Bio-Ae-Mulsion (3 drops), and of Sea or Rock Crystal Salt (1 tsp); optionally add Chlorocaps or Chlorella Caps (1), Saccharomyces boulardii (1), and Aqueous Zinc (½ tsp); use 1-2 times daily in acute care and 2-3 times weekly for maintenance.

**Alternative Support:** Turmeric/Curcumin (BCM-95®)

### Nausea, General

*Rule out dehydration, digestive dysfunction (hypochlorhydria, biliary stasis or insufficiency, pancreatic issue), constipation, diarrhea, endocrine dysfunction (adrenal, thyroid), and refined and processed food diet.*

Gastrazyme (12), reduce to (6) when it abates or stool turns green, Beta-TCP (6), Super Phosphozyme Liquid (60-90 drops) in water.

**Secondary Support:** Bio-HPF (6), Hydro-Zyme (2-3) per meal.

**Alternative Support:** Ginger (*Zingiber officinale*), Cinnamon (*Cinnamomum verum*).

### Nausea, Pregnancy

*Rule out ileocecal valve (ICV) dysfunction.*

Chlorocaps or Chlorella Caps (3), Cytozyme-AD (6) or ADB5-Plus (4), B6 Phosphate (1-3)

**Alternative Support:** Ginger (*Zingiber officinale*).

### Nausea, Vomiting

*Rule out ileocecal valve and gallbladder dysfunction.*

Bio-CMP (9), Super Phosphozyme Liquid (30), Chlorocaps or Chlorella Caps (3), Cytozyme-AD (6), B6 Phosphate (6), Beta-TCP (6)

**Alternative Support:** Ginger (*Zingiber officinale*).

### NearSightedness (Myopia) | Poor Vision of Distant Objects

See “Myopia”

### Nephritis | Acute or Chronic Kidney Inflammation

Nephra-Zyme or Renal Plus (9), A.D.P. (6-9), EFA-Sirt Supreme (12) or Optimal EFAs Caps or Flax Seed Oil (6) or SunFlax Caps (4), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), IAG (3-6 tsp), Neutrophil Plus (6), Iodizyme-HP (½-2), UT Complex (3)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Black Seed (*Nigella sativa*).

### Nerves, Injuries

*Rule out magnesium deficiency.*

EFA-Sirt Supreme (12) or Optimal EFAs Caps (6) or Biomega-3 (3) or Biomega-3 Liquid (1)
tsp), Nuclezyme-Forte (3-9), Inositol (3-9) or Inositol Powder (1½ tsp), Bio-3B-G (3-12), Biotasol Forte (3-6), B6 Phosphate (6), B12-2000 Lozenges (4), Folic Acid 800 (1-3) or Folate-5 Plus (1), Beta-TCP (6), Bio-D-Mulsion Forte (2-4), Phosphatidylcholine (1-3)

**Secondary Support:** BioProtect (3), Ca/Mg-Plus (3-9), Cytozyme-B (3-6)

**NERVES, RELAXATION**

*Rule out magnesium deficiency.*

PheniiTropic (1-3), Mg-Zyme (6) or Mg-Orotate 500 (2) or Aqua Mag-Cl (3 tsp) at bedtime, Bio-GGG-B (3), Phosphatidylcholine (6), Beta-TCP (6), B6 Phosphate (3-6), De-Stress (1-2)

**Secondary Support:** St. John’s Forte (2-4), Mood Enhancer (1-2) before meals or bedtime

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Magnesium (Chloride) Oil (transdermal typically)

**NERVOUSNESS | Troubled or Anxious State of Mind**

*Rule out magnesium deficiency.*

PheniiTropic (1-3), Bio-Glycozyme Forte (9) between meals and two hours after dinner, Bio-CMP (4) between meals and before bedtime or C/Cal/Mag Powder (3-6 tbsp), V.H.P. (5) with (2) at bedtime, Meda-Stim (3) before meals, Gammanol Forte (3-6), De-Stress (1-2) daily and (1-2) at bedtime, Mood Enhancer (1-2) before meals or at bedtime, Melatonin-B6/Mg (½ tab) before bedtime

**Secondary Support:** Li-Zyme Forte (6), St. John’s Forte (2-4), Mg-Zyme (6) or Mg-Orotate 500 (2) or Aqua Mag-Cl (3 tsp) at bedtime, Sculacia (3), Bio-Allay (3), HR#5 Chronic Stress (2 capfuls), add B6 Phosphate (12) if unable to recall dreams and Bio-3B-G (6) daily and (3) at bedtime, if unable to remain asleep, Melatonin-B6/Mg (½ tab) before bedtime

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Magnesium (Chloride) Oil (transdermal typically)

**NERVOUS STRAIN | Agitation, Distress, Uneasiness or Anxiety Disorder**

*Rule out magnesium deficiency.*

PheniiTropic (1-3), ADHS (3), De-Stress (4), Mg-Zyme (6) or Mg-Orotate 500 (2) at bedtime, Bio-GGG-B (3-6), Mood Enhancer (1-2) before meals or at bedtime

**Alternative Support:** Turmeric/Curcumin (BCM-95®)Magnesium (Chloride) Oil (transdermal typically)

**NERVOUS SYSTEM | General Supplemental Support**

NeuPerzine (3-6), NAC or GSH-Plus (3-9), Dismuzyme Plus (3-9), Aqueous Selenium (3-9 drops) or Se-Zyme Forte (3-9), Porphyra-Zyme (12-24) and Multi-Mins Iron & Copper Free (6-9), DHEA-5 mg or DHEA-10 mg (1-3), HR#7 Heavy Metal Detox (1 capful)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Magnesium (Chloride) Oil (transdermal typically)

**NERVOUS, UPSET STOMACH**

Gastrazyme (6), ADHS (3), Super Phosphozyme Liquid (30 drops), HCL-Ease (3-6)

**Alternative Support:** Sodium Chloride (baking soda)

**NEURALGIA | Acute Paroxysmal Pain on a Peripheral Sensory Nerve**

Bio-B Complex (6), B12-2000 Lozenges (6), B6 Phosphate (6), EFA-Sirt Supreme (12) or
Optimal EFAs Caps (6) or Mixed EFAs (3 tbsp), Bioctasol Forte (3-6)

**Pain Support:** Bio-Allay (3-6), Sculacia (3-6), DL-Phenylalanine (1-3)

**Alternative Pain Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Blue Lotus (Nymphaea caerulea), Wild Opium Lettuce (Lactuca vivosa), Kava Kava (Piper methysticum), White Willow (Salix alba), Arnica (Arnica montana) pellet, cream, gel or ointment

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Magnesium (Chloride) Oil (transdermal topicaly)

**NEUROMUSCULAR DISORDERS | Dysfunction of Both Nerve and Muscle Tissue**

Rule out oral infection, magnesium deficiency, intestinal permeability, and liver toxicity.

Nuclezyme-Forte (6), B12-2000 Lozenges (6), Bio-B Complex (6), Bio-D-Mulsion Forte (2-4 drops), EFA-Sirt Supreme (12) or Optimal EFAs Caps (6) or Mixed EFAs (3 tbsp), Bioctasol Forte (3-6), Lipoic Acid Plus (3-6) or R-Lipoate CBG (2-4), Phosphatidylcholine (3-6) or R-Lipoate CBG (2-4), Phosphatidylcholine (1-3)

**Secondary Support:** DL-Phenylalanine (1-3), 10-Day BioDetoxification Kit (Pea or Whey) Program (2), Mg-Zyme (6) or Mg-Orotate 500 (2) at bedtime

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Magnesium (Chloride) Oil (transdermal topicaly)

**NEUROTRANSMITTERS, INHIBITORY | Downregulation of Neuron Activity**

**GABA (Gamma-aminobutyric Acid):** PheniTropic (1-3) at bedtime & morning, V.H.P. 6-9

**Taurine:** Taurine (1-3), Bio-CardioSirt BP (2 scoops)

**Serotonin:** 5-HTP or Neuro-5-HTP Plus (1-3) at bedtime & morning, B6 Phosphate (6-9)

**Melatonin:** Melatonin-B6/Mg (1)

**NEUTROPHILS, HIGH | Primary Phagocytic Leukocytes/White Blood Cells (WBC)**

Neutrophil Plus (6-16)

**Secondary Support:** Bio-Immunozyme Forte (3-9), Zn-Zyme Forte (6-12), Bio-D-Mulsion Forte (2-4 drops)

**NEUTROPHILS, LOW | Primary Phagocytic Leukocytes/White Blood Cells (WBC)**

Neutrophil Plus (6-16)

**Secondary Support:** Bio-Immunozyme Forte (3-9), Zn-Zyme Forte (3-12)

**NIGHTMARES ("Sleep Terrors") | Dreams Evoking Intense Fear or Horror**

Rule out allergies and magnesium deficiency.

Carbamide Plus (3), Cytozyme-B (3-6), Cytozyme-AD and/or ADB5-Plus (3-6), Beta-TCP (6), Livotrit Plus (6), MCS-2 (3), Argizyme (6), Mg-Zyme (6) or Mg-Orotate 500 (2) at bedtime

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Magnesium (Chloride) Oil (transdermal topicaly)

**NIGHT SWEATS (Hyperhidrosis) | Excessive Sweating during Sleep**

Carbamide Plus (3), Bio-GGG-B (6-12), Bio-B 100 (6-12), Multi-Mins (6), BioPause-PM (2) at bedtime, Melatonin-B6/Mg (½ tab) before bedtime

**NIGHT VISION, IMPAIRED | Poor Vision in Diminished Light**
Rule out congenital predisposition (retinitis pigmentosa), atherosclerosis, calcium metabolism dysfunction (calcium tissue precipitation), cataracts, vitamin (A, B6, C) and mineral (zinc) deficiencies, diabetic complication (retinopathy), inadequate dietary antioxidants, and food sensitivity.

Optic-Plus (3-6), BioProtect (3-6), Bio-Cyanidins (3-6), Bio-Ae-Mulsion Forte (3 drops) daily for two weeks, then (1) daily, GSH-Plus (3), NAC (3), Bio-B 100 (9), Bio-C Plus 1000 (1-3), Zn-Zyme (1-3), Zn-Zyme Forte (1)

Secondary Support: Blackcurrant Seed Oil or Evening Primrose Oil (6-9), Basic Nine (6), Liquid Iodine (60 drops) or Liquid Iodine Forte (30 drops) in water or Iodizyme-HP (½ tab), HistoPlex (6-9) between meals

Alternative Support: Bilberry (Vaccinium myrtillus), Bayberry (Myrica cerifera), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

NOSEBLEED (Epistaxis)

Rule out hypertension.

Bio-FCTS (2), EGCG-200mg (2), Bio-C Plus 1000 (1-3), Ca/Mg-Zyme (6) or Aqua Mag-Cl (3) in choice of beverage or C/Cal/Mag Powder (2-3 tsp), Chlorocaps or Chlorella Caps (6)

With High Blood Pressure: Bio-CardioSirt BP (1 rounded scoop)

Alternative Support: Aloe (Aloe vera) gel, Calendula (Calendula officinalis) cream, Comfrey (Symphytum officinale) ointment, Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

NOSEBLEEDS, FREQUENT

Rule out lowered blood viscosity or use of blood-thinning agents (warfarin/Coumadin®).

Ca/Mg-Zyme (6) or C/Cal/Mag Powder (3 tsp) in choice of liquid, Chlorocaps or Chlorella Caps (3), Bio-FCTS (2), EGCG-200mg (2), Bio-Cyanidins (1-3)

NUMBNES | Lack of Sensation or Feeling or Motion

B6 Phosphate (6), Biocasol Forte (3-6), Bio-GGG-B (6), Thiamin 50 (1-2), Multi-Mins (3), EFA-Sirt Supreme (12) or Optimal EFAs Caps (6) or Mixed EFAs (3 tbsp)

NUTRITIONAL DEFICIENCY, GENERAL | Optimal Daily Nutrition

Basics: Vitamin D3 (5,000-8,000 IU), Iodine (12.5 mg), Selenium as selenomethionine (200 mcg), Vitamin K2 as menaquinone-7 (90 mcg), Magnesium as citrate (900 mg), Alpha-lipoic Acid or ALA (600 mg), Coenzyme Q-10 as ubiquinol (400 mg), L-Carnitine (600 mg), Resveratrol (100 mg) or Resveratrol with trans-Pterostilbene (200 mg)

Vitamins: Vitamin A as cod liver oil (23,000 IU), Vitamin E complex as tocopherols and tocotrienols (800 IU), Vitamin B Complex (50 mg), Vitamin B9 as folic acid (400 mcg), Vitamin B12 as methylcobalamin (1,000 mcg), Vitamin C (3,000 mg)

Minerals: Calcium as citrate (560 mg), Potassium as bicarbonate (2 gm), Strontium as citrate (340 mg), Zinc (30 mg)

Antioxidants: Vitamins C and E, Alpha-Lipoic Acid, Coenzyme Q-10, Glutathione with N-Acetyl-Cysteine or NAC (1,000-2,000 mg), R-Lipoic Acid (400 mg)

Carnitines: Acetyl-L-Carnitine (2,000 mg), Propionyl-L-Carnitine (2,000 mg)

Omega-3 EFAs: EPA (850-1080 mg) and DHA (1,050 mg)

Omega-6 EFAs: Conjugated Linoleic Acid or CLA (2,000 mg)
**Botanicals:** Ginkgo Biloba (240 mg), Pycnogenol® (200 mg), Milk Thistle (*Silybum marianum*) at 1,000 mg, Garlic (600 mg), Lycopene (10 mg), Mushroom Blend: Cordyceps (*Cordyceps sinensis*), Reishi (*Ganoderma lucidum*), Maitake (*Grifola frondosa*), Shiitake (*Lentinula edodes*), Vinpocetine derived from Lesser Periwinkle (*Vinca minor*) (20 mg), Chlorella (1,000 mg), Inositol hexaphosphate or IP-6 (1000 mg), Turmeric/Curcumin (1,500 mg), Quercetin (500 mg), Grapefruit Seed (125 mg), Horsetail (450 mg), Hesperidin (250 mg), Saw Palmetto (450 mg), Goldenseal (470 mg), Stinging Nettle (300 mg)

**Probiotics:** Lactobacillus acidophilus (5 B CFU), L. paracasei (5 B CFU), L. rhamnosus (2 B CFU), Bifidobacterium lactis (5 B CFU), B. bifidum (3 B CFU) or 20 B CFU total

**Adaptogens:** Fucoidan (brown seaweed source), Rhodiola (*Rhodeola rosea*), etc.

**Others:** Lithium (30 mg), Amygdalin or Laetrile or B17 (100 mg)

**Source:** D. Miller, MD, University of Washington (2011)

**OBESITY | Increased Body Weight by Excessive Fat Accumulation**

*Rule out dysbiosis, processed foods diet, and lack of exercise.*

Colon-Plus Caps (12), Chromium Picolinate (1), Optimal EFAs Caps (3-6), Whey Protein Isolate - Original, Chocolate or Vanilla or Pea Protein Isolate or Whey Protein Concentrate (2 level scoops), 5-HTP (1-3) or 5-HTP Plus Forte (1) 20 minutes before meals, ResveraSirt-HP (1-3), GTA-Forte (1-2), Lipid-X (1) with meals, GlucoBalance (6), Bio-C Plus 1000 (1-3)

**Secondary Support:** CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), Phosphatidylcholine (3), DHEA-10 mg (1), Neuro-5-HTP Plus (1-3), L-Arginine (3), L-Lysine HCl (3), L-Glutamine (3) or L-Glutamine Powder (1 tsp), Taurine (3), Phenitropic (1-2), EGCG-200mg (1-2)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Boswellia (*Boswellia sacra*) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Gamma-aminobutyric acid (GABA), Dimethylaminoethanol (DMAE), Para-aminobenzoic acid (PABA), Kelp (brown seaweed algae), Spirulina (*Arthrospira*) cyanobacterium blue-green algae, Indian Gooseberry (*Phyllanthus emblica*) a.k.a. Amla, Astragalus (*A. membranaceus*), Hawthorn (*Crataegus oxyacantha/monogyna*), Borage (*Borago officinalis*), Triphala (Ayurvedic combination of three medicinal plants), Guggul (*Commiphora mukul*), Guarana (*Paullinia cupana*), Fenugreek (*Trigonella foenum-graecum*), Glucomannan (fiber polysaccharide), Diet (high-fiber), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C), Hemp Seed (*Cannabis sativa*)

**OBESITY, CHILDREN | 5-Year-Old and Above**

*Rule out food allergy/sensitivity, and eliminate all simple carbohydrates.*

Bio-Glycozyme Forte (1-3)

**Secondary Support:** Liquid Iodine (10 drops) and Thyrostim (1-2) with thyroid dysfunction, Cytozyme-PT/HPT (1-2) & Mn-Zyme (1) with pituitary dysfunction

**OPTIC NEURITIS | Inflammation of the Optic Nerve**

Optic-Plus (1-3), Bio-3B-G (6), Bioctasol Forte (3-6), EFA-Sirt Supreme (12) or Optimal EFAs Caps (6) or Mixed EFAs (3 tbsp), POA-Phytolens (1-2), Nuclezyme-Forte (3), B12-2000 Lozenges (6), B6 Phosphate (6)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Astaxanthin/Lutein/Zeaxanthin (Carotenoids)
OSGOOD-SCHLATTER’S DISEASE | Osteochondritis of the Knee

Rule out trauma and vitamin (E) and mineral (calcium, magnesium, potassium, iodine, selenium) deficiencies.

Osteo-B Plus or Osteo-B II (4), Flax Seed Oil (6) or SunFlax Caps (4) or Biomega-3 (3) or Biomega-3 Liquid (1 tsp) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Bio-E Mulsion Forte (30 drops) in water, Se-Zyme Forte (2) or Selenomethionine (1-2), Bio-D-Mulsion Forte (2-4)

Secondary Support: Potassium-HP (1 scoop), Liquid Iodine (20 drops) in water

OSTEITIS | Bone or Bony Tissue Inflammation

Osteo-B Plus or Osteo-B II (3-6), Bio-C Plus 1000 (1-3), Bio-D-Mulsion Forte (2-4 drops), KappArest (8), ChondroSamine Plus or ChondroSamine-S (3)

OSTEOCHONDROSIS | Bone Ossification Dysfunction in Children

ChondroSamine-S or ChondroSamine Plus (3), Osteo-B II or Osteo-B Plus (3-6), Bio-C Plus 1000 (1-3), Bio-D-Mulsion Forte (1 drop)

Alternative Support: Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

OSTEOARTHRITIS (OA) | Chronic Degeneration of Joint Cartilage

See “Arthritis, Osteo”

OSTEOMALACIA | Bone Softening with Accompanying Pain and Weakness

Bio-D-Mulsion Forte (2-4 drops), Osteo-B Plus (3), Super Phosphoyme (3), Mg-Zyme (3) or Mg-Orotate 500 (3) at bedtime, Bio-K-Mulsion (1-2 drops), Bio-K Forte Caps (1-2), Bio-Allay (3), Sculacia (3), DL-Phenylalanine (3)

Secondary Support: Hydro-Zyme (3-9), Optimal EFAs Caps (3-6) or EFA-Sirt Supreme (6), Intenzyme Forte (9-18) on an empty stomach, Bio-Ae-Mulsion Forte (3), Zn-Zyme (2) or Zn-Zyme Forte (1)

Alternative Pain Support: Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Blue Lotus (Nymphaea caerulea), Wild Opium Lettuce (Lactuca vivosa), Kratom (Mitragyna speciosa), Kava Kava (Piper methysticum), White Willow (Salix alba), Arnica (Arnica montana) pellet, cream, gel or ointment

Alternative Support: Turmeric/Curcumin (BCM-95®), Sunshine (20 minutes) or Cod Liver Oil (1 tbsp = 1,200-1,500 IU), Silica (Silicon dioxide), Dandelion (Taraxacum officinale)

OSTEOMYELITIS | Bone and Bone Marrow Inflammation and Infection

Intenzyme Forte (15) on an empty stomach, A.D.P. (12), Osteo-B II or Osteo-B Plus (3-6), Bio-FCTS (3), EGCG-200mg (2), Bio-D-Mulsion Forte (1-3 drops), KappArest (8), Bio-Allay (3), Sculacia (3), DL-Phenylalanine (1-3)

Alternative Support: Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm)

OSTEOPENIA | Decreased Bone Mineral Density

Osteo-B Plus (3-6), Cal/Mg-Plus (6), Optimal EFAs (6), Bio-D Mulsion Forte (1-3 drops), B12-2000 Lozenges (1-2)

Secondary Support: Add prunes ("dried plums") to the diet
OSTEOPOROSIS | Bone Mineral Density Loss (Post-Menopause Most Often)

Rule out genetic predisposition, endocrine dysfunction (thyroid, parathyroid), vitamin (K) and mineral (calcium, magnesium, manganese) deficiencies secondary to hypochlorhydria, refined carbohydrates and acid-forming foods (grains and meats), lack of exercise, aluminum exposure, obesity, and tobacco/alcohol addictions.

Osteo-B Plus or Osteo-B II (6-9), Ca/Mg-Plus (6), Flax Seed Oil (6) or SunFlax Caps (4), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), ADHS (2-4), Bio-D-Mulsion Forte (4-8 drops), Bio-K Forte Caps (3), L-Lysine (3-6), B12-2000 Lozenges (1-2), B6 Phosphate (6), Bio-C Plus 1000 (1-3), Hydro-Zyme (6-9) or Betaine Plus-HP (1-3), CLA (1-2), MSM (3) or MSM Powder (1 tsp), Mg-Zyme (3) or Mg-Orotate 500 (3) at bedtime

Female: Ca D-Glucarate (4), Liquid Iodine Forte (50 drops), Equi-Fem (3), Cytozyme-F (3)

Male: Palmetto-Plus (3-6), Cytozyme-M (3-6)

Secondary Support: Thyrostim (3-6), Gammanol Forte (3-12), Basic Nine (1), Potassium-HP (1 scoop), Chondrosamine-S (3), Mn-Zyme (1-3), DL-Phenylalanine (3)

Alternative Support: Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Magnesium (Chloride) Oil (transdermal topically), Nattokinase & Serrapeptase (enzymes from natto & silk worm), Indole-3-Carbinol (I3C) and/or Diindolylmethane (DIM), Prunes ("Dried Plums"), Apple Cider Vinegar & Honey (raw organic), Horsetail (Equisetum Arvense), Sage (Salvia officinalis) tea, Kelp (brown seaweed algae), Alfalfa (Medicago sativa), Boneset (Eupatorium perfoliatum), Dandelion (Taraxacum officinale), Stinging Nettle (Urtica dioica), Rosemary (Rosmarinus officinalis), Strontium (alkaline metal), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

OTITIS MEDIA | Inflammation/Infection of the Middle Ear (Often in Children)

Rule out allergies and common allergens such as diary and grains.

IAG (2-3 tsp) in acute phase, then (1) in chronic phase, C/Cal/Mag Powder (2-3 tsp), Bio-Immunozyme Forte (3), Bio-D-Mulsion Forte (2-4 drops) for adults, Bromelain Plus CLA (3-9) between meals, Cytozyme-THY (6), Cytozyme-Parotid-TS (3) for adults & (1) for children, Bio-Ae-Mulsion Forte (1 drop) for adults only

Secondary Support: HistoPlex (2-4) for adults & (1) for children, Aqueous Multi-Plus (2 tbsp), Cytozyme-AD (2), Bio-C Plus (6) or Bio-C Plus 1000 (3), HR#2 Lymphatic Drainage (1 capful), NAC (1-3), Ginkgo Biloba (1-3), EGCG-200mg (1-2)

Alternative Support: Hydrogen Peroxide (H2O2), Basil (Ocimum basilicum) & Garlic (Allium sativum) oils, Luteolin (citrus bioflavonoid), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

OVARIAN CYSTS | Abnormal Membranous Sac w/Gas/Liquid/Solid Substance

Equi-Fem or PMT with hormone replacement therapy (HRT) (6), Gammanol Forte (6), Liquid Iodine (30 drops) or Liquid Iodine Forte (15 drops), Intenzyme Forte (20) on an empty stomach, EFA-Sirt Supreme (12) or Optimal EFAs Caps (6) or Mixed EFAs (3 tbsp), GlucoBalance (6)

With HRT: Add Aqueous Selenium (15 drops) or Selenomethionine (1) and Bio-Ae-Mulsion Forte (10-15 drops)

OVARIAN PAIN
Equi-Fem (6), MCS-2 (3), Beta-TCP (6), EFA-Sirt Supreme (12) or Optimal EFAs Caps (6) or Mixed EFAs (3 tbsp), Intenzyme Forte (15) on an empty stomach

**Secondary Support:** DL-Phenylalanine (1-3), Bio-Allay (3), Sculacia (3)

**Alternative Pain Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Blue Lotus (Nymphaea caerulea), Wild Opium Lettuce (Lactuca virosa), Kratom (Mitragyna speciosa), Kava Kava (Piper methysticum), White Willow (Salix alba), Arnica (Arnica montana) pellet, cream, gel or ointment

**OVARIAN HYPERFUNCTION**
Gammanol Forte (6), Cytozyme-PT/HPT (6), MCS-2 (3), Beta-TCP (6), Liquid Iodine or Liquid Iodine Forte (5-20 drops)

**OVARIAN HYPOFUNCTION**
Equi-Fem or PMT with hormone replacement therapy (HRT) (6), Neonatal Multi-Gland (6), Cytozyme-O or Cytozyme-F (3-6), Cytozyme-PT/HPT (6), Blackcurrant Seed Oil or Evening Primrose Oil (6-9), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Beta-TCP (3-6), Gammanol Forte (6), Liquid Iodine or Liquid Iodine Forte (5-20 drops), Garlic Plus (3-6)

**OVARIAN INFECTION**
A.D.P. (9-12), Intenzyme Forte (15) on an empty stomach

**OXIDATIVE STRESS | Excess of Free Radicals with Antioxidant Deficit**
Dismuzyme Plus (3-6), Dismuzyme Plus Granules (1-3 tbsp), Dismuzyme Plus 5000 (3-6), BioProtect (1-3), B6 Phosphate (6-9), E-Mulsion 200 (1-3), GSH-Plus (3-6), Mixed Ascorbate Powder (1-2 tsp), Se-Zyme Forte (1-3), Zn-Zyme (1-3)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**OXYGEN METABOLISM | ATP Cellular Energy Production through Oxidation**
Bioctasol Forte (3-6), PCOH-Plus (3), EFA-Sirt Supreme (12) or Optimal EFAs Caps (6), Flax Seed Oil (6) or SunFlax Caps (4), Bio-Multi Plus (3), D-Ribose (3 tsp), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2)

**PAIN, ACUTE | Management**
Aqua Mg-Cl (1 tsp/min as required; then at 5-10 minute intervals, Phosphatidylcholine (1 every 2-3 hrs, 3-6 daily with less pain), DL-Phenylalanine (3-6) Bio-Allay (3-6), Sculacia (3-6)

**Alternative Pain Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Blue Lotus (Nymphaea caerulea), Wild Opium Lettuce (Lactuca virosa), Kratom (Mitragyna speciosa), Kava Kava (Piper methysticum), White Willow (Salix alba), Arnica (Arnica montana) pellet, cream, gel or ointment, Black Seed (Nigella sativa)

**Secondary Support:** MSM (3) or MSM Powder (1-2 tsp)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Dimethyl sulfoxide (DMSO) topically with Arnica (Arnica montana) cream, gel or ointment, Cayenne Pepper (Capsicum annuum), Devil’s Claw (Harpagophytum procumbens), Emu (Dromaius) Australian flightless bird oil & D-Limonene (citrus fruit peel extract) oil (transdermal topically)

**PAIN, CHRONIC | Management**
B6 Phosphate (3), 5-HTP (1-3) or 5-HTP Plus Forte (1) or Neuro-5-HTP Plus (1-3), MSM (3) or MSM Powder (1 tsp), Bio-Ally (3), Sculacia (3), DL-Phenylalanine (1-3), Dismuzyme Plus (6-9) or Dismuzyme Plus Granules (1-3 tbsp) or Dismuzyme Plus 5000 (3-6)

**Alternative Pain Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Blue Lotus (Nymphaea caerulea), Wild Opium Lettuce (Lactuca vivosa), Kratom (Mitragyna speciosa), Kava Kava (Piper methysticum), White Willow (Salix alba), Arnica (Arnica montana) pellet, cream, gel or ointment, Black Seed (Nigella sativa)

**Alternative Support:** See above

**PAIN | Debilitating Sensation by Disease/Trauma Stimulation of Nerve Endings**

*Rule out infection, trauma, endocrine dysfunction, arthritis, shingles, lactic acidosis, dehydration, over-exertion, food allergy or sensitivity.*

Intenzyme Forte (15) on an empty stomach, DL-Phenylalanine (6), Bio-Allay (3-6), Sculacia (3-6), Cognitive Enhancer (1), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), HR#5 Chronic Stress (2 capfuls)

**Bone or Joint:** Osteo-B II (6-9), ChondroSamine Plus or ChondroSamine-S (3-6), Bio-B3 Plus 250 (3-6)

**With General Inflammation:** KappArest (8) absent infection, Intenzyme Forte (12-15) on an empty stomach

**With Nerve Inflammation:** B12-2000 Lozenges (3-6), Folate-5 Plus (4), Bio-3B-G (2) per waking hour for ten days, then (12) daily

**With Tissue Inflammation/Fibromyalgia:** KappArest (8), Bio-Glycozyme Forte (9)

**Alternative Pain Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Blue Lotus (Nymphaea caerulea), Wild Opium Lettuce (Lactuca vivosa), Kratom (Mitragyna speciosa), Kava Kava (Piper methysticum), White Willow (Salix alba), Arnica (Arnica montana) pellet, cream, gel or ointment

**Secondary Support:** MSM (1-3) or MSM Powder (1-2 tsp)

**Alternative Support:** Turmeric/Curcumin (BCM-95®) in all cases, Boswellia (Boswellia sacra) a.k.a. Frankincense, Dimethyl sulfoxide (DMSO) topically with Arnica (Arnica montana) pellet, cream, gel or ointment, Cayenne Pepper (Capsicum annuum), Emu (Dromaius) Australian flightless bird oil & D-Limonene (citrus fruit peel extract) oil

**PALATE, SWOLLEN | Inflammation of the Roof of the Mouth**

Bio-B Complex (6), Bio-Immunozyme Forte (4), KappArest (8), DL-Phenylalanine (1-3)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm)

**PALSY | Partial or Total Muscle Paralysis with Involuntary Tremors**

HistoPlex (3), Bio-GGG B (6), MCS-2 (3), Beta-TCP (6), Nuclezyme Forte (4), Cytozyme-SP (4), Multi-Mins (4)

**PANIC ATTACK/DISORDER | Sudden Onset of Intense Anxiety**

*Rule out magnesium deficiency and dietary artificial sweeteners especially aspartame, sorbitol, and sucralose.*
De-Stress (3-6), PheniiTropic (1-3) am & pm, Mood Enhancer (1-2) before meals or at bedtime, ADHS (3), Mg-Zyme (6) or Mg-Orotate 500 (2) at bedtime or Aqua Mag-Cl (3 tsp) in choice of beverage, Bio-GGG-B (6), Inositol (3-6) or Inositol Powder (1½ tsp), Li-Zyme or Li-Zyme Forte (1-3) am & pm, Phosphatidylserine (1-3) at bedtime, Bio-CMP (1-3), V.H.P. (1-3) at bedtime, Neuro-5-HTP Plus (1-2) at bedtime or during daytime

**Homeopathic Support:** HR#3 Acute Stress or HR#5 Chronic Stress (1 capful)

**Alternative Support:** Magnesium (Chloride) Oil (transdermal topically)

### PANCREATIC DYSFUNCTION | Impaired Secretion of Digestive Enzymes

Cytozyme-PAN (3-9), GlucoBalance (6-9), Bio-6-Plus (3-9), Aqueous Chromium (6-12 drops) or Cr-Zyme (3-6), V-Zyme (3-6), Bromelain Plus CLA (12) in divided doses am & pm apart from meals, Bio-B Complex (1)

**Secondary Support:** A.D.P. (6-9), Methionine-200 (3), HCL-Plus or Hydro-Zyme (3-6), 10-Day BioDetoxification (Pea or Whey) Program (2)

### PANCREATITIS, SUB-ACUTE | Inflammation of the Pancreas

Intenzyme Forte (15) at onset on an empty stomach, then (15) with meals, Gastrazyme (12), Bio-6 Plus (12), Cytozyme-PAN (6-9), ResveraSirt-HP (1-3), IAG (9 tsp), Bio-D-Mulsion Forte (2-4 drops), KappArest (8), Chromium Picolinate (1), Garlic Plus (3-6), Bio-B 100 (6-9), Phosphatidylcholine (3), Bio-C 1000 Plus (1-3)

**Secondary Support:** When symptom-free, reduce Intenzyme, Gastrazyme, and Bio-6 Plus to (6) each, then add Hydro-Zyme (2-3) mid-meal, Beta-TCP (6), Ca/Mg-Plus (6) before meals, and continue protocol for 3-4 weeks, Cr-Zyme (3-6), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), Bio-Cyanidins (3)

**With Pain:** Add DL-Phenylalanine (1-3), Bio-Allay (3), Sculacia (3)

**Alternative Pain Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Blue Lotus (Nymphaea caerulea), Wild Opium Lettuce (Lactuca vivosa), Kratom (Mitragyna speciosa), Kava Kava (Piper methysticum), White Willow (Salix alba), Arnica (Arnica montana) pellet, cream, gel or ointment

**With Infection:** Add UltraVir-X (3-6) and Se-Zyme Forte (2) or Selenomethionine (1-2), HR#4 Virus-Detox (2 capfuls), Mood Enhancer (1-2) before meals or at bedtime

**With Stress:** Add De-Stress (4), Mood Enhancer (1-2) before meals or at bedtime, HR#3 Acute Stress (6 capfuls) for 1 week, then (3 capfuls) daily

**With B Complex Deficiency:** Add Bio-3B-G at (2) per waking hour, then (9) until resolved

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Milk Thistle (Silybum marianum, silymarin), Burdock (Arctium lappa), Red Clover (Trifolium pratense), Goldenseal (Hydrastis canadensis), Dandelion (Taraxacum officinale), Licorice (Glycyrrhiza glabra), Olive Leaf (Olea Europaea), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

### PAPILLOMAVIRUS, HUMAN (HPV) | Genus Papillomavirus DNA Virus

*Rule out dietary simple and refined carbohydrates, food allergies, chronic endocrine hypofunction and immune dysfunction, and immoral/improper sexual contact.*

Bio-Immunozyme Forte (6), Cytozyme-THY (15), Intenzyme Forte (12-15) on an empty stomach, Livotrit Plus (3) increased to (6) daily, Beta-TCP (9), Dismuzyme Plus Granules (6)
tbsp), IAG (6 tsp), UltraVir-X (6), HR#9 Lymphatic Drainage & HR#4 Detox Virus (1 capful) daily for 30 days, then (1 capful) each daily, Liquid Iodine Forte (100 drops) in water or Iodizyme-HP (½-1), Bio-C Plus 1000 (1-3), Bio-FCTS (6), EGCG-200mg (2)

**Alternative Support:** Add cruciferous vegetables (broccoli, kale, Brussels sprouts, etc.) to the diet, and supplement with Indole-3-Carbinol (I3C) and/or Diindolylmethane (DIM) from this Brasica family of vegetables, Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

### PARASITES, BOWEL | Three-Month Protocol

Dysbiocide (4-6), FC-Cidal (4), A.D.P. (6-9), HR#10 Parasite Detox (½ capful), BioDophilus Caps (4) or BioDoph-7 Plus (3) at bedtime

### PARASITES, INTESTINAL

Rule out recurring contact with household pets, hypochlorhydria, improperly washed raw fruit and vegetables, toxic water, improperly cooked meat, fish and poultry, processed foods, soda pop, candies, hydrogenated fats, sugars, and starches.

A.D.P. (15) before meals for one week, then (9) for four weeks, Bio-HPF (6), POA-Phytolens (6-9), Lactozyme (6) before meals after 14 days, Bromelain Plus CLA (12) in divided doses am & pm apart from meals or BioDoph-7 Plus (6) on an empty stomach, Saccharomycoses boulardii (3-9) before meals, Betaine Plus HP (3-6) before meals, HCl Plus (3-6) or HydroZyme (6-9), MSM (3) or MSM Powder (1 tsp), Dysbiocide (6-9), Caprin (6-9), Bio-Cyanidins (3-9), Methionine-200 (3), HR#10 Parasite Detox (1 capful)

### PARASYMPATHETIC DOMINANCE | Alkaline-Driven Autonomic Nervous System

Super Phosphozyme Liquid (60 drops) or Super Phosphozyme (1-3), Ca-Zyme (3), Bio-B 100 (3-6) or Bio-3B-G (6-18), EFA-Sirt Supreme (12) or Optimal EFAs Caps (6), Flax Seed Oil (6) or SunFlax Caps (4), Cytozyme-AD or ADB5-Plus (3-6), Cytozyme-F or Cytozyme-M (3), HCL-Plus (3-9), B6 Phosphate (1-3), DopaTropic Powder (1 tsp), DHEA-5 mg or DHEA-10 mg (1-2) or 7-Keto-Zyme (3-9) or 7-Keto-Zyme Forte (3-6), BioDrive (3-6)

**Optional Protocol:** Bio-3B-G (12), Phosphatidylcholine (3-6), Super Phosphozyme Liquid (30 drops), ResveraSirt-HP (1-3), BioDrive (1-3) in the am

### PARATHYROID, HYPERFUNCTION and HYPOFUNCTION

See "Hyperparathyroidism, Primary” and “Hypoparathyroidism, Primary”

### PARESTHESIA | Burning or Tingling in Hands or Feet

Rule out vitamin B and magnesium deficiencies, lactic acidosis, diabetes, tumor, nerve degeneration, and spinal, arm, leg, or joint dysfunction.

Bio-B 100 (2) per waking hour for ten days, then (9) until resolved, Mg-Zyme (3-6) or Mg-Orotate 500 (2) at bedtime increasing to bowel tolerance, Blackcurrant Seed Oil or Evening Primrose Oil (6-9), Optimal EFAs Caps, (6) or EFA-Sirt Supreme (12), B12-2000 Lozenges (3), Folate-5 Plus (2)

**Secondary Support:** B6 Phosphate (9), Super Phosphozyme Liquid (60-90 drops) in water, Liquid Iodine Forte (30 drops) in water

**Alternative Support:** Magnesium (Chloride) Oil (transdermal topically)

### PARKINSON’S DISEASE (PD) | Degenerative Brain Disorder w/Muscular Tremors
Rule out dopamine (neurotransmitter) deficiency, heavy metal (aluminum, mercury, cadmium) and dietary artificial sweeteners (aspartame, sorbitol, sucralose) toxicity, environmental toxins, immune dysfunction, neurological tissue damage, vitamin B deficiency, bacterial or viral infection, and excessive dietary red meat.

Phosphatidylserine (9), DopaTropic Powder (1 rounded tsp), Phenitropic (1-2), Bioctasol Forte (6-9), Bio-Multi Plus Iron & Copper Free (3), Nuclezyme Forte (6-9), Bio-D-Mulsion Forte (6 drops) daily for 21 days, then (3 drops) daily, L-Tyrosine (3-6), B6 Phosphate (6-9) and DopaTropic Powder (1-3 tsp), Neonatal Multi-Gland (9), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), NAC (3), TMG Powder (1-2 level tsp), GSH-Plus (3), Cognitive Enhancer (1) before breakfast & (1) before lunch or dinner, E-Mulsion 200 or E-200 H₂ (2), Tocotrienols (2), Bio-B Complex (3), Ginkgo Biloba (3), EGCG-200mg (1-2), Bio-Cyanidins (3), Dismuzyme Plus or Dismuzyme Plus 5000 (3), Optimal EFAs Caps (3-6) or EFA-Sirt Supreme (6), Bio-B3 Plus 250 (1), Methylfolate Plus (1) or 5-MTHF Plus Forte (1), Phosphatidylcholine (1-3), L-Glutamine (3-6) or L-Glutamine Powder (1 tsp), Methionine-200 (3-6), TMG Powder (1-2 level tsp), Melatonin-B6/Mg (½ tab) before bedtime, St. John’s Forte (2-4), Mood Enhancer (1-2) before meals or at bedtime

Secondary Support: 10-Day BioDetoxification Kit (Peanut or Whey), Amino Sport (6-12), Mn-Zyme (1), Blackcurrant Seed Oil or Evening Primrose Oil (6-9), Zn-Zyme Forte (2), BioProtect (2), Bio-6-Plus (6-24), Bio-C Plus 1000 (3-6), Hydro-Zyme (6-18), DHEA-10 mg (1), Pregnenolone 25 (1), Whey Protein Isolate - Original, Chocolate or Vanilla or Pea Protein Isolate or Whey Protein Concentrate (2 level scoops)

Alternative Support: Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Gamma-aminobutyric acid (GABA), Nicotinamide adenine dinucleotide (NADH) at 20 mg, Dimethylaminoethanol (DMAE), Dimethylglycine (DMG), Arnica (Arnica montana) pellet, cream, gel or ointment, Astaxanthin/Lutein/Zeaxanthin (Carotenoids), Ginger (Zingiber officinale), Burdock (Arctium lappa), Milk Thistle (Silybum marianum, silymarin), Hawthorn (Crataegus oxyacantha/monogyna), Dandelion (Taraxacum officinale), Cayenne Pepper (Capsicum annuum), Peppers (nightshades), Cocoa (Theobroma cacao), Coffee (Coffee cruda/arabica) organic & dark roasted, Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

PERIMENOPAUSE

Cytozyme-F or Cytozyme-O (3-6), Cytozyme-AD (6-12) or ADB5-Plus (3-6), Equi-Fem or PMT (3-6), Thyrostim or Cytozyme-PT/HPT (3)

Alternative Support: Black Cohosh (Actaea racemosa), Chasteberry (Vitex agnus-castus), Dong Quai (Angelica sinensis), Wild Yam (Dioscorea villosa)

PERIODONTAL DISEASE (Periodontitis) | Bleeding and/or Receding Gums

Rule out genetic predisposition, poor dental hygiene, refined carbohydrate diet, infection, and dehydration

Osteo-B Plus or Osteo-B II (6), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), Bio-Immuonzyme Forte (3-6), Liquid Iodine (30 drops) or Liquid Iodine Forte (15 drops) with herbal mouth wash twice daily, Bio-FCTS (6), EGCG-200mg (1-2), Bio-D-Mulsion Forte (2-4 drops), Bio-C Plus 1000 (1-3), Bio-Ae-Mulsion Forte (3-6 drops), E-Mulsion 200 (3), Bio-B
100 (3-9)

**With Pain:** DL-Phenylalanine (1-3), Bio-Allay (3-6), Sculacia (3-6)

**Alternative Pain Support:** Turmeric/Curcin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Blue Lotus (Nymphaea caerulea), Wild Opium Lettuce (Lactuca vivosa), Kratom (Mitragyna speciosa), Kava Kava (Piper methysticum), White Willow (Salix alba), Arnica (Arnica montana) pellet, cream, gel or ointment

**Secondary Support:** BioProtect (3), Flax Seed Oil (6) or SunFlax Caps (4), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Ca/Mg-Plus (6) before meals, Bio-Cyanidins (3)

**Alternative Support:** Turmeric/Curcin (BCM-95®), Calendula (Calendula officinalis) and Chamomile (Matricaria chamomilla) tea, Aloe (Aloe vera) gel, Oregano (Origanum vulgare), Clove (Syzygium aromaticum) & Tea Tree (Melaleuca alternifolia) oils for tooth and/or gum pain, Goldenseal (Hydrastis canadensis), Sage (Salvia officinalis), Thyme (Thymus vulgaris), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**PERIPHERAL NEUROPATHY | Non-CNS, Paralytic Nervous System Dysfunction**

*Rule out magnesium deficiency.*

B6 Phosphate (6), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), Nuclyzeme-Forte (3), Inositol (3-6) or Inositol Powder (1½ tsp), Bio-B Complex (3), EFA-Sirt Supreme (12) or Optimal EFAs Caps (6), Bio-D-Mulsion Forte (2-4 drops), Bio-Cyanidins (3-6), Mg-Zyme (3-6)

**Alternative Therapy:** Magnetic Molecular Energizer (MME) electromagnetic energy therapy (Wright)

**Alternative Support:** Magnesium (Chloride) Oil (transdermal topically)

**PERIPHERAL VASCULAR DISEASE | Obstruction of Large Peripheral Arteries**

VasculoSirt (10), Porphyra-Zyme (6) two to four times daily between meals apart from mineral supplementation, Intenzyme Forte (6) two to four times daily on an empty stomach, Chondro-Plus (6), Multi-Mins Iron & Copper Free (3-6), Super Phosphozyme Liquid (20-30 drops), Bio-K-Mulsion (3 drops)

**Secondary Support:** EFA-Sirt Supreme (12) or Optimal EFAs Caps (6) or Biomega-3 (3) or Biomega-3 Liquid (1 tsp), Bio-FCTS (3-6), EGCG-200mg (2)

**Alternative Support:** Aerobic exercise

**PERNICIOUS ANEMIA | Severe Anemia Caused by Malabsorption of Vitamin B12**

*Rule out hypochlorhydria.*

B12-2000 Lozenges (6), Hydro-Zyme (6), MCS-2 (3), Beta-TCP (6)

**PERSPIRATION, EXCESSIVE and FREQUENT (Hyperhidrosis)**

*Rule out essential fatty acids and calcium deficiencies, infection, chronic heartburn, and hyperthyroidism.*

Nephra-Zyme or Renal Plus (6), Carbamide Plus (3), Gammanol Forte (6)

**Alternative Support:** Sage (Salvia officinalis), Schisandra (Schisandra sinensis), White Peony (Paeonia lactiflora)

**PERTUSSIS (“Whooping Cough”) | Respiratory Bacterial Infection**
A.D.P. (6-9), Bio-FCTS (3), EGCG-200mg (2), IAG (3-6 tsp), Bio-Ae-Mulsion (1-2 drop), Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3), C/Cal/Mag Powder (1-3 tsp), Neutrophil Plus (1-2), Garlic Plus (3-6), Bio-D-Mulsion Forte (2-4 drops)

**Secondary Support:** Bio-Immunozyme Forte (1-2), Liquid Iodine (6-10 drops) in water, HR#2 Lymphatic Drainage (3 capfuls), HR#4 Detox-Virus (3 capfuls)

**Alternative Support:** Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

### PESTICIDES DETOXIFICATION | Supplemental Support

Beta-TCP (6-12), Colon-Plus Caps (6-9), MCS-2 (6-12), OOrganic-15 (6-9), HR#6 Environmental Detox (1 capful)

### PEYRONIE’S DISEASE | Severe Penile Curvature

B12-2000 Lozenges (6), E-Mulsion 200 or E-200 H₈ (2), Tocotrienols (2), Chlorocaps or Chlorella Caps (3), Osteo-B II or Osteo-B Plus (3), Argizyme (6), Iodizyme-HP (½-2)

### PHENYLETHYLAMINE (PEA) | Brain Alkaloid Monoamine & Neurotransmitter

Reduced phenylalanine levels cause hyperactivity (ADHD), attention deficit (ADD), cognition issues, and depression.

DL-Phenylalanine (3-6), B6 Phosphate (6-9)

**Note:** See "Attention Deficit Disorder (ADD) & Attention Deficit Hyperactivity Disorder (ADHD)"

**Alternative Support:** Cocoa (*Theobroma cacao*) and Dark Chocolate (70-85%+ Cacao)

### PHENYLKETONURIA (PKU) | Inherited Genetic Metabolic Disorder with Phenylalanine Excess & Tyrosine Deficiency

Phenylalanine in excess causes anxiety, sleep issues, schizophrenia, and racing mind

L-Tyrosine (3), 5-HTP (1-3) or 5-HTP Plus Forte (1) or Neuro-5-HTP Plus (1-3), DopaTropic Powder (1 tsp), B6 Phosphate (1-3), ADB5-Plus (3)

### PHLEBITIS | Superficial Venous Inflammation

Rule out trauma, blood stasis, hepatobiliary congestion, food allergy or sensitivity, artificial sweeteners (aspartame, sorbitol, sucralose), dehydration, and exogenous estrogen therapy.

Intenzyme Forte (10) ASAP upon onset on an empty stomach, then (5) four times daily on an empty stomach, then after three days (4) three times daily until resolved, Beta-TCP (6-9), BioProtect (6), EFA-Sirt Supreme (12) or Optimal EFAs Caps (6), Ginkgo Biloba (3), Bio-FCTS (6), EGCG-200mg (2), KappArest (8) absent infection, E-Mulsion 200 or E-200 H₈ (4), Tocotrienols (2)

**Secondary Support:** Mg-Zyme (4-6) or Mg-Orotate 500 (2) at bedtime increasing to bowel tolerance, Dismuzyme Plus Granules (3 tbsp) before meals, Porphyra-Zyme (9) on an empty stomach, DL-Phenylalanine (1-3)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Boswellia (*Boswellia sacra*) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Gotu Kola (*Centella asiatica*), Butcher's Broom (*Ruscus aculeatus*), Bilberry (*Vaccinium myrtillus*), Magnesium (Chloride) Oil (transdermal topically)

### PHOBIAS | Persistent, Abnormal or Irrational Fear/Avoidance of “Something”
PheniTropic (3), Bio-Glycozyme Forte (9) between meals and two hours after dinner, Bio-CMP (4) between meals and before bedtime, V.H.P. (5) with (2) at bedtime, Meda-Stim (3) before meals, De-Stress (1-3) daily and (1-2) at bedtime, Melatonin-B6/Mg (½ tab) before bedtime, Mood Enhancer (1-2) before meals or at bedtime

**Secondary Support:** Li-Zyme Forte (6), St. John’s Forte (2-4), HR#5 Chronic Stress (2 capfuls), add B6 Phosphate (12), if unable to recall dreams, add Bio-3B-G (6) daily and (3) at bedtime, if unable to retain asleep or with severe phobias

**Alternative Support:** Kava Kava (*Piper methysticum*)

### PHOSPHORUS DEFICIENCY, JOINT STIFFNESS UPON RISING
Super Phosphozyme Liquid (30-60 drops) or Super Phosphozyme (3-6), EFA-Sirt Supreme (12) or Optimal EFAs Caps or Flax Seed Oil (6) or SunFlax Caps (4), Beta-TCP (6-9), MSM Powder (4 tsp), ChondroSamine-S or ChondroSamine Plus (3), Bio-D-Mulsion Forte (2-4 drops)

**Secondary Support:** Phosphatidylcholine (3-6)

### PHOTOPHOBIA | Abnormal Sensitivity to Light
ADHS (3), Cytozyme-AD or ADB5-Plus (6), Beta-TCP (6), Bio-Ae-Mulsion Forte (6-9 drops)

### PILES (Hemorrhoids) | Swollen Tissue Masses in the Anal Canal
See “Hemorrhoids”

### PINK EYE (Conjunctivitis) | Eyelid Membrane Irritation/Inflammation
See “Conjunctivitis”

### PITUITARY, ANTERIOR HYPOFUNCTION
*Rule out reduced thyroid stimulating hormone (TSH), diabetes or carbohydrate sensitivity, heavy metal toxicity, biliary insufficiency, manganese deficiency, and thyroid hypofunction.*

Cytozyme-PT/HPT (3-6), Thyrostim (3-6), Mn-Zyme (3-6), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Neonatal Multi-Gland (3-9)

**With Adrenal Hyperfunction:** Add ADHS (2), GlucoBalance (6), Phosphatidylserine (6)

**With Adrenal Hypofunction:** Add Cytozyme-AD or ADB5-Plus (6), Bio-Glycozyme Forte (6) between meals

**With DHEA Insufficiency:** Add 7 Keto-Zyme (3-6), Pregnenolone 25 (1)

### PITUITARY, PRIMARY HYPERFUNCTION
*Rule out pituitary tumor.*

Cytozyme-PT/HPT (3-6), Mn-Zyme (1-3), Neonatal Multi-Gland (1)

**Secondary Support:** Bio-C Plus (3) or Bio-C Plus 1000 (1-3), E-Mulsion 200 or E-200 Hγ (2), Tocotrienols (2)

**Alternative Support:** Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

### PITUITARY, PRIMARY HYPOFUNCTION
*Rule out pituitary tumor.*

Cytozyme-PT/HPT (3-6), Mn-Zyme Forte (1-3), Gammanol Forte (3-6)

**Secondary Support:** b-VITAL (3), L-Arginine (3), Bio-C Plus 1000 (1-3)

**Alternative Support:** Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)
soluble vitamin C)

**PITUITARY, POSTERIOR DYSFUNCTION**

*Rule out edema, blood pressure irregularities, vitamin E and mineral (magnesium, potassium) deficiencies, renal dysfunction, insomnia, inability to lose weight, and food allergy or sensitivity.*

Cytozyme-PT/HPT (6), Bio-Multi Plus Iron & Copper Free (3), Renal-Plus or Nephra-Zyme (12), Potassium-HP (1 scoop)

*Secondary Support:* Amino Sport (6-12), Mn-Zyme (3), Bio-C Plus 1000 (1-3)

*Alternative Support:* Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**PLATELET COUNT, LOW | Cytoplasmic Factor Essential for Blood Clotting**

Chlorocaps or Chlorella (3-9), Bio-K-Mulsion (1-6 drops), Biomega-3 (3) or Biomega-3 Liquid (1 tsp), Mixed EFAs (1-3 tbsp) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Cytozyme-SP (3-12), B12-2000 Lozenges (1-2)

**PLEURISY | Pleur a Inflammation Often as Complication of Pneumonia**

Pneuma-Zyme (6), Dismuzyme Plus 5000 (6), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Bio-D-Mulsion Forte (2-4 drops), KappArest (8), Intenzyme Forte (15) on an empty stomach

*Secondary Support:* Zn-Zyme (1-2), Bio-C Plus (3-6) or Bio-C Plus 1000 (3)

*Alternative Support:* Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**PMS (Premenstrual Syndrome) | Varied Physical/Metaphysical Symptoms as in "Mood Swings" between Ovulation and Menstruation**

See “Premenstrual Syndrome (PMS)”

**PNEUMONIA | Acute or Chronic Viral or Bacterial Lung Inflammation**

*Rule out, alcoholism, chronic illness, environmental allergy or sensitivity, and gastrointestinal surgery.*

A.D.P. (15) for one week, then (9) for three weeks, Pneuma-Zyme (9), Bio-Immunozyme Forte (3), Cytozyme-THY (12), NAC (3-6), OOrganic-15 (9), Bio-Ae-Mulsion (3-6 drops) for one week, then (1-3 drops) thereafter, Bio-C Plus 1000 (3-6), E-Mulsion 200 (3), Tocotrienols (3), Liquid Iodine (60 drops) or Liquid Iodine Forte (30 drops), , IAG (6-9 tsp), BioDoph-7 Plus or Lactoyme (3), Garlic Plus (3), Amino Sport (6-12), Bio-Cyanidins (3), Bio-E-Mulsion Forte (30 drops), Bromelain Plus (3-9) on an empty stomach

*With Bacterial Infection:* Neutrophil Plus (3-6)

*With Viral Infection:* UltraVir-X (3-6)

*With Mucus:* Add Intenzyme Forte (12) daily on an empty stomach

*Secondary Support:* Dismuzyme Plus Granules (6 tbsp) before meals, POA-Phytolens (3), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), Melatonin-B6/Mg (1), HR#2 Lymphatic Drainage (1 capful)

*Alternative Support:* Goldenseal (*Hydrastis canadensis*), Nicotinamide adenine
dinucleotide (NADH), Astragalus (*A. membranaceus*), Echinacea (*Echinacea angustifolia*), Andrographis (*A. paniculata*), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C), Black Seed (*Nigella sativa*)

### PNEUMONIA, CHILDREN

ADHS (3), A.D.P. (6-9), Pneuma-Zyme (3-6), Neutrophil (3-6), Bio Immunozyme Forte (3-6), Bio-D-Mulsion Forte (1-2 drops)

**Secondary Support:** IAG (1 tsp) and C/Cal/Mag Powder (1 tsp) in choice of beverage

### POISONING, DETOXIFICATION

MCS-2 (3), Beta-TCP (6), Lipoic Acid Plus (3-6) or R-Lipoate CBG (2-4), Porphyra-Zyme (9) on an empty stomach, EGCG-200mg (1-2), EFA-Sirt Supreme (12) or Optimal EFAs Caps (6) or Mixed EFAs (3 tbsp), Bio-C 1000 Plus (1-3), E-Mulsion 200 (1-3), Inositol (3-6) or Inositol Powder (1½ tsp), HR#1 Detoxification (2 capfuls)

**Secondary Support:** CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), Garlic Plus (3), Dismuzyme Plus or Dismuzyme Plus 5000 (3) or Dismuzyme Granules (1-3 tbsp)

**Alternative Support:** Milk Thistle (*Silybum marianum*, silymarin), Burdock (*Arctium lappa*), Aloe (*Aloe vera*) juice, Cascara Sagrada (*Rhamnus purshiana*), Ginger (*Zingiber officinale*), Cayenne Pepper (*Capsicum annuum*), Mustard Seed (*Brassica nigra*), Butcher's Broom (*Ruscus aculeatus*), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

### POISON IVY, OAK | Plant Contact-Induced Skin Rash

Intenzyme Forte (15) ASAP at onset, then (5) four times per day on an empty stomach until lesions abate, then (9) on an empty stomach, Bio-CMP (4) ASAP at onset, then (2) three times daily, ADHS (2), Bio-Immunozyme Forte (6), Liquid Iodine or Liquid Iodine Forte topically twice daily, Evening Primrose Oil (6-9), Bio-C Plus 1000 (1-3), HistoPlex-AB (9), HR#2 Lymphatic Drainage (2 capfuls), HR#1 Detoxification (2 capfuls)

**With Hypoadrenia:** ADB5-Plus (3) or Cytozyme-AD (9)

**With Hyperadrenia:** ADHS (4)

**Secondary Support:** BioProtect (6), Cytozyme-THY (15), Bio-Ae-Mulsion Forte (3 drops)

**Alternative Support:** Hydrotherapy (cold shower), Clay and Peppermint (*Mentha piperita*) as an oil paste, Calamine (lotion), Aloe (*Aloe vera*) gel, Shark Cartilage, White Oak Bark (*Quercus alba*) tea compress, Tea Tree (*Melaleuca alternifolia*) oil transdermal topicaly, Witch Hazel (*Hamamelis virginiana*), Sodium Bicarbonate, Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

### POLIOMYELITIS (Infantile Paralysis) | Communicable Viral Paralytic Disease

MCS-2 (3), Beta-TCP (6), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), HR#4 Detox-Virus (2 capfuls), UltraVir-X (6), EFA-Sirt Supreme (12) or Optimal EFAs Caps (6) or Mixed EFAs (3 tbsp), Biocetasol Forte (3-6)

### POLYCYSTIC OVARY DISEASE (PCOD) | Enlarged Ovaries with Cysts

*Rule out hormonal imbalance (estrogen excess, thyroid hypofunction, adrenal hyperfunction, iodine deficiency, refined carbohydrate diet (Syndrome-X/Metabolic Syndrome), injury, dietary alkaloids such as coffee, tea, chocolate, colas, etc., and yeast overgrowth.*

Equi-Fem or PMT (6) with hormone replacement therapy (HRT), Cytozyme-O or Cytozyme-F
(3-6), Bio-Multi Plus Iron & Copper Free (6), Intenzyme Forte (15-20) on an empty stomach, Bio-D-Mulsion Forte (6 drops) daily for three weeks, then (2-4) daily, E-Mulsion 200 (3-6), Cytozyme-THY (6), GlucoBalance or Bio-Glycozyme Forte (3-6), Liquid Iodine Forte (30-90 drops) or Iodizyme-HP (½-1), Optimal EFAs Caps (6-12) or Blackcurrant Seed Oil or Evening Primrose Oil (3-6)

**With Excess Estrogen Production:** Ca D-Glucarate (4)

**Topical Application:** Liquid Iodine Forte (50 drops) in 2-3 ounces of warm distilled water as a vaginal douche for 8-10 minutes every other day for three weeks

**Secondary Support:** Bio-Immunozyme Forte (3), BioProtect (3), Gammanol Forte (6), Bio-Ae-Mulsion Forte (15 drops), Aqueous Selenium (15 drops) or Selenomethionine (1), EFA-Sirt Supreme (12), BioProtect (3), Cytozyme-Trachea (9), Mg-Zyme (3) or Mg-Orotate 500 (2) at bedtime to bowel tolerance, B6 Phosphate (3), HR#1 Detoxification (2 capsfuls)

**Alternative Support:** Chaste Tree (Vitex agnus-castus), Progesterone (topical cream), Indole-3-Carbinol (I3C) and/or Diindolylmethane (DIM)

**POLYCYTHEMIA, VERA | Increased Blood Volume and Red Blood Cells**

*Rule out dehydration, chronic respiratory dysfunction, genetic predisposition, hepatobiliary or spleen dysfunction, and tobacco use.*

Intenzyme Forte (20) on an empty stomach, Super Phosphozyme Liquid (90 drops) or Iodizyme-HP (½-1), EFA-Sirt Supreme (12) or Optimal EFAs Caps (9)

**Note:** Do not use Intenzyme Forte or Super Phosphozyme with the blood thinner warfarin (Coumadin®).

**Secondary Support:** Beta-TCP (9), Dismuzyme Plus Granules (3 tbsp), Neonatal Multi-Gland (9), BioProtect (6), Cytozyme-SP (6), Bio-Cyanidins (2), E-Mulsion 200 or E-200 Hγ (2), Tocotrienols (2), Bio-FCTS (2), EGCG-200mg (2)

**POLYMYALGIA RHEUMATICA | Chronic Inflammatory Muscle Pain/Weakness**

*Rule out hypochlorhydria.*

DHEA-10 mg (1), MSM (1-3) or MSM Powder (1-2 tsp), Bio-D-Mulsion Forte (4 drops), B12-2000 Lozenges (2), Biomega-3 (3) or Biomega-3 Liquid (1 tsp) or Optimal EFAs Caps (6), Bio-Allay (3), Sculacia (3), DL-Phenylalanine (3)

**Alternative Pain Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Blue Lotus (Nymphaea caerulea), Wild Opium Lettuce (Lactuca vivosa), Kratom (Mitragyna speciosa), Kava Kava (Piper methysticum), White Willow (Salix alba), Arnica (Arnica montana) pellet, cream, gel or ointment

**Secondary Support:** Pregnenolone 25 (1)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Olive Leaf (Olea Europaea)

**POLYURIA | Frequent Urination**

*Rule out low-fiber diet, diuretic-inducing liquids (caffeine, alcohol, carbonated drinks, artificial sweeteners, medication "side" effect, and kidney failure; adopt a high-fiber diet, perform "Kegel" exercises, and minimize liquid intake before bedtime.*

A.D.P. (6), Renal Plus or Nephra-Zyme (9), L-Arginine (2), ChondroSamine Plus or
ChondroSamine-S (3), MSM (3) or MSM Powder (1 tsp)

**POSTNASAL DRIP (Chronic Rhinitis) | Nasal Inflammation, Excess Sinus Mucus**
Histoplex-AB (6), NAC (3), Cytozyme-THY (3), Bromelain Plus CLA (3) on an empty stomach, Bio-FCTS (3), EGCG-200mg (2), Bio-Ae-Mulsion (1-3 drops), Bio-C Plus 1000 (1-3), E-Mulsion 200 (1-2) or E-200 Hγ (1-2), Tocotrienols (2)
*Alternative Support:* Turmeric/Curcumin (BCM-95®), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**POSTPARTUM DEPRESSION (PPD) | Post-Birth Form of Major Depression**
Equi-Fem or PMT (3-12), Cytozyme-AD (3-12), Mood Enhancer (1-2) before meals or at bedtime, EFA-Sirt Supreme (12) or Optimal EFAs Caps (6), Bio-D-Mulsion Forte (2-4 drops)
*Secondary Support:* B12/Folate Plus (3-9), De-Stress (2-4), Li-Zyme (3-12) or Li-Zyme Forte (1-6)

**POSTPARTUM UTERINE SUPPORT**
Equi-Fem (3-12), Cytozyme-O (3-12), Liquid Iodine (20-40 drops) or Liquid Iodine Forte (10-20 drops), Zn-Zyme (2-18) or Zn-Zyme Forte (1-9), Se-Zyme Forte (1-2) or Selenomethionine (1), EFA-Sirt Supreme (12) or Optimal EFAs Caps (6)

**POST-TRAUMATIC STRESS DISORDER (PTSD)**
De-Stress (1-2), Mood Enhancer (1-2) before meals or at bedtime, PheniTropic (1-2), Bio-GGG-B (2-3), Optimal EFAs Caps (3-6), Phosphatidylserine (1-2), DopaTropic Powder (1 rounded tsp), NeuPerzine (1-2), B12/Folate Plus (1-3), 5-HTP (1-3) or 5-HTP Plus Forte (1) or Neuro-5-HTP Plus (1-3)
*Secondary Support:* St. John's Forte (2-4), Ginkgo Biloba (1-3), V.H.P. (1-2), Melatonin-B6/Mg (½ tab) before bedtime, Li-Zyme Forte (3-6), Cognitive Enhancer (1) before breakfast & (1) before lunch or dinner
*Alternative Support:* Kava Kava (*Piper methysticum*), Aromatherapy, Acupuncture, Meditation

**POTASSIUM DEFICIENCY**
K-Zyme (3-6) or Potassium-HP (1 scoop)
*Secondary Support with Difficulty Swallowing:* Ca/Mg-Plus (3), Bio-D-Mulsion (5-10 drops) or Bio-D-Mulsion Forte (2-4 drops)
*Alternative Support:* Apple Cider Vinegar & Honey (raw organic) at 3-6 tsp in water
*Secondary Support with Eye, Nose & Mouth Dryness:* Multi-Mins (3)
*Alternative Support:* Sea or Rock Crystal Salt, increased water intake
*Secondary Support with Lump in Throat:* Beta-TCP (6), Phosphatidylcholine (6)
*Alternative Support:* Apple Cider Vinegar & Honey (raw organic)

**PREECLAMPSIA or PRETOXEMIA | Pregnancy Hypertension Edema & Proteinuria**
Rule out hypochlorhydria, insufficient dietary protein, magnesium and vitamin B6 deficiencies.

Pre-Natal Packs (1), EFA-Sirt Supreme (12) or Optimal EFAs Caps (6), Bio-D-Mulsion Forte (2-4 drops), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), Ca/Mg-Zyme (3), L-Arginine (1), Se-Zyme Forte or Selenomethionine (1), Bio-C Plus (6) or Bio-C Plus 1000 (1-3), E-Mulsion 200 or E-200 Hγ (1), Tocotrienols (2)
**Secondary Support:** Pea Protein Isolate, Whey Protein Isolate - Original, Chocolate or Vanilla or Whey Protein Concentrate (1 level scoop)

**Alternative Support:** Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**PREGNANCY, GENERAL SUPPORT**

*Rule out magnesium deficiency, refined carbohydrate or processed food diet, alcohol and tobacco abuse, and dehydration.*

Pre-Natal Packs (1), Osteo-B Plus or Osteo-B II (3), Biomega-3 (3) or Biomega-3 Liquid (1 tsp), Flax Seed Oil (6) or SunFlax Caps (4) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Bio-D-Mulsion Forte (2-4)

**In Second & Third Trimesters:** Pre-Natal Packs (2)

**With Additional Iron Need:** Fe-Zyme (1-3) as required

**With Sugar Handling Dysfunction:** Bio-Glycozyme Forte (3)

**With Immune Insufficiency:** Bio-Immunozyme Forte (3)

**With Indigestion:** Hydro-Zyme (1-2) with meals and almonds after meals

**With Insomnia:** Amino Acid Quick-Sorb (5-15 drops), Ca/Mg Zyme (3-6) at bedtime

**With Varicosities:** Bio-FCTS (6-9), EGCG-200mg (2), Chlorcaps or Chlorella Caps (3), Bio-K Mulsion (2-4 drops), Bio-Cyanidins (3-6)

**Secondary Support:** Immuno-gG (2)

**PREGNANCY, NAUSEA (Morning Sickness)**

*Rule out refined carbohydrate and processed food diet, alcohol and tobacco abuse, and dehydration.*

Cr-Zyme (3), Beta-TCP (6-12), Super Phosphozyme Liquid (60 drops) with meals, Ca-Mg-Zyme (12) before meals

**Secondary Support:** Hydro-Zyme (6), Bio-GGG-B (6), Bio-6-Plus (6), Phosphatidylcholine (3)

**Alternative Support:** Nux Vomica, Pulsatilla & Sepia (homeopathics), Ginger (*Zingiber officinale*), complex carbohydrates diet

**PREGNANCY, YEAST INFECTION**

*Rule out refined carbohydrate and processed diet, alcohol and tobacco abuse, and dehydration.*

Caprin (6), Bio-B 100 (9), Lactozyme (6) or BioDoph-7 Plus (3) before meals, Saccharomyces boulardii (3), HCl-Plus (6) at mid-meal

**Note:** A.D.P. contraindicated in pregnancy

**PREMENSTRUAL SYNDROME (PMS) | Physical/Metaphysical Symptoms such as Bloating, Headache, Fatigue & "Mood Swings" between Ovulation & Menstruation**

*Rule out carbohydrate sensitivity, excessive dietary sugars and substitutes (aspartame, sorbitol, sucralose), vitamin (B) and mineral (calcium, magnesium) deficiencies, hormonal imbalance, obesity, and poor diet.*

Equi-Fem or PMT (6-9) with hormone replacement therapy (HRT), Mg-Zyme (3-9), B6 Phosphate (3-6), B12/Folate (6) or Methylfolate Plus (3) or 5-MTHF Plus Forte (1),
Gammanol Forte (6), Bio-Cyanidins (3-6), Bio-B 100 (3-9), Bio-D-Mulsion Forte (2-4 drops), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Blackcurrant Seed Oil or Evening Primrose Oil (6-9), Liquid Iodine Forte (60 drops), BioDophilus Plus (3), Pregnenolone 25 (1), Mood Enhancer (1-2) before meals or at bedtime, Melatonin-B6/Mg (5-2-1) before bedtime, E-Mulsion 200 or E-200 Hγ (1-2), Tocotrienols (2), Mg-Zyme (3) or Mg-Orotate 500 (3) at bedtime to bowel tolerance, TMG Powder (1-2 level tsp)

Acute Care Protocol: PMT (6-9), Blackcurrant Seed Oil (6-9), B12/Folate Plus (3-6); with hot flashes add Liquid Iodine Forte (1 dropper)

With Sugar Cravings: Sea or Rock Crystal Salt, Ginger (Zingiber officinale), Fermented foods (sauerkraut, kombucha, tempeh, kefir, miso, pickled beets, pickles, seed cheese)

With Exogenous Estrogen Supplementation: Ca D-Glucarate (4) and Indole-3 Carbinol (I3C) and/or Diindolylmethane (DIM) as under “Alternative Support” below

Secondary Support: MCS-2 (3), Beta-TCP (6), St. John's Forte (2-4), Phosphatidylcholine (3), DL-Phenylalanine (1-3), Chromium Picolinate (1), L-Tyrosine (3), PhenylTropic (1-2)

Alternative Support: Indole-3-Carbinol (I3C) and/or Diindolylmethane (DIM), Chaste Tree (Vitex agnus-castus), Kelp (brown seaweed algae), Progesterone (topical cream), Gamma-aminobutyric acid (GABA), Angelica (A. archangelica), Kava Kava (Piper methysticum), S-Adenosylmethionine (SAME), Black Cohosh (Actaea racemosa), Wild Yam ( Dioscorea villosa), Milk Thistle (Silybum marianum, silymarin), Cramp Bark (Viburnum opulus), Fennel (Foeniculum vulgare), Peppermint (Mentha piperita)

PROLAPSE, UTERUS (Pelvic Floor Hernia) | Uterine Muscular Support Collapse

Equi-Fem (6), ChondroSamine-S or ChondroSamine Plus (3), Bio-FCTS (3), EGCG-200mg (2), E-Mulsion 200 (1) or E-200 Hγ (1), Tocotrienols (2), C/Cal/Mag Powder (2 tsp), MSM (3) or MSM Powder (1 tsp), Bio-C Plus 1000 (1-3), HR#2 Lymphatic Drainage (2 capfuls)

Alternative Support: Astragalus (A. membranaceous), Ginger (Zingiber officinale), Cranberry (Vaccinium macrocarpon), Damiana (Turnera diffusa), Buchu (Barosoma betulina), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

PROSTATE HYPERTROPHY, BENIGN (BPH) | Prostate Gland Enlargement

Rule out neoplasm, urinary tract infection (UTI), lack of exercise, infrequent sexual release, obesity, normal aging, food allergy or sensitivity; also called “Benign Prostatic Hyperplasia.”

Palmetto-Plus (3-9) or Palmetto-Plus Forte with suspected prostate cancer, Cu-Zyme (1) after 30 days, Biomega-3 (3) or Biomega-3 Liquid (1 tsp) or EFA-Sirt Supreme (12) or Optimal EFAs Caps (6), Flax Seed Oil (6) or SunFlax Caps (4), Liquid Iodine Forte (30 drops) daily or Iodizyme-HP (½ tab), Argizyme (6), Bio-D-Mulsion Forte (4 drops) daily, E-Mulsion 200 or E-200 Hγ (1-2), Tocotrienols (2), Bio-B 100 (6-9), Zn-Zyme Forte (2) or Aqueous Zinc (1-3 tsp), Mg-Zyme (3-9) or Mg-Orotate 500 (3) at bedtime, BioDophilus Caps (3) or BioDoph-7 Plus (3), Se-Zyme Forte (1-2) or Selenomethionine (2-3), Garlic Plus (3-6), EGCG-200mg (1-2), MSM (3-6) or MSM Powder (1-2 tsp)

With Urinary Tract Infection: UT Complex (3)

With Excess Testosterone Production: L-Carnitine Powder (2 tsp)

Rectal Application: Liquid Iodine Forte (50 drops) in 2 ounces of distilled water three times weekly for one month

Lymphatic Drainage (1 capful), HR#7 Heavy Metal Detox (1 capful), DL-Phenylalanine (1-3)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Beta-Sitosterol (plant sterol), Pomegranate (Punica granatum), Stinging Nettle (Urtica dioica), Pygeum Bark (Prunus africanaus), Kelp (brown seaweed algae), Lycopene (red plant/vegetable carotenoid), Red Clover (Trifolium pratense), Sunflower and Pumpkin Seed (sprouted), Bilberry (Vaccinium myrtillus), Echinacea (Echinacea angustifolia), Goldenseal (Hydrastis canadensis), Olive Leaf (Olea Europaea), Cranberry (Vaccinium macrocarpon) juice, Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C), Hemp Seed (Cannabis sativa), Massage

### PROSTATIC INFECT|965ION | General Support

*Rule out neoplasm, urinary tract infection, lack of exercise, infrequent sexual release, obesity, normal aging, food allergy or sensitivity.*

Bio-Immunozyme Forte (3), EGCG-200mg (1-2), Cytozyme-THY (9), Dismuzyme Plus Granules (3 tbsp), Renal-Plus or Nephra-Zyme (15), IAG (4-6 tsp), EGCG-200mg (1-2), Bio-D-Mulsion Forte (2-4), Zn-Zyme Forte (2), Bio-C Plus 1000 (3-6), Liquid Iodine (50 drops) in 2 ounces of distilled water rectally three times weekly for one month, HR#1 Detoxification (1 capful)

**With Urinary Tract Infection:** UT Complex (3)

**With Bacterial Infection:** Neutrophil Plus (6), HR#9 Bacterial Detox (1 capful)

**With Viral Infection:** UltraVir-X (4), Bio-FCTS (4), EGCG-200mg (2), HR#4 Detox-Virus (1)

**Alternative Support:** Pomegranate (Punica granatum) seed/juice not from concentrate, Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

### PROSTATIS|965, CHRONIC | Inflammation of the Prostate

*Rule out poor circulation by prolonged sitting or bicycle riding, alcohol, stress, and inflammation-inducing diet (diary, red meat, sugar, high-glycemic foods, hydrogenated fats and oils, gluten grains, little or no greens, and the like).*

Palmetto-Plus or Palmetto-Plus Forte (6-9), EGCG-200mg (1-2), EFA-Sirt Supreme (12) or Optimal EFAs Caps (6-12), KappArest (6), Bio-FCTS (3), EGCG-200mg (2), Folic Acid 800 (2), Bio-D-Mulsion Forte (4-8 drops), Bio-Ae-Mulsion Forte (3 drops), B12-2000 (1), L-Arginine (3-6), Iodizyme-HP (1-2), Zn-Zyme Forte (3-6) or Aqueous Zinc (3 tsp), Liquid Iodine Forte (60 drops) or Iodizyme-HP (1), Intenzyme Forte (12-24) in divided doses on an empty stomach, Se-Zyme Forte (3-6), Melatonin-B6/Mg (1-2), NitroGreens (1-2 scoops)

**Secondary Support:** Bio-Cyanidins (3), FC-Cidal (3-6), B6-Phosphate (3-6), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), DL-Phenylalanine (1-3)

**Antioxidant Support:** Bio-C Plus 1000 or BioProtect (3-6), Mixed Ascorbate Powder (2 tsp)

**Antimicrobial Support:** A.D.P. (12), Bio-Immunozyme Forte (6), FC-Cidal (6-12), Dysbiocide (6-12), POA-Phytolens (3-6), Bromelain Plus CLA (12-24) apart from meals

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Indole-3-Carbinol (13C) and/or Diindolylmethane (DIM), Echinacea (Echinacea angustifolia), Stinging Nettle (Urtica dioica), Quercetin (plant/food bioflavonoid), Cramp Bark (Viburnum opulus), Chamomile (Matricaria chamomilla), Crateva (C. magna), Ginger (Zingiber officinale), Pomegranate (Punica granatum) seed/juice not from concentrate, Ascorbyl Palmitate (fat-
soluble vitamin C), Liposomal C (molecule-soluble vitamin C), Flax Seed (*Linum usitatissimum*), Black Seed (*Nigella sativa*), Hemp Seed (*Cannabis sativa*), Beta-Sitosterol (plant/food phytosterols)

**PROTEIN CATABOLISM | Amino Acids Deficiency**

*Rule out digestive dysfunction or hypochlorhydria.*

Amino Sport (6-9) and/or Amino Acid Quick-Sorb (15 drops), Gammanol Forte (3), B6 Phosphate (3), Whey Protein Isolate - Original, Chocolate or Vanilla or Pea Protein Isolate or Whey Protein Concentrate (2 level scoops)

**PROTEIN, TOTAL, HIGH**

Hydro-Zyme (6-24)

*Secondary Support:* Amino Sport (1-3), Zn-Zyme Forte (3-9), Bio-B 100 (3-9)

**PROTEIN, TOTAL, LOW**

*Rule out these deficiencies or insufficiencies resulting from protein malnutrition: sulfur, vitamins B12 & D, creatine, carnosine, heme iron, taurine, and omega-3 DHA.*

Hydro-Zyme (6-24), Whey Protein Isolate - Original, Chocolate or Vanilla (2-4 scoops) or Pea Protein Isolate (2-4 scoops) or Whey Protein Concentrate (2 scoops), Zn-Zyme Forte (3-9), Bio-B 100 (6), Amino Sport (6-12)

*Alternative Support:* Protein-rich diet including fish, beef, poultry, eggs, beans, milk, cheese, yogurt, etc.

**PRURITUS, ACUTE STAGE | Intense Itching Sensation Often of the Anus**

*Rule out parasites.*

Osteo-B II (6), Bio-B Complex (4), Intenzyme Forte (12) on an empty stomach, Biomega-3 (3) or Biomega-3 Liquid (1 tsp) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Cytozyme-THY (3), Chlorocaps or Chlorella Caps (6)

**PSORIASIS | Non-Contagious Inflammatory Skin Disease**

*Rule out hepatobiliary dysfunction, hypoadrenia, constipation, dehydration, genetic predisposition, synthetic fiber sensitivity, food allergy or sensitivity, digestive and bowel dysfunction, lack of exercise, and stress; eliminate all sugar, processed and refined foods, alcohol, saturated and hydrogenated fats, and nightshade vegetables.*

Beta Plus (9), Hydro-Zyme (2-3) at mid-meal, MCS-2 (6), Intenzyme Forte (5-10) with each meal, Cytozyme-Trachea (3-9), IAG (2-4 tsp), Bio-FCTS (3-12), EGCG-200mg (2), POA-Phytolens (3-12), KappArest (8), IPS (6-12), De-Stress (2) daily and (2) at bedtime, Mood Enhancer (1-2) before meals or at bedtime, UltraVir-X (4-16), HistoPlex (4-16), Bio-D-Mulsion Forte (2-4 drops), Phosphatidylcholine (3-6), Blackcurrant Seed Oil or Evening Primrose Oil (6-9), Bio-Ae-Mulsion Forte and Bio-D-Mulsion Forte (topically daily), Se-Zyme Forte (1-2) or Selenomethionine (1), Inositol (2) or Inositol Powder (1½ tsp)

*With Adrenal Hypofunction:* ADB5-Plus (2-4), Cytozyme-AD (3)

*With Adrenal Hyperfunction:* ADHS (2-4)

*Secondary Support:* Livotrít Plus (2), Colon-Plus Caps (15) with meals, Bio-C Plus 1000 (1-3), MSM (3) or MSM Powder (1 tsp), GSH-Plus (3), DL-Phenylalanine (1-3), HR#5 Chronic Stress (1 capful)
**Alternative Support:** Turmeric/Curcumin (BCM-95®), Boswellia (*Boswellia sacra*) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Oregon Grape (*Berberis aquafolium*), Milk Thistle (*Silybum marianum*, silymarin), Slippery Elm (*Ulmus rubra*), Yellow Saffron (*Carthamus tinctorius*), Castor and Olive Oil (moisturizer), Shark Cartilage, Burdock (*Arctium lappa*), Sarsaparilla (*Aralia nudicaulis*), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C), Hemp Seed (*Cannabis sativa*)

**PTOMAINE (FOOD) POISONING**
A.D.P. (6), MCS-2 (3), Beta-TCP (6), BioDophilus-FOS (3 tsp) or BioDoph-7 Plus (3), Super Phosphozyme Liquid (30 drops) for nausea, EFA-Sirt Supreme (12) or Optimal EFAs Caps (6) or Mixed EFAs (3 tbsp)

**PULMONARY FIBROSIS, IDIOPATHIC | Lung Scarring and Shortness of Breath**
Intenzyme Forte (9-12) on an empty stomach, NAC (3), Bio-Immunozyme Forte (3-6), KappArest (8), Bio-D-Mulsion Forte (2-4 drops), Pneuma-Zyme (3), E-Mulsion 200 or E-200 Hγ (1-3), Tocotrienols (2), Dismuzyme Plus Granules (1-3 tbsp)

**PURPURA SIMPLEX | Black and Blue Bruises**
Bio-FCTS (6), EGCG-200mg (2) Bio-Cyanidins (3), Beta-TCP (6), Bio-C Plus 1000 (1-3), Chlorcaps or Chlorella Caps (3), Bio-K Mulsion (2-4 drops), EFA-Sirt Supreme (12) or Optimal EFAs Caps (6) or Biomega-3 (3) or Biomega-3 Liquid (1 tsp), Flax Seed Oil (6) or SunFlax Caps (4)

**Secondary Support:** Bio-Multi Plus (3), Purified Chondroitin Sulfates (3)
**Alternative Support:** Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**PYLORIC VALVE (PV) DYSFUNCTION | Stomach and Duodenum Junction**
*Rule out intestinal parasites, dysbiosis, food allergy or sensitivity, and stress.*

**With Severe Digestive Inflammation:** NutriClear or NutriClear Chocolate (2-3 servings) on an empty stomach, until inflammation is reduced; Gastrazyme (12) with meals until stool turns green, then decrease, IPS (6), HCl-Ease (4)

**With PV Open:** Add Hydro-Zyme (2-3) or Betaine Plus-HP (1) mid-meal, continue with Gastrazyme at (2) per meal

**With PV Closed:** Add Ca/Mg-Plus (6) before meals, Bio-D-Mulsion Forte (1) Phosphatidylcholine (6)

**Alternative Support:** Turmeric/Curcumin (BCM-95®)

**PYORRHEA | Inflammation of Gum and Tooth Sockets**
CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), Bio-FCTS (3), EGCG-200mg (2), Osteo-B Plus or Osteo-B II (3), Biocatasol Forte (3-6), A.D.P. (1) crushed tablet, mixed in water, then swished around in mouth for several minutes

**PYRUVIC ACIDOSIS | Intermediate Condition of Glucose Metabolism**
*Rule out vitamin (B1) and mineral (magnesium, potassium) deficiencies, carbohydrate sensitivity (Syndrome-X/Metabolic Syndrome) in high-carb and hydrogenated fats/oils diet, and over-exercise.*

Bio-Glycozyme Forte (3) at 10 am, 3 pm, two hours after dinner, and before bedtime, Mg-
Zyme (4-6) or Mg-Orotate 500 (2) at bedtime increasing to bowel tolerance, Optimal EFAs Caps (6) or EFA-Sirt Supreme (12)

**With Low Blood Pressure:** ADBS-Plus (3), Bio-CardioSirt BP (1 scoop)

**With Pain:** KappArest (8) absent infection, Bio-Allay (3), Sculacia (3), DL-Phenylalanine (1-3), Potassium-HP (1 scoop)

**Alternative Pain Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Blue Lotus (Nymphaea caerulea), Wild Opium Lettuce (Lactuca vivosa), Kratom (Mitragyna speciosa), Kava Kava (Piper methysticum), White Willow (Salix alba), Arnica (Arnica montana) pellet, cream, gel or ointment

**Secondary Support:** Li-Zyme Forte (9) or (2) per hour in severe cases, Bio-3B-G (9)

### RADIATION EXPOSURE

**Iodine Saturation 24 hours before Exposure:** Iodizyme-HP (1-3)

**Antioxidant Supplementation 24 hours after Exposure:** Bio-C Plus 1000 (1-3), MCS-2 (3), E-200 Hy (1-3), Tocotrienols (1-3), NAC (3), Se-Zyme Forte (1-2) or Selenomethionine (1), Mg-Zyme (1-3) or Mg-Orotate 500 (2) at bedtime to bowel tolerance, CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), Ginkgo Biloba (3), Garlic Plus (3), GSH-Plus (3), Beta-TCP (6-9), Livotrit Plus (3-6), Colon-Plus Caps (6-12), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), Chlorocaps or Chlorella Caps (6-12), Nuclezyme (6-12), Nuclezyme Forte (6-12), Methylfolate Plus (3) or 5-MTHF Plus Forte (1), ResveraSirt-HP (1-3), Melatonin-B6/Mg (1), KappArest (3-6), BioProtect (3-6), Bio-D-Mulsion Forte (5-10 drops), B12-2000 Lozenges (3) between meals, DL-Phenylalanine (1-3)

**Radioactive Iodine 131:** Iodizyme-HP (6-9) or Liquid Iodine Forte (40 drops) four times

**Radioactive Cesium 137:** Basic Nine (3-9), Li-Zyme Forte (3), Potassium-HP (3 tsp)

**Radioactive Strontium 90:** Ca/Mg-Zyme (6-12), Osteo-B II or Osteo-B-Plus (6-12)

**Secondary Support:** Phosphatidylcholine (3), Bio-B 100 (6-9), E-Mulsion 200 (3)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Beta-glucan (polysaccharide sugars), Ginger (Zingiber officinale), Berry (extracts), Holy Basil (Ocimum basilicum), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

### RASH, DIAPER

A.D.P. (2) crushed in 4 oz water and swabbed on affected area

### RASHES | Non-Specific Skin Eruptions

Osteo-B Plus or Osteo-B II (4), EFA-Sirt Supreme (12) or Optimal EFAs Caps (6) or Flax Seed Oil (6) or SunFlax Caps (4), A.D.P. (6), MCS-2 (3), Bio-FCTS (3), EGCG-200mg (2), Bio-D-Mulsion Forte (2-4 drops), Bio-C Plus 1000 (1-3)

**Alternative Support:** Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

### RAYNAUD'S SYNDROME | Circulatory Disorder (Cold and/or Numb Extremities)

Rule out hypochlorhydria, systemic lupus erythematosus (SLE), hypothyroidism, vitamin B complex and magnesium deficiencies, atherosclerosis, and rheumatoid arthritis.
Secondary Support: IAG (3-6 tsp), Intenzyme Forte (12-15) on an empty stomach, MSM (3) or MSM Powder (1 tsp), Bio-Cyanidins (3-6), Bio-FCTS (3-6) before meals, EGCG-200mg (2), Inositol (6-16) or Inositol Powder (2 tsp), DL-Phenylalanine (6-16), GSH-Plus (3), 7-Keto-Zyme (3) or 7-Keto-Zyme Forte (1), Bio-K-Mulsion (1 drop), Taurine (6-16), Ginkgo Biloba (3)

Alternative Support: Magnesium (Chloride) Oil (transdermal topically), Dimethylglycine (DMG), Black Cohosh (Actaea racemosa), Butcher's Broom (Ruscus aculeatus), Cayenne Pepper (Capsicum annum)

RECTAL PAIN (Proctalgia Fugax) | Fleeting, Sharp, Stabbing, Anal Sphincter Pain

Rule out magnesium deficiency (muscle cramping etiology), hemorrhoids (bleeding), and anal fissures (chronic pain).

Mg-Zyme (3-6) or Mg-Orotate 500 (3) at bedtime to bowel tolerance, Chlorocaps or chlorella Caps (3), DL-Phenylalanine (1-3), Bio-Allay (3), Sculacia (3)

Alternative Pain Support: Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Blue Lotus (Nymphaea caerulea), Wild Opium Lettuce (Lactuca vivosa), Kratom (Mitragyna speciosa), Kava Kava (Piper methysticum), White Willow (Salix alba), Arnica (Arnica montana) pellet, cream, gel or ointment

Secondary Support: Colon Plus (3 tsp x 3) or Colon-Plus Caps (6-12)

Alternative Support: Magnesium (Chloride) Oil (transdermal topically)

RED BLOOD COUNT (RBC), LOW

Fe-Zyme (1-3), Chlorocaps or Chlorella Caps (3-9), Cytozyme-SP (3-9), Bio-B 100 (9), B12/Folate Plus (1-3) or Methylfolate Plus (3) or 5-MTHF Plus Forte (1)

Secondary Support: Cytozyme-LV (3-9), add Hydro-Zyme (6-9) or Betaine Plus HP (1-2) with hypochlorhydria

RESPIRATORY SYNCYTIAL VIRUS (RSV) | Severe Respiratory Tract Infection

Bio-Immunoforce Forte (6), Cytozyme-THY (9), Beta-TCF (9), Livotrít Plus (1) increased by (1) every three days to maximum of (3), Dismuzyme Plus Granules (2 tbsp) three times daily, IAG (6 tsp), UltraVir-X (6) just before breakfast and lunch, HR#9 Lymphatic Drainage (1 capful) daily for 10 days, then (2 capfuls) daily for 30 days, HR#4 Detox Virus (1 capful) daily for 10 days, then (2 capfuls) for 30 days, Bio-Cyanidins (3), Bio-E-Mulsion Forte (3-6 drops) or E-Mulsion 200 or E-200 Hy (1), Tocotrienols (2), Bio-FCTS (6) just before meals, EGCG-200mg (2), GSH-Plus (3), Bio-C Plus 1000 (3) then increase to bowel tolerance

Secondary Support: Mg-Zyme (4) or Mg-Orotate 500 (2) at bedtime, then increase by (1) daily to bowel tolerance, Neonatal Multi-Gland (6), BioProtect (3), Amino Sport (6-12), Flax Seed Oil (6) or SunFlax Caps (4), Biomega-3 (3) or Biomega-3 Liquid (1 tsp) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12)
**When Asymptomatic:** Continue with Livotrit Plus, Bio-Immunozyme Forte, Beta-TCP and UltraVir-X, and IAG for one year

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Echinacea (Echinacea angustifolia), Olive Leaf (Olea Europaea), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C), Ginger (Zingiber officinale), Fiber (25-30 g/day)

**RESTLESS LEG SYNDROME (RLS) | Leg Discomfort/Twitching Especially at Night**

*Rule out magnesium deficiency.*

Bio-CMP (3-6) or Ca/Mg-Zyme (6-12), Osteo-B Plus or Osteo-B II (3), E-Mulsion 200 or E-200 H-y (1-2), Bio-GGG-B (9-15), Tocotrienols (2), EFA-Sirt Supreme (12) or Optimal EFAs Caps (6), Bio-D-Mulsion Forte (4-6 drops), Mg-Zyme (3) or Mg-Orotate 500 (3) at bedtime to bowel tolerance

**Secondary Support:** Multi-Mins (3), Hydro-Zyme (6-12)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Magnesium (Chloride) Oil (transdermal topically), Horse Chestnut (Aesculus hippocastanum), Butcher’s Broom (Ruscus aculeatus), Prickly Ash (Zanthoxylum americanum) and Ginger (Zingiber officinale) in water

**RETINA, BURNED**

Optic-Plus (6), Dismuzyme Plus Granules (3 tbsp), Bio-Ae-Mulsion Forte (10 drops), Bio-FCTS (3), Bio-Cyanidins (3), EGCG-200mg (2)

**Alternative Support:** Astaxanthin/Lutein/Zeaxanthin (Carotenoids)

**RETINITIS PIGMENTOSA | Retinal Inflammation**

Optic-Plus (6), Bio-Ae-Mulsion Forte (1-3 drops), Dismuzyme Plus Granules (3 tbsp), Bio-FCTS (3), EGCG-200mg (2), Bio-Cyanidins (3), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), Bio-C Plus 1000 (1-3)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Astaxanthin/Lutein/Zeaxanthin (Carotenoids), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**RETINOPATHY, DIABETIC | Damaged Blood Vessels of the Retina**

Optic-Plus (3), Bio-Ae-Mulsion Forte (3 drops), Bio-Cyanidins (6), Ginkgo Biloba (3), PCOH-Plus (3), Bio-C Plus 1000 (1-3), E-200 H-y (2), Mg-Zyme (3) or Mg-Orotate 500 (2) at bedtime to bowel tolerance, Lipoic Acid Plus (3-6) or R-Lipoate CBG (1-2)

**Alternative Support:** Astaxanthin/Lutein/Zeaxanthin (Carotenoids), Shark Cartilage, Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**RHEUMATIC FEVER | Infectious Inflammatory Disease Affecting the Heart**

A.D.P. (6-9), IAG (3-6 tsp), Bio-D-Mulsion Forte (2-4), Bio-FCTS (3), EGCG-200mg (2), Bio-Cyanidins (3), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), EFA-Sirt Supreme (12) or Optimal EFAs Caps (6) or Mixed EFAs (6 tbsp), Bio-Cardiozyme Forte (3), BioDophilus Caps (3) or BioDophilus-FOS (1 tsp), Garlic Plus (3), Bio-C Plus 1000 (1-3), Methionine-200 (3), Chondro-Plus (1-3), L-Carnitine Powder (1 tsp)

**Secondary Support:** Amino Sport (6-12), Cytozyme-THY (3), Intenzyme Forte (9-18) on an empty stomach, Bio-B 100 (6-9),

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Dimethyl sulfoxide (DMSO), Kelp (brown seaweed algae), S-Adenosylmethionine (SAMe), Milk Thistle (Silybum marianum),
silymarin), Hawthorn (*Crataegus oxyacantha/monogyna*), Goldenseal (*Hydrastis canadensis*), Dandelion (*Taraxacum officinale*), Bayberry (*Myrica cerifera*), Burdock (*Arctium lappa*), Stinging Nettle (*Urtica dioica*), Sage (*Salvia officinalis*), Yellow Dock (*Rumex crispus*).

### RHEUMATIC FEVER, INFANT

Bio-Cardiozyme Forte (1-2), UltraVir-X (1-3), Bio-FCTS (1-3), EGCG-200mg (1-2)  
**Note:** Double or triple the dosage for children  
**Secondary Support:** EFA-Sirt Supreme or Optimal EFAs Caps (1) or Mixed EFAs (1 tsp), Bio-Immunozyme Forte (1-2)

### RHEUMATOID ARTHRITIS (RA) | Chronic Joint Inflammation, Pain, Stiffness

See “Arthritis, Rheumatoid”

### RHINITIS, ACUTE | Inflammation of Nasal Membranes

*Rule out blockage (polyp, cyst, etc.), thyroid hypofunction, infection (bacterial or viral), constipation, hepatobiliary dysfunction, oral contraception/exogenous estrogen therapy, and food or environmental sensitivities.*

**With Bacterial Infection:** Neutrophil Plus (6-12) before meals  
**With Fever:** Ca/Mg-Zyme Caps (6-12) or C/Cal/Mag Powder (3 tsp)  
**With Viral Infection:** UltraVir-X (6) before meals, Bio-Immunozyme Forte (6)  
**With Allergic Reaction:** Histoplex (dietary) or Histoplex-AB (environmental) (3-9)

**Nasal and Sinus Irrigation:** Combine Chlorocaps or Chlorella Caps (1) and Liquid Iodine (50 drops) or Liquid Iodine Forte (25 drops) in warm distilled water and irrigate twice daily; with thick mucus add Bromelain Plus CLA (6) twice daily on an empty stomach and Liquid Iodine Forte (30 drops) in water, IAG (2-4 tsp), Bio-FCTS (6) before meals, EGCG-200mg (2)  
**Optional Protocol:** A.D.P. (3-9) or Ca D-Glucarate (3-6), Beta Plus (3-9), Liquid Iodine (1-2 droppers) and (1 dropper) for sinus irrigation with thick mucus  
**Secondary Support:** Cytozyme-THY (9), Bio-C Plus 1000 (3), HR2-Lymphatic Drainage (2 capfuls) for 30 days, HistoPlex (6-8) between meals  
**Note:** Liquid Iodine Forte (10-15 drops) in small amount of water for air travel prophylactic at one-half hour before boarding and every 3-4 hours thereafter  
**Alternative Support:** Turmeric/Curcumin (BCM-95®), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

### RICKETS | Defective Bone Growth from Hypovitaminosis D

Bio-D-Mulsion Forte (3-6 drops), Optimal EFAs Caps (6), Osteo-B Plus or Osteo-B II (3-6)  
**Secondary Support:** Ca/Mg-Plus (3), Bio-K-Mulsion (1-2 drops)

### RINGING in EARS (Tinnitus)

ADHS (3), Bio-Ae-Mulsion Forte (6-9 drops), Beta-TCP (6)

### RINGWORM (Tinea)

See “Tinea (Ringworm)”

### ROSACEA | Chronic Facial Dermatitis with Red Cheeks and Nose

*Rule out gastric dysfunction and hypochlorhydria.*

Hydro-Zyme (6-12), EFA-Sirt Supreme (12) or Optimal EFAs Caps (6) or Mixed EFAs (3 tbsp), Evening Primrose Oil (1-3), Bio-Cyanidins (3), Bio-B 100 (6-9), MCS-2 (3), Beta TCP (6),
Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), Bio-FCTS (3), EGCG-200mg (2), Bio-Ae-Mulsion Forte (1-3 drops)

**Secondary Support:** Chlorocaps or chlorella Caps (3-6), Flax Seed Oil (6) or SunFlax Caps (4), Intenzyme Forte (9-18) on an empty stomach, Dismuzyme Plus or Dismuzyme Plus 5000 (3), Se-Zyme Forte (2) or Selenomethionine (1), Bromelain Plus (3) on an empty stomach

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Milk Thistle (Silybum marianum, silymarin), Kelp (brown seaweed algae), Alfalfa (Medicago sativa), Aloe (Aloe vera) gel, Dandelion (Taraxacum officinale)

### ROULEAUX PHENOMENON | Aggregation of Red Blood Cells

EFA-Sirt Supreme (12) or Optimal EFAs Caps (6) or Biomega-3 (3) or Biomega-3 Liquid (1 tsp), Intenzyme Forte (12-18) on an empty stomach, B6 Phosphate (6), Super Phosphozyme Liquid (30 drops), Hydro-Zyme (3-9)

### RUBELLA (German Measles)

Neutrophil Plus (3-6), Bio-B 100 (6-9), Mg-Zyme (1-3) or Mg-Orotate 500 (3) at bedtime to bowel tolerance, Optimal EFAs Caps (3-6), EFA-Sirt Supreme (6), Bio-C 1000 Plus (1-3), Cytozyme-AD (6), Cytozyme-THY (3), BioDoph-7 Plus (3) or BioDophilus Caps (3), Intenzyme Forte (12-18) on an empty stomach, Bio-Ae-Mulsion Forte (3 drops), Zn-Zyme (2) or Zn-Zyme Forte (1)

**Alternative Support:** Goldenseal (Hydrastis canadensis), Olive Leaf (Olea Europaea), Clove (Syzygium aromaticum) and Peppermint (Mentha piperita) tea, Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

### RUPTURED DISK | Herniated or Protruded Vertebra

ChondroSamine-S or ChondroSamine Plus (3-6), Bio-FCTS (3), EGCG-200mg (2), Osteo-B II or Osteo-B Plus (3), Intenzyme Forte (12) on an empty stomach for the first three days

### SAD – SEASONAL AFFECTIVE DISORDER | Season-Specific Sadness or Depression

See “Seasonal Affective Disorder”

### SALIVATION, REDUCED (Dry Mouth)

Cytozyme-Parotid-TS (3), Mo-Zyme Forte (1), Beta-TCP (3), MCS-2 (3), Bio-GGG-B (3), ADHS (3), Mg-Zyme (6) or Mg-Orotate 500 (2) at bedtime to bowel tolerance

### SALIVATION, EXCESSIVE

Ca/Mg-Zyme Caps (4-6), Super Phosphozyme Liquid (30 drops)

### SALIVARY PH, ACID (pH below 7.0)

Li-Zyme Forte (3), Multi-Mins (3), Optimal EFAs Caps (6), Flax Seed Oil (6) or SunFlax Caps (4), ADHS (3)

**Alternative Support:** Use pH testing tape to measure acidity level; consult any “Acidic vs. Alkaline Food Chart” to determine best foods for increasing pH level to a targeted 7.0

### SALIVARY PH, ALKALINE (pH above 7.0)

Optimal EFAs Caps (6), Flax Seed Oil (6) or SunFlax Caps (4), Li-Zyme Forte (3), Super Phosphozyme Liquid (15-30 drops), Biocatasol Forte (3-6)

**Alternative Support:** Use Ph testing tape to measure alkalinity level; consult any “Acidic vs. Alkaline Food Chart” to determine best foods for decreasing pH to a targeted 7.0

### SARCOIDOSIS | Autoimmune Granulomatous Tubercles of Skin, Lymph & Lungs
Rule out excessive Helper T-Cell immune activity, mycoplasma bacterial infection, and excessive stress; ensure a well-balanced diet with fresh fruit & veggies, drink enough water, get enough sleep (6-8 hours), and exercise regularly.

Intenzyme Forte (12-15) on an empty stomach, Gammanol Forte (6-12), Melatonin-B6/Mg (½ tab) before bedtime

**Note:** Science has not conclusively settled the controversy on the issue of vitamin D supplementation with this condition due to the possible potential of inducing hypercalcemia.

**Alternative Support:** Beta-Sitosterol (plant sterol), Fumaric Acid (Fumaria officinalis)

**SARS (Severe Acute Respiratory Syndrome)**
See “Severe Acute Respiratory Syndrome (SARS)”

**SCABIES | Itchy Rash, Parasitic Infection**
A.D.P. (6-9), Blackcurrant Seed Oil or Evening Primrose Oil (3), Garlic Plus (3-6), Bio-Ae-Mulsion Forte (3 drops), Zn-Zyme (2) or Zn-Zyme Forte (1), E-Mulsion 200 (3), DL-Phenylalanine (1-3)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra), Nattokinase & Serrapeptase (enzymes from natto & silk worm), Kelp (brown seaweed algae), Colloidal Silver, Aloe (Aloe vera) gel, Tea Tree (Melaleuca alternifolia) oil transdermal topically, Goldenseal (Hydrastis canadensis), Black Walnut (Juglans nigra), Wormwood (Artemisia absinthium), Calendula (Calendula officinalis) or Comfrey (Symphytum officinale) salve

**SCALP, ITCHING**
MCS-2 (3), A.D.P. (6), Beta-TCP (6), Bio-Ae-Mulsion (1-3 drops), Bio-CMP (3)

**SCALP, PAIN**
Rule out vitamin D deficiency.

Bio-D-Mulsion Forte (2-4 drops), Bio-Allay (3), Sculacia (3), DL-Phenylalanine (1-3)

**Alternative Pain Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Blue Lotus (Nymphaea caerulenta), Wild Opium Lettuce (Lactuca vivosa), Kratom (Mitragyna speciosa), Kava Kava (Piper methysticum), White Willow (Salix alba), Arnica (Arnica montana) pellet, cream, gel or ointment

**SCHIZOPHRENIA | Psychiatric Disorder Characterized by Reality Distortion**
PheniTropic (1-2), DopaTropic Powder (1 tsp), Niacin 100 (1-3), Bio-Glycozyme Forte (6), B6 Phosphate (4), Multi-Mins (3), Bio-D-Mulsion Forte (2-4 drops), Biomega-3 (3) or Biomega-3 Liquid (1 tsp) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Flax Seed Oil (6) or SunFlax Caps (4), GSH-Plus (3), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), Folic Acid 800 (2), Bio-C Plus 1000 (6-12), Phosphatidylserine (1-3), 5-HTP (1-3) or 5-HTP Plus Forte (1) or Neuro-5-HTP Plus (1-3), Cognitive Enhancer (1) before breakfast & (1) before lunch or dinner, Garlic Plus (3), Methionine-200 (3-6), L-Glutamine (3) or L-Glutamine Powder (1 tsp), Bio-Cyanidins (3-6), Cytozyme-LV (3), Inositol (2) or Inositol Powder (1½ tsp)

**Optional Alternative Protocol:** Bio-B Plus 250 (30-120), Bio-C Plus 1000 (6-12) (Wright)

**Secondary Support:** 10-Day BioDetoxification (Pea/Whey) Program (2), Ginkgo Biloba (3), GTA-Forte (3) or GTA-Forte II (3)
**Alternative Support:** Gamma-aminobutyric acid (GABA), Dimethylglycine (DMG), Kava Kava (*Piper methysticum*), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**SCIATICA, STRUCTURAL and CHEMICAL | Sciatic Nerve Pain**

*Rule out dehydration, spinal, pelvic, or disc issues, and poor carbohydrate metabolism.*

Inositol (6-16) or Inositol Powder (2 tsp), DL-Phenylalanine (6-16), Bio-Allay (3), Sculacia (3), Bio-Glycozyme Forte (3) three times daily between meals, Bio-CMP (9) before meals, Blackcurrant Seed Oil or Evening Primrose Oil (6-9), Bio-Musculoskeletal (1), Mn-Zyme Forte (3), Mg-Zyme (3-6) or Mg-Orotate 500 (2) at bedtime increasing to bowel tolerance

**Secondary Support:** Intenzyme Forte (20) on an empty stomach, L-Glutamine (6) or L-Glutamine Powder (2 tsp), Chondro-Plus (6), Biomega-3 (3) or Biomega-3 Liquid (1 tsp) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Bio-GGG-B (3-9), Bio-Cyanidins (3-6), Bio-FCTS (3-12), EGCG-200mg (2), B12-2000 Lozenges (1-3), KappArest (8) absent infection

**Alternative Pain Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Blue Lotus (*Nymphaea caerulea*), Wild Opium Lettuce (*Lactuca vivosa*), Kratom (*Mitragyna speciosa*), Kava Kava (*Piper methysticum*), White Willow (*Salix alba*), Arnica (*Arnica montana*) pellet, cream, gel or ointment

**SCLERODERMA | Thickening and Hardening of the Skin**

*Rule out hypochlorhydria, systemic lupus erythematosus (SLE), hypothyroidism, vitamin B complex deficiency, atherosclerosis, and rheumatoid arthritis.*

Thyrostim (3-6), GTA (3-6), Meda-Stim (3-6), Super Phosphozyme Liquid (90 drops), Blackcurrant Seed Oil or Evening Primrose Oil (6-9), EFA-Sirt Supreme (12) or Optimal EFAs Caps (6), Bio-GGG-B (6-16), Mg-Zyme (4) or Mg-Orotate 500 (2) at bedtime increasing to bowel tolerance, Bio-D-Mulsion Forte (2-4 drops), B6 Phosphate (9), KappArest (8) absent infection

**Secondary Support:** IAG (3-6 tsp), Intenzyme Forte (12-15) on an empty stomach, MSM (3), Bio-Cyanidins (3-6), Bio-FCTS (3-6) before meals, EGCG-200mg (2), Bio-D-Mulsion Forte (2-4 drops), Inositol (6-16) or Inositol Powder (2 tsp), DL-Phenylalanine (6-16), Bio-E Mulsion 200 (1-2), GSH-Plus (3), 7-Keto-Zyme (3) or 7-Keto-Zyme Forte (1), Bio-K-Mulsion (1 drop), Taurine (6-16), Immuno-gG (2-4), A.D.P. (3-12)

**Optional Protocol:** Intenzyme Forte (12-15) on an empty stomach, Bio-Immunozyme Forte (3-6), Cytozyme-Trachea (3-12), IAG (2-4 tsp), Bio-FCTS (3-12), EGCG-200mg (2), POA-Phytolens (3-12), IPS (6-12), Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Liquid Iodine (1-2 droppers)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm)

**SCLEROSIS, PROGRESSIVE SYSTEMIC | Increasing Connective Tissue Induration**

*Rule out hypochlorhydria, systemic lupus erythematosus (SLE), hypothyroidism, vitamin B complex deficiency, atherosclerosis, and rheumatoid arthritis.*

Thyrostim (3-6), GTA (3-6), Meda-Stim (3-6), Super Phosphozyme Liquid (90 drops), Blackcurrant Seed Oil or Evening Primrose Oil (6-9), EFA-Sirt Supreme (12) or Optimal EFAs
Caps (6), Bio-GGG-B (6-16), Mg-Zyme (4) or Mg-Orotate 500 (2) at bedtime increasing to bowel tolerance, Bio-D-Mulsion Forte (2-4 drops), B6 Phosphate (9), KappArest (8) absent infection

**Secondary Support:** IAG (3-6 tsp), Intenzyme Forte (12-15) on an empty stomach, MSM (3), Bio-Cyanidins (3-6), Bio-FCTS (3-6) before meals, EGCG-200mg (2), Inositol (6-16) or Inositol Powder (2 tsp), DL-Phenylalanine (6-16), Bio-E Mulsion 200 (1-2), GSH-Plus (3), 7-Keto-Zyme (3) or 7-Keto-Zyme Forte (1), Bio-K-Mulsion (1 drop), Taurine (6-16)

**SCOLIOSIS | Abnormal Lateral Curvature of the Spine**
ChondroSamine-S or ChondroSamine Plus (3-6), EFA-Sirt Supreme (12) or Optimal EFAs Caps (6), Flax Seed Oil (6) or SunFlax Caps (4), Osteo-B Plus or Osteo-B II (4), Bio FCTS (3), BioProtect (3), Bio-D-Mulsion Forte (2-4 drops)

**SEASONAL AFFECTIVE DISORDER (SAD) | Season-Specific Sadness or Depression**
Liquid Iodine (1 dropper), Thyrostim (6-9), Bio-D-Mulsion Forte (2-4 drops), Biomega-3 (3-6) or Biomega-3 Liquid (1-2 tsp) or Optimal EFAs Caps (6) EFA-Sirt Supreme (12), Folic Acid 800 (1-2), Melatonin-B6/Mg (½ tab) before bedtime

**Secondary Support:** St. John's Forte (2-4), Mood Enhancer (1-2) before meals or bedtime

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Light therapy

**SEBORRHEA (Seborrheic Dermatitis) | Sebaceous Gland Disorder, Scaly Skin**
Bio-Ae-Mulsion (3 drops), Optimal EFAs Caps (3-6) or EFA-Sirt Supreme (6), Evening Primrose Oil or Blackcurrant Seed Oil (3), Bio-B 100 (6-9), B6 Phosphate (3), Basic Nine (1), MSM (3) or MSM Powder (1 tsp), Bio-Cyanidins (3)

**Secondary Support:** Phosphatidylcholine (3), Amino Sport (6-12), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), BioDophilus Caps (3) or BioDoph-7 Plus (3)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Dimethylglycine (DMG), Kelp (brown seaweed algae), Dandelion (Taraxacum officinale), Goldenseal (Hydrastis canadensis), Red Clover (Trifolium pratense), Olive Leaf (Olea Europaea), Tea Tree (Melaleuca alternifolia) and Emu (Dromaius) Australian flightless bird oil (transdermal topically)

**SEDIMENTATION (SED) Rate, Elevated | Inflammatory/Autoimmune Conditions**
Intenzyme Forte (10-40) on an empty stomach, Bio-FCTS (6-12), EGCG-200mg (2), Mixed EFAs (2-3 tbsp) or Optimal EFAs Caps (3-6) or EFA-Sirt Supreme (12), Blackcurrant Seed Oil (6-12), Cytozyme-AD (3-9), Super Phosphoyme Liquid (1-2 droppers)

**Alternative Support:** Turmeric/Curcumin (BCM-95®)

**SEIZURES | Convulsive Neurological Disorder**
PheniTropic (1-2) in the am & pm, NeuPerzine (3-6), Bio-Glycozyme Forte (4), Cytozyme-AD or ADB5-Plus (3-6), Nuclyzem Forte (6), B6 Phosphate (3-6), HistoPlex (6), Taurine (3-6), B12-2000 Lozenges (4), EFA-Sirt Supreme (12) or Optimal EFAs Caps (6), Flax Seed Oil (6) or SunFlax Caps (4), Bio-MCT (1 tbsp), Bio-D-Mulsion Forte (2-4 drops)

**SENILITY | Mental and Physical Age Deterioration**
ResveraSirt-HP (1-3), VasculoSirt (10), PheniTropic (1-2), NeuPerzine (1-3), DopaTropic Powder (1 tsp), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), Cognitive Enhancer (1) before breakfast & (1) before lunch or dinner, B12-2000 Lozenges (4-6), B12/Folate Plus (3-6), Bio-Glycozyme Forte (4), Nuclyzem Forte (6), TMG Powder (1-2 level tsp), EFA-Sirt Supreme
Biofunction, viral infection, adrenal hypofunction, rib

Rule out allergies, diet high in refined carbohydrates and sugar, vitamin B12 deficiency, renal dysfunction, viral infection, adrenal hypofunction, rib-head misalignment, and stress.

Bio-Ae-Mulsion (3 drops), B12-2000 Lozenges (4), Renal-Plus or Nephra-Zyme (18), UltraVir-
X (6-9) before meals, Cytozyme-THY (15), Bio-D-Mulsion Forte (2-4), Bio-FCTS (6), EGCG-200mg (2), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), L-Lysine HCl (3-6), IAG (3 tsp), Bio-C Plus 1000 (3-6), Zn-Zyme Forte (1), Bio-Allay & Sculacia (3) for pain, Bio-B 100 (6-9), Garlic Plus (3-6), Bio-D-Mulsion Forte (2-4), Hydro-Zyme (3-9), HR#2 Lymphatic Drainage (2 capfuls), HR#4 Detox-Virus (2 capfuls)

Secondary Support: Intenzyme Forte (20) on an empty stomach, Dismuzyme Plus Granules (9 tbsp), Bio-CMP (6), Folate-5 Plus (3), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), Optimal EFAs Caps (3-6), Bio-Cyanidins (3), DL-Phenylalanine (1-3)

Alcohol/Botanical drink

Alternative Pain Support: Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Blue Lotus (Nymphaea caerulea), Wild Opium Lettuce (Lactuca vivosa), Kratom (Mitragyna speciosa), Kava Kava (Piper methysticum), White Willow (Salix alba), Arnica (Arnica montana) pellet, cream, gel or ointment

Alternative Support: Turmeric/Curcumin (BCM-95®), Olive Leaf (Olea Europaea), B12 IV therapy, French Green Clay and Tea Tree (Melaleuca alternifolia) oil as a poultice, Charcoal (activated), Hydrogen Peroxide (H2O2) gel, Rhus Tox (homeopathic), Capsaicin (Capsicum) cream, Geranium (Pelargonium graveolens) essential oil, Colloidal Silver (internally and topically), Apple Cider Vinegar & Honey (raw organic) topically, Sodium Bicarbonate (Baking Soda) and H2O (compress), MSM (cream) and Swedish Bitters (alcohol-botanical drink) topically to control pain, Ultraviolet (UV) Light (affected areas), Beta-glucan (polysaccharide sugars), S-Adenosylmethionine (SAMe), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

Shin Splints | Painful Inflammation of the Shins
ChondroSamine-S or ChondroSamine Plus (3-6), Cytozyme-AD (3-6), Osteo-B Plus or Osteo-B II (3), Intenzyme Forte (12) on an empty stomach, Bio-FCTS (3-6), EGCG-200mg (2), MSM (3) or MSM Powder (1 tsp), Bio-Allay (3), Sculacia (3), DL-Phenylalanine (3)

Alternative Pain Support: Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Blue Lotus (Nymphaea caerulea), Wild Opium Lettuce (Lactuca vivosa), Kratom (Mitragyna speciosa), Kava Kava (Piper methysticum), White Willow (Salix alba), Arnica (Arnica montana) pellet, cream, gel or ointment

Alternative Support: Turmeric/Curcumin (BCM-95®), Ruta (R. graveolens), MSM (cream)

Shoulder, Frozen | Shoulder Joint with Significant Loss of Range of Motion
Nuclease Forte (4), Super Phosphoyme Liquid (60-90 drops), Blackcurrant Seed Oil or Evening Primrose Oil (6), B6 Phosphate (9), B12-2000 Lozenges (3) daily for 30 days, then (1) daily, Bio-C Plus 1000 (6-12), Bio-Ae-Mulsion Forte (3-9 drops)

Secondary Support: Liquid Iodine (60 drops) or Liquid Iodine Forte (30 drops) or Iodizyme-HP (½ tab), Chondro-Plus (6), Mg-Zyme (4-6) or Mg-Orotate 500 (2) at bedtime

Alternative Support: Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

SIBO (Small Intestine Bacterial Overgrowth)
See “Small Intestine Bacterial Overgrowth”

Sinus/Nasal Congestion | Irritation and Inflammation of Nasal Passages
See "Nasal/Sinus Congestion"

### SINUSITIS, CHRONIC (Rhinosinusitis) | Sinus Inflammation & Infection

Rule out blockage (polyp, cyst, etc.), thyroid hypofunction, infection (bacterial or viral), constipation, hepatobiliary dysfunction, oral contraception/exogenous estrogen therapy, and food or environmental sensitivities.

Bio-Immunozyme Forte (6), A.D.P. (6-12), Garlic Plus (3), Bio-C Plus 1000 (1) every two hours, NAC (3), Flax Seed Oil (3) or SunFlax Caps (4), Bio-FCTS (3), EGCG-200mg (2), Cytozyme-THY (3-9), Bio-B 100 (6-9)

**With Bacterial Infection:** Neutrophil Plus (6) before meals

**With Viral Infection:** UltraVir-X (6) before meals

**Nasal and Sinus Irrigation:** Combine Chlorocaps or Chlorella Caps (1) and Liquid Iodine (50 drops) or Liquid Iodine Forte (25 drops) in warm distilled water and irrigate twice daily; with thick mucus add Bromelain Plus CLA (6) twice daily on an empty stomach and Liquid Iodine Forte (30 drops) in water, IAG (3 tsp), Bio-FCTS (3-6), EGCG-200mg (2)

**Secondary Support:** 10-Day BioDetoxification Kit (Pea or Whey), HistoPlex (6-8) between meals, Bio-Cyanidins (3), MSM (3) or MSM Powder (1 tsp), POA-Phytolens (3), HR#2 Lymphatic Drainage (2 capfuls) for 30 days, Bromelain Plus (3) on an empty stomach

**Optional Protocol:** A.D.P. (3-9) or Ca D-Glucarate (3-6), BetaPlus (3-9), Liquid Iodine (1-2 droppers) and (1 dropper) for sinus irrigation with thick mucus

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Goldenseal (Hydrastis canadensis), Colloidal Silver, Eucalyptus (E. globulus), Oregano (Origanum vulgare) & Myrtle (Myrtus communis) essential oils, Bee Pollen, Dimethyl sulfoxide (DMSO), Ginger (Zingiber officinale), Bayberry (Myrica cerifera), Fenugreek (Trigonella foenum-graecum), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**Note:** For air travel prophylaxis take Liquid Iodine Forte (10-15 drops) in a small amount of water one-half hour before boarding and every 3-4 hours thereafter.

### SJOGREN'S SYNDROME | Chronic Inflammation of Lachrymal/Salivary Glands

Rule out hypochlorhydria.

MCS-2 (3), Beta-TCP (6), Bio-Immunozyme Forte (6), Ca/Mg Zyme (6), C/Cal/Mag Powder (3-6 tsp) in choice of liquid, Hydro-Zyme (6)

**Alternative Support:** Turmeric/Curcumin (BCM-95®)

### SKIN, IRRITATION, DRYNESS

EFA-Sirt Supreme (12) or Optimal EFAs Caps (6) or Mixed EFAs (6 tbsp), Flax Seed Oil (6) or SunFlax Caps (4), Evening Primrose Oil or Blackcurrant Seed Oil (1-3), Beta-TCP (6), Cytozyme-Trachea (6), Bio-Ae-Mulsion Forte (3-6 drops), E-Mulsion 200 or E-200 Hγ (1-2), Tocotrienols (2), Bio-B 100 Plus (3-9), Zn-Zyme (1-2), Bio-C Plus 1000 (1-2), Bio-Cyanidins (3), Dismuzyme Plus (3) or Dismuzyme Plus 5000 (3), Liquid Iodine or Liquid Iodine Forte (5-20 drops)

**Alternative Support:** Hyaluronic Acid (HA), Gotu Kola (Centella asiatica), Kelp (brown seaweed algae), Aloe (Aloe vera) gel, N-Acetylglucosamine (NAG), (Calendula officinalis) and Comfrey (Symphytum officinale) cream, Peppermint/Lavender/Chamomile spray, Calendula, Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)
SKIN, OILY

Beta-TCP (6), Mg-Zyme (6) or Mg-Orotate 500 (2) at bedtime or Aqua Mag-Cl (3) in juice, Bio-Ae-Mulsion Forte (15 drops), MCS-2 (3), Optimal EFAs Caps (3-6), Blackcurrant Seed Oil (3), Bio-Cyanidins (3), Dismuzyme Plus (3) or Dismuzyme Plus 5000 (3)

Alternative Support: Kelp (brown seaweed algae), Aloe (Aloe vera), Burdock (Arctium lappa), Chamomile (Matricaria chamomilla), Lavender (Lavandula angustifolia), H2O (lots)

SKIN, RASH (Atopic Dermatitis)

HistoPlex (6), Osteo-B Plus or Osteo-B II (3), Bio-FCTS (3), EGCG-200mg (2), Bio-Ae-Mulsion Forte (3-6 drops), Evening Primrose Oil or Blackcurrant Seed Oil (6), Ginkgo Biloba (3), Flax Seed Oil (6) or SunFlax Caps (3-6)

Alternative Support: Turmeric/Curcumin (BCM-95®), Colloidal Silver, Beta-glucan (polysaccharide sugars), Olive Leaf (Olea Europaea), Calendula (Calendula officinalis), Chamomile (Matricaria chamomilla), & Tea Tree (Melaleuca alternifolia) oils topically, Dandelion (Taraxacum officinale) and Yellow Dock (Rumex crispus) as a poultice, Sodium Bicarbonate, "itch relief" creams/lotions

SKIN, SCARRING (Prevention)

Cytozyme-Trachea (6), Nuclezyme-Forte (3-9), Bio-FCTS (3), EGCG-200mg (2), Purified Chondroitin Sulfates (6), MSM (3-6) or MSM Powder (1-3 tsp), Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3), E-Mulsion 200 or E-200 Hγ (1-2), Tocotrienols (2), Mn-Zyme (1)


Alternative Support: Lavender (Lavandula angustifolia) and St. John's Wort (Hypericum perforatum) essential oils, Chickweed as a compress, Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

SKIN, SUPPORT | Advanced Glycation End Products (AGEs) and Facial Age Spots

Optimal EFAs Caps (6), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), L-Arginine (3), NAC (1), B6 Phosphate (3-6), Mixed EFAs (1-3 tbsp), Flax Seed Oil (6) or SunFlax Caps (3-6), Bio-Cyanidins (2), Bio-Ae-Mulsion Forte (3-6 drops) or E-Mulsion 200 (3-9) or E-200 Hγ (3-9), Bio-GGG-B (1-3), Ca/Mg-Zyme (6-12), B12/Folate Plus (3) or Folate-5 Plus or Methylfolate Plus or 5-MTHF Plus Forte (1), Acetyl-L-Carnitine (1-3), Cognitive Enhancer (1) before breakfast & (1) before lunch or dinner

Secondary Support: Sesame Seed Oil Caps (1), Cytozyme-THY (3), Blackcurrant Seed Oil (6-9), 7-Keto-Zyme 3-6 or 7-Keto-Zyme Forte (1), MygranX (2)

Alternative Support: Hyaluronic Acid (HA), L-Carnosine (amino acid), Benfotiamine (fat-soluble B1), Coconut Oil (MCTs), Sea Buckthorn (Hippophae rhamnoides) oil, Bitter Orange (Citrus aurantium), Devil's Claw (Harpagophyllum procumbens)

SKIN, WRINKLES

Rule out magnesium deficiency.

EFA-Sirt Supreme (12) or Optimal EFAs Caps (6), Se-Zyme Forte (1) or Selenomethionine (1), E-200 Hγ (1), Tocotrienols (2), NitroGreens (1 scoop), 7-Keto-Zyme (3-6) or 7-Keto-Zyme Forte (1-3)

Alternative Support: Coconut Oil (MCTs), Olive and Apple (extracts), antioxidant-rich
vegetables such as tomatoes (cooked), peppers, carrots, broccoli, cabbage, kale, etc.

**SLEP (Systemic Lupus Erythematosus) | Autoimmune Disease of Connective Tissue**

Cytozyme-THY (9), Cytozyme-SP (9), Renal-Plus or Nephra-Zyme (15), Amino Sport (3-9), Neonatal Multi-Gland (15), Blackcurrant Seed Oil or Evening Primrose Oil (6-9), Beta-TCP (6), then add Livotrit (1) after 10 days, IAG (2-4 tsp), HR#2 Lymphatic Drainage (1 capful), HR#5 Chronic Stress (1 capful)

**SLEEPLESSNESS | Supplementation Support at Bedtime**

Amino Sport (1-3) or Beta-TCP (3-6) at bedtime, Bio-3B-G (9) with meals and more at bedtime as needed; Phenitropic (1-3) at bedtime, Neuro-5-HTP Plus (1-3) at bedtime, V.H.P. (1-2), Melatonin-B6/mg (½-1)

**SLEEPLESSNESS, TROUBLE STAYING ASLEEP**

*Rule out hypoglycemia, hypoadrenia, thiamine, and magnesium deficiency.*

Bio-Glycozyme Forte (6-12) between meals at mid-morning and mid-afternoon with (2) at bedtime, Amino Sport (1-3) between meals, Amino Acid Quick-Sorb (3-12 drops) between meals, ADHS (3), Beta-TCP (6) with (2) at bedtime, Ca/Mg-Zyme Caps (3) at bedtime and (3) in the morning, Cytozyme-AD (3), 5-HTP (1-3) or 5-HTP Plus Forte (1) or Neuro-5-HTP Plus (1-3), Phenitropic (1-2), Phosphatidylserine (1-3), Mood Enhancer (1-2) before meals or at bedtime, Melatonin-B6/Mg (½-1) before bedtime

**Secondary Support:** De-Stress (1-3) at bedtime, V.H.P. (1-2) before bedtime, Li-Zyme Forte (3-6) at bedtime if symptoms persist, Mg-Zyme (1-3), Mg-Orotate 500 (2) at bedtime

**Alternative Support:** Magnesium (Chloride) Oil (transdermal topically), Valerian (*Valeriana officinalis*), Passionflower (*Passiflora incarnata*), L-Theanine (amino acid), Gamma-aminobutyric acid (GABA) at 1,500 mg

**SLEEPLESSNESS, TROUBLE FALLING ASLEEP**

*Rule out hyperadrenia (cortisol elevation) and magnesium deficiency.*

ADHS (2-4) before noon, De-Stress (1-2) at bedtime, Phosphatidylserine (1-2) at bedtime, Bio-CMP (3) in the morning and (3-6) at bedtime, Li-Zyme Forte (2) at bedtime, Ca/Mg-Zyme Caps (3) at bedtime and (3) in morning, Bio-Multi Plus (3), 5-HTP (1-3) or 5-HTP Plus Forte (1) or Neuro-5-HTP Plus (1-3), Phenitropic (1-2) and Neuro-5-HTP Plus (1) at bedtime, Mood Enhancer (1-2) before meals or at bedtime, Melatonin-B6/Mg (½-1) before bedtime

**Secondary Support:** V.H.P. (1-2) bedtime, Mg-Zyme (1-3) or Mg-Orotate 500 (2) bedtime

**Alternative Support:** Magnesium (Chloride) Oil (transdermal), Passionflower (*Passiflora incarnata*), Majoram (*Origanum majorana*), L-Theanine (amino acid), Gamma-aminobutyric acid (GABA) at 1,500 mg, Lavender (*Lavandula angustifolia*), Mandarin Orange (*Citrus sinensis*), Lemon Verbena (*Aloysia triphylla*)

**SLEEPY AFTER MEALS | Postprandial Drowsiness**

*Rule out vitamin B deficiency, hypochlorhydria and food allergies; reduce carbohydrate intake to 50-70 grams a day.*

Bio-Glycozyme Forte (9), ADHS (3) in the morning, Hydro-Zyme (6-12), HistoPlex (6), Bio-B 100 (3), Whey Protein Isolate - Original, Chocolate or Vanilla or Pea Protein Isolate (1-2 scoops) or Whey Protein Concentrate (2 scoops), Bio-6-Plus (3), Cytozyme-AD (3-6) or
SMALL INTESTINE BACTERIAL OVERGROWTH (SIBO)

**Rotation Protocol:** Dysbiocide (6), A.D.P. (12-15), FC-Cidal (6-9), Berberine HCl (3); take products for two weeks, break for one week, then resume the regimen; repeat the cycle two times; on the off-week take Saccharomyces boulardii (1-3), then switch to BioDoph-7 Plus (3) for 1 month after completion of the protocol

**Optional Protocol:** A.D.P. (12-15) during the week, then BioDoph-7 Plus (3-6) on an empty stomach over the weekend for four to six weeks

SMOKING DEPENDENCY

Bio-C Plus 1000 (3), Bio-B 100 (6-9), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), Bio-Cyanidins (3), BioProtect 3-6), E-Mulsion 200 (1), B12/Folate Plus (3), Bio-Ae-Mulsion Forte (1-3 drops), Pneuma-Zyme (3-6)

**Secondary Support:** Methionine-200 (3), Cytozyme-THY (3), Neutrophil Plus (3), V.H.P. (1), Melatonin-B6/Mg (½-1) before bedtime, Zn-Zyme (2) or Zn-Zyme Forte (1)

**Alternative Support:** Dimethylglycine (DMG), Burdock (Arctium lappa), Red Clover (Trifolium pratense), Cayenne Pepper (Capsicum annuum), Dandelion (Taraxacum officinale), Milk Thistle (Silybum marianum, silymarin), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

SNEEZING ATTACKS | Adverse Physiological Effect of Histamine Production

HistoPlex or HistoPlex-AB (6), Beta-TCP (6), ADHS (3), Bio-FCTS (3), EGCG-200mg (2)

SNORING

**Alternative Support:** Chondroitin Sulfate (nasal spray)

SOFT TISSUE INJURY, ACUTE - INFLAMMATION PHASE

Intenzyme Forte (15) loading dose on an empty stomach ASAP, then (3-6) every two hours for one day, then (20) daily on an empty stomach; Bio-FCTS (3-9), EGCG-200mg (2), Cytozyme-AD or ADB5-Plus (3-9), Ginkgo Biloba (6), Bio-CMP (6-15), MSM (6-12) or MSM Powder (1-2 tsp), Blackcurrant Seed Oil (3), EFA-Sirt Supreme (12) or Optimal EFAs Caps (6-9), Bio-D-Mulsion Forte (2-4 drops), KappArest (8)

**Pain Support:** Bio-Allay (3), Sculacia (3), DL-Phenylalanine (1-3)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm)

SOFT TISSUE INJURY | Repair and Rebuilding Phase

Chondrosamine Plus or Chondrosamine-S (6-9), Bio-Musculoskeletal (1-2 packs), EFA-Sirt Supreme (12) or Optimal EFAs Caps (6), Bio-D-Mulsion Forte (2-4 drops)

SORE THROAT (Pharyngitis) | Inflammation of the Larynx

A.D.P. (4-16) as well as sucking a tablet 1-4 times daily and/or gargling on (1-2) crushed in water with Bio-D-Mulsion Forte (1 drop); C/Cal/Mag Powder and IAG (2-4 tsp each), Bromelain Plus (3) on an empty stomach, BioDophilus Caps (3), Garlic Plus (3), Bio-Ae-Mulsion Forte (19 drops) for one week, then (5 drops) for another week, then (3 drops) daily, HR#2 Lymphatic Drainage (1 capful)

**Secondary Support:** Liquid Iodine (gargle with water)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Green Tea (Camellia sinensis) for
catechins, Sea or Rock Crystal Salt or Baking Soda in warm water for gargling, Tea Tree (Melaleuca alternifolia) oil or Apple Cider Vinegar & Honey (raw organic), Echinacea (Echinacea angustifolia), Goldenseal (Hydrastis canadensis), Andrographis (A. paniculata), Gotu Kola (Centella asiatica), Slippery Elm (Ulmus rubra), Sage (Salvia officinalis) tea, Fenugreek (Trigonella foenum-graecum), Olive Leaf (Olea Europaea), Marshmallow (Althaea officinalis), Boswellia (Boswellia sacra) a.k.a. Frankincense

**SORE THROAT, CHILDREN**

IAG (1 tsp) and C/Cal/Mag Powder (1 tsp) in water or beverage choice, Neutrophil Plus (1-2)

**SPASM, MUSCLE | Involuntary Rigid Muscle Contraction Often with Pain**

Bio-CMP (6-9), Bio-GGG-B (6-12), Flax Seed Oil (6) or SunFlax Caps (4) or Optimal EFAs (6), Bio-Allay (3), Sculacia (3), DL-Phenylalanine (3), HR#3 Acute Stress (3 capfuls)

*Alternative Pain Support:* Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Myrrh (Commpiphora myrrha), Nattokinase & Serrapeptase (enzymes from natto & silk worm), Blue Lotus (Nymphaea caerulea), Wild Opium Lettuce (Lactuca vivosa), Kratom (Mitragyna speciosa), Kava Kava (Piper methysticum), White Willow (Salix alba), Arnica (Arnica montana) pellet, cream, gel or ointment

**SPERM COUNT, REDUCED**

*Rule out all dietary soy products.*

Cytozyme-Orchic and/or Cytozyme-M (3-6), b-VITAL (3), Cytozyme-Parotid/TS (3), Bio-Immunozyme Forte (6), L-Arginine (6), L-Carnitine Powder (1 tsp), DopaTropic Powder (1 tsp), DHEA-5 mg (1), Bio-Multi Plus (3), E-Mulsion 200 or E-200 H⁺ (2), Tocotrienols (2), Bioctasol Forte (3-6), Zn-Zyme Forte (2)

*Alternative Support:* Peruvian Maca (Lepidium meyenii), Velvet Deer Antler (Cerus nippon/elaphus/parvum)

**SPINA BIFIDA | Neural Tube Defect Meningeal Protrusion**

ChondroSamine-S or ChondroSamine Plus (6), Osteo-B II or Osteo-B Plus (6), Bio-FCTS (3-6), EGCG-200mg (2)

**SPINA BIFIDA, DURING PREGNANCY**

B12-2000 Lozenges (3-6)

**SPINAL FIXATIONS or SUBLUXATIONS | Impaired Intervertebral Movement**

Biocatalstol Forte (3-6) for recurring conditions

**SPLEEN, DYSFUNCTION, INFECTION**

Cytozyme-SP (3-6), A.D.P. or Neutrophil Plus (6), Bio-FCTS (3-6), EGCG-200mg (2), IAG (3 tsp), MCS-2 (3)

**SPONDYLOLISTHESIS | Forward Displacement of a Lower Lumbar Vertebra**

ChondroSamine-S or ChondroSamine Plus (6), Osteo-B Plus or Osteo-B II (6), Bioctasol Forte (3-6), for six months to one year

**SPORTS INJURIES, SHOULDER, ANKLE, HIP, WRIST | Cartilage/Ligament/Tendon**

ChondroSamine-S or ChondroSamine Plus (3-6), Chondro-Plus (3-6), Purified Chondroitin Sulfates (6-15), Bio-Musculoskeletal (1-2), Intenzyme Forte (15) on an empty stomach, Bio-FCTS (3), EGCG-200mg (2), Bio-D-Mulsion Forte (2-4 drops), Optimal EFAs Caps (6)
SPORTS TRAINING | Nutritional Support

Bio-Anabolic Pack (1) before exercise, Stamina Caps (3-6) before exercise, Amino Acid Quick-Sorb (2-3 squirts) before exercise, Super Phosphozyme Liquid (1-3 droppers) before exercise, Intenzyme Forte (5) before exercise and (5) after exercise on an empty stomach, Bio-CMP (2) before and (2) after exercise, Basic Nine (6-12), D-Ribose (2 tsp)

Basic Program: Optimal EFAs Caps or EFA-Sirt Supreme (6-12) BioProtect (3-6), Bio-CMP (6-12), ProMulti-Plus (3-6)

Injury Recovery: Bio-Musculoskeletal (1-3 packs), Chondro-Plus (6-9), ChondroSamine Plus or ChondroSamine-S (3-6), Purified Chondroitin Sulfates (9-15)

SPOTS IN EYES (Floaters) | "Flying Flies" in the Eye’s Vitreous Humour

Bio-Glycozyme Forte (4), ADHS (3), Optic-Plus (6), Dismuzyme Plus Granules (3 tbsp)

Alternative Support: Astaxanthin/Lutein/Zeaxanthin (Carotenoids)

SPRAINS, PULLED LIGAMENTS | Ligament Fiber Tear Caused by Overstretching

Intenzyme Forte (10) ASAP on an empty stomach, then (5) four times daily on an empty stomach until inflammation abates, then continue at (3) three times daily on an empty stomach for 14 days, Chondro-Plus (6), MSM (3) or MSM Powder (1 tsp), Bio-Cyanidins (3), EGCG-200mg (1-2), Flax Seed Oil (6) or SunFlax Caps (4), Neonatal Multi-Gland (1-2)

With Pain: Bio-Allay (3-6), Sculacia (3-6), DL-Phenylalanine (3)

Alternative Pain Support: Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Blue Lotus (Nymphaea caerulea), Wild Opium Lettuce (Lactuca vivosa), Kratom (Mitragyna speciosa), Kava Kava (Piper methysticum), White Willow (Salix alba), Arnica (Arnica montana) pellet, cream, gel or ointment

Secondary Support: Bromelain Plus (3) on an empty stomach, Cytozyme-LV (3), Amino Sport (6-12), Potassium-HP (1 scoop), Mn-Zyme (1)

Alternative Support: Turmeric/Curcumin (BCM-95®), Lemongrass (Cymbopogon citratus) and Majoram (Origanum majorana) essential oils, Boswellia (Boswellia sacra) a.k.a. Frankincense, Fenugreek (Trigonella foenum-graecum), Ginger (Zingiber officinale), Dimethylglycine (DMG), N-Acetylg glucosamine (NAG), S-Adenosylmethionine (SAMe), Ice Pack

STARTLE EASILY, NOT RELAXED | ANS Sympathetic Nervous System Dominance

ADHS (3), De-Stress (4), Mood Enhancer (1-2) before meals or at bedtime, Mg-Zyme (6) or Mg-Orotate 500 (2) at bedtime or Aqua Mag-Cl (3) in choice of beverage, Bio-Multi Plus (3)

STAPH INFECTION | Staphylococcus Bacteria-Induced Pathological Condition

A.D.P. (6-9) or Neutrophil Plus (6), IAG (3-6 tsp)

STATURE, SHORT, CHILDREN | 5-Year-Old and Above

Cytozyme-PT/HPT (1-2) at bedtime, Amino Sport (1-2), Biomega-3 (1-3) or Biomega-3 Liquid (1 tsp) or Optimal EFAs Caps (1-2)

Secondary Support: Gammanol Forte (1-2) at bedtime

STD (Sexually Transmitted Disease)

See “Sexually Transmitted Disease”

STERILITY, FEMALE | Inability or Diminished Ability to Conceive

Cytozyme-O (6), Cytozyme-F (3-6), Equi-Fem (6), b-VITAL (3), B12/Folate Plus (6) or
Methylfolate Plus (3) or 5-MTHF Plus Forte (1), Gammanol Forte (6), Biocetasol Forte (3)

**Alternative Support:** Progesterone (cream)

**STEATORRHEA | Fat Indigestion (Dyspepsia)**

Bio-MCT (1 tbsp), Hydro-Zyme (6-12) with meals, Gastrazyme (6) between meals, Optimal EFAs Caps (3-6), Bio-B 100 (6-9), BioDophilus Caps (3), BioDolph-7 Plus (1-3)

**Secondary Support:** NAC (3), Se-Zyme Forte (1-2) or Selenomethionine (1), Mn-Zyme (1), L-Carnitine (3)

**Alternative Support:** Fennel (*Foeniculum vulgare*), Holy Basil (*Ocimum basilicum*), Cumin (*Cuminum cyminum*), Peppermint (*Mentha piperita*), Coriander (*Coriandrum sativum*) a.k.a. Cilantro, Alfalfa (*Medicago sativa*), Charcoal (activated), Sodium Bicarbonate (baking soda), Aloe (*Aloe vera*), Anise Seed (*Pimpinella anisum*), Goldenseal (*Hydrastis canadensis*), Ginger (*Zingiber officinalis*), Fenugreek (*Trigonella foenum-graecum*)

**STERILITY, MALE | Infertility or Sperm Dysfunction**

Cytozyme-Orchic (6), Cytozyme-M (3-6), Bio-Multi Plus (3), b-VITAL (3), E-Mulsion 200 (2) or E-200 Hγ (2), Tocotrienols (2), Biocetasol Forte (3-6), Zn-Zyme Forte (2), DHEA-5 mg (1)

**STIFF NECK (Torticollis or Wryneck)**

Super Phosphozyme Liquid (30 drops), Mg-Zyme (6) or Mg-Orotate 500 (2) at bedtime or Aqua Mag-Cl (3) in choice of liquid, ADHS (3), Beta-TCP (6), HR#3 Acute Stress (3 capfuls)

**STOOLS, ALTERNATE FROM SOFT to WATERY**

Beta Plus (6-9), Colon-Plus Caps (6), Bromelain Plus CLA (6) on an empty stomach, A.D.P. (6), Butyric-Cal-Mag (6)

**STOOLS, LIGHT-COLORED**

Beta-TCP (6), MCS-2 (3), Phosphatidylcholine (3)

**STOMACH, BLOATING AFTER EATING**

Hydro-Zyme (6-9), Beta-TCP (6), MCS-2 (3), Bio-Glycozyme Forte (3), HCl-Ease (4)

**Alternative Support:** Sodium Bicarbonate (baking soda)

**STOMACH, BURNING, SENSATION RELIEVED by EATING**

Gastrazyme (6), Beta-TCP (6), HCl-Ease (4)

**Secondary Support:** Super Phosphozyme Liquid (1 dropperful) in water

**Alternative Support:** Sodium Bicarbonate (baking soda)

**STOMACH CRAMPS, AFTER EATING**

Hydro-Zyme (6-9), Beta-TCP (6), MCS-2 (3), HCl-Ease (4)

**Secondary Support:** Super Phosphozyme Liquid (1 dropperful) in water

**Alternative Support:** Sodium Bicarbonate (baking soda)

**STOMACH CRAMPS, MENSTRUAL**

Bio-CMP (3) and Mg-Zyme (3) then (2) of each every hour to bowel tolerance or Mg-Orotate 500 (2) at bedtime, HCl-Ease (4)

**Alternative Support:** Sodium Bicarbonate (baking soda)

**STOMACH, NERVOUS**

Gastrazyme (6), Beta-TCP (6), Multi-Mins (3), HCl-Ease (4)

**Secondary Support:** Super Phosphozyme Liquid (1 dropperful) in water
**Alternative Support:** Sodium Bicarbonate (baking soda)

**STOMACH, SOUR**
Hydro-Zyme (6-9), Gastrazyme (6-9), HCl-Ease (4)

**Secondary Support:** Super Phophozyme Liquid (1 dropperful) in water

**Alternative Support:** Sodium Bicarbonate (baking soda)

**STOMACH, PEPTIC ULCER | Mucous Membrane Lesions by Gastric Secretions**
See “Ucers, Peptic”

**STOMACH, UPSET**
Bio-6 Plus or Bromelain Plus CLA (3-9) on an empty stomach and more as needed, Intenzyme Forte (3-9), A.D.P. (6-12), Hydro-Zyme (3-6), HCl-Ease (4)

**Secondary Support:** Super Phophozyme Liquid (1 dropperful) in water

**Alternative Support:** Sodium Bicarbonate (baking soda)

**STRAINS OR PULLED MUSCLES | Muscle Fiber Tear Caused by Overstretching**
Intenzyme Forte (10) ASAP on an empty stomach, then (5) four times daily on an empty stomach until inflammation abates, then continue at (3) three times daily on an empty stomach for 14 days, Chondro-Plus (6)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense

**STREP THROAT, CHILDREN | Streptococcal Bacterial Infection**

*Rule out absolutely ALL dietary dairy.*

IAG and C/Cal/Mag Powder (1 tsp) in choice of beverage, Neutrophil Plus (1-2)

**STREP THROAT, INFECTION**

*Rule out absolutely ALL dietary dairy.*

A.D.P. (6-9), Neutrophil Plus (6), IAG (3-6 tsp)

**STRESS, OXIDATIVE**

See “Oxidative Stress”

**STRESS (Physical/Metaphysical) | Factors Adversely Affecting Bodily Function**

*Rule out refined and processed foods (white sugar and flour) diet, lack of adequate exercise and sleep, and social/spiritual deficits.*

ADHS (3), De-Stress (4), Mood Enhancer (1-2) before meals or at bedtime, PheniiTropic (1-2), Phosphatidylserine (1-3), 5-HTP (1-3) or 5-HTP Plus Forte (1) or Neuro-5-HTP Plus (1-3), BioProtect (3-6), TMG Powder (1-2 level tsp), Stamina Caps (3), Optimal EFAs Caps (6), EFA-Sirt Supreme (12), Bio-D-Mulsion Forte (2-4), Mg-Zyme (6) or Mg-Orotate 500 (2) at bedtime or Aqua Mag-Cl (3) in choice of beverage, B12-2000 Lozenges (1-2), Bio-GGG-B (3), B6 Phosphate (3), St. John's Forte (2-4), Multi-Mins (3), Sculacia (1-2), Inositol (3-6) or Inositol Powder (1½ tsp), GSH-Plus (3), Taurine (3), Melatonin-B6/Mg (½-1) before bedtime, HR#3 Acute Stress (1-3 capfuls)

**Secondary Support:** Amino Sport (6-12), Phosphatidylcholine (3), L-Lysine HCl (3), Cytozyme-AD or ADB5-Plus (3-6), Cytozyme-THY (3), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), Liquid Iodine or Liquid Iodine Forte (5-20 drops), Cognitive Enhancer (1) before
breakfast & (1) before lunch or dinner, Bio-C Plus 1000 (3-6)

**Alternative Support:** Eleuthero (Eleutherococcus senticosus) a.k.a. Siberian Ginseng, Rhodiola (Rhodola rosea), Sea or Rock Crystal Salt, Licorice (Glycyrrhiza glabra), Milk Thistle (Silybum marianum, silymarin), Cordyceps Mushroom (Cordyceps sinensis), Ashwagandha (Withania somnifera), Schisandra (Schisandra sinensis), Essential Oils: Lavender (Lavandula angustifolia), Geranium (Pelargonium graveolens), Holy Basil (Ocimum basilicum), Chamomile (Matricaria chamomilla), Boswellia (Boswellia sacra) a.k.a. Frankincense, Rose Hips (Rosa canina), and Vanilla (added to a carrier oil for topical use such as with massage, or to bath water, or to an air diffuser), Gamma-aminobutyric acid (GABA), Nicotinamide adenine dinucleotide (NADH), S-Adenosylmethionine (SAMe), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C), Earthing/Grounding

**STROKE, HEMORRHAGIC or Cerebrovascular Accident (CVA) | Brain Hemorrhage**

VasculoSirt (10), ResveraSirt-HP (1-3), Chondro-Plus (6-12), Bio-FCTS (6-9), EGCG-200mg (2), Acetyl-L-Carnitine (1-3), Cognitive Enhancer (1) before breakfast & (1) before lunch or dinner, Bio-D-Mulsion Forte (2-4 drops), Bio-C Plus (3-6), Chondro-Plus (1-3), Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3), TMG Powder (1-2 level tsp), Selenomethionine (1)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**STROKE, OCCLUSIVE, PREVENTION PROGRAM**

*Consider an annual oral chelation program (1-3 months) for plaque reduction and removal.*

VasculoSirt (6-12), KappArest (6-9), Porphyra-Zyme (9-28) between meals and apart from mineral supplementation, Intenzyme Forte (9-28) on an empty stomach, B12-2000 Lozenges (1-3), Super Phosphoyme Liquid (1 dropper), Ca/Mg-Zyme (3-12), Chondro-Plus (3-9), Bio-K Forte Caps (3-6), Chondro-Plus (1-3), Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3), TMG Powder (1-2 level tsp), Selenomethionine (1), Bio-C Plus 1000 (3)

**Chelation Therapy:** Intenzyme Forte (15-30) and Porphyra-Zyme (15-30) in divided doses between meals, Super Phosphoyme Liquid (1-2 droppers), Chondro-Plus (6-9), Multi-Mins (6-12)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**STROKE ("Brain Attack") | PREVENTION and RECOVERY**

*Rule out hypertension, capillary fragility, obesity, smoking, elevated homocysteine and LDL cholesterol, atherosclerosis, blood stasis, poor diet high in refined carbohydrates and processed foods.*

**If not on blood thinning medication warfarin (Coumadin®):** VasculoSirt (10), ResveraSirt-HP (1-3), Intenzyme Forte (9) on an empty stomach, Super Phosphoyme Liquid (60 drops), BioProtect (6), Nuclezyme Forte (3), GSH-Plus (6), Bio-FCTS (6), EGCG-200mg (2), Amino Sport (3-9), Porphyra-Zyme (9) on an empty stomach, Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Ginkgo Biloba (3-6), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), NitroGreens (1 scoop), Bromelain Plus CLA (6) on an empty stomach, Phosphatidylserine
(3), Acetyl-L-Carnitine (3), Cognitive Enhancer (1) before breakfast & (1) before lunch or dinner, TMG Powder (1-2 level tsp), Bio-C Plus 1000 (3), Argizyme (6), Potassium-HP (1 scoop)

**With High Blood Pressure (Hypertension):** Bio-CardioSirt BP (1 rounded scoop)

**Prevention with Genetic Predisposition:** BioProtect (1), Bio-Cyanidins (3), E-Mulsion 200 or E-200 H ÷ (1) and Tocotrienols (2), Super Phosphozyme Liquid (10 drops), Biomega-3 (3) or Biomega-3 Liquid (1 tsp) or Optimal EFAs Caps (3) or EFA-Sirt Supreme (12), B6 Phosphate (6), Mg-Zyme (3-6) or Mg-Orotate 500 (2) at bedtime, Folic Acid 800 (3-6), B12-2000 Lozenges (1-2), Sculacia (3) with high-homocysteine

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**SPINAL FIXATIONS or SUBLUXATIONS | Impaired Intervertebral Movement**

Bioctasol Forte (6-9) for recurring conditions

**SUGAR CRAVING | Addiction to Simple Carbohydrates**

ADHS (3), Bio-Glycozyme Forte (4), Whey Protein Isolate - Original, Chocolate or Vanilla (1-2 scoops) or Pea Protein Isolate or Whey Protein Concentrate (2 scoops), Mg-Zyme (6) or Mg-Orotate 500 (2) at bedtime to bowel tolerance, Inositol (6) or Inositol Powder (1½ tsp), Beta-TCP (6)

**SUGAR MANAGEMENT | Handling and Mineral Support**

Bio-3B-G (6-9), Bio-B Complex (1-3), CoQ-Zyme 100 Plus (1-3), Bio-Glycozyme Forte (3-6), GlucoBalance (6), Mg-Zyme (6-9), Aqueous Zinc (1-3 tbsp) or Zn-Zyme (3-6), Aqueous Chromium (3-9 drops) or Cr-Zyme (3-6), V-Zyme (3-6)

**SULFITE TOXICITY**

*Rule out molybdenum deficiency or insufficiency.*

Mo-Zyme Forte (15)

**Secondary Support:** 10-Day BioDetoxification Kit (Pea or Whey) Program (2)

**SUNBURN, PREVENTION**

Ca/Mg Zyme (4) before exposure and (3) per hour during exposure, Flax Seed Oil (3-6) or SunFlax Caps (4), EFA-Sirt Supreme (3-6) or Optimal EFAs Caps (3) two hours before exposure and (1) per hour during exposure, Dismuzyme Plus (3) before exposure and (1) per hour during exposure, Liquid Iodine (10 drops) before exposure, Mixed Ascorbate Powder (2 tsp) in Aloe (Aloe vera) juice (4 oz) and apply hourly while in the sun

**SUNBURN, HEALING SUPPORT**

Intenzyme Forte (10) ASAP after burning, then (5) four times daily on an empty stomach until burning abates, Ca/Mg Plus (3) per waking hour for first two days, then (3) three times daily before meals, EFA-Sirt Supreme (12) or Optimal EFAs Caps (6), BioProtect (6) until burn abates, Dismuzyme Plus (9) before meals, Basic Nine (1), Amino Sport (6-12), Bio-Cyanidins (3), Bio-Ae-Mulsion Forte (1-3 drops), K-Zyme (1), HR#2 Lymphatic Drainage (1 capful) every two hours for two days

**Secondary Support:** Blackcurrant Seed Oil or Evening Primrose Oil (3), C/Cal/Mag Powder (2 tsp), Bio-GGG-B (1-3), B6 Phosphate

**Alternative Support:** Aloe (Aloe vera) gel, Calendula (Calendula officinalis) salve, Lavender
(Lavandula angustifolia) essential oil, Milk or Yogurt (compress), Vitamin E oil (topically), Black or Green Tea (Camellia sinensis) as a cold compress, Black Tea and Apple Cider Vinegar & Honey (raw organic), Cucumber or Potato Slices, Colloidal Silver, Dimethylglycine (DMG), Witch Hazel (Hamamelis virginiana) Coffee (Coffea cruda/arabica) as a cold compress, Belladonna (homeopathic), Sodium Bicarbonate (baking soda) for pain relief.

**SUN-DAMAGED SKIN | Actinic or Senile Keratosis**

Bio-Ae-Mulsion (12-24 drops), Melatonin-B6/Mg (½ tab) before bedtime.

**Skin Cancer Prevention:** Retinoic Acid (Retin-A)

**SUNSTROKE | Heat Stroke Caused by Sun Exposure - High Temp/Convulsions**

Ca/Mg-Zyme Caps (6), ADHS (3), Biomega-3 Liquid (1-2 tsp), Optimal EFAs Caps (6), Flax Seed Oil (6) or SunFlax Caps (4)

**SUPERBUG INFECTION | MRSA (Methicillin-Resistant Staphylococcus Aureus)**

Intenzyme Forte (12-15) on an empty stomach, A.D.P. (6-12), Neutrophil Plus (6), Bio-C Plus 1000 (12), Bio-Immuonzyme Forte (6-9), Bio-HPF (6), Garlic Plus (6-9), Bio-FCTS (3-6), EGCG-200mg (4), IAG (3-6 tsp), GSH-Plus (3-6), Dismuzyme Plus (6-9) or Dismuzyme Plus Granules (1-3 tbsp) or Dismuzyme Plus 5000 (3-6), Iodizyme-HP (1)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Apple Cider Vinegar and Honey (raw organic), Bentonite/Montmorillonite Clay, Olive Leaf (Olea Europaea), Lactoferrin (protein), Elderberry (Sambucus canadensis), Chamomile (Matricaria chamomilla) tea, Tea Tree (Melaleuca alternifolia) oil, Colloidal Silver (1 tbsp @ 40 ppm, then 1-2 tsp thrice daily until well), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**SURGICAL INCISIONS, HEALING SUPPORT**

Use for 10 days before surgery and 30 days after surgery; rule out magnesium deficiency.

Bio-Immuonzyme Forte (3) for 10 days before and after surgery, then (3) for 20 days, Intenzyme Forte (15) ASAP, then (5) four times daily on an empty stomach, then (9) after three days OR Bromelain Plus (10) ASAP also on an empty stomach, then (5) four times daily on an empty stomach, then (9) until healed; Chlorocaps or Chlorella Caps (2) mixed with Bio-E-Mulsion Forte (30 drops), Aloe (Aloe vera) juice, and Liquid Iodine Forte applied topically twice daily.

**With Pain:** L-Glutamine Powder (3-9 tsp), Bromelain Plus (3-6), Zn-Zyme (1-2), Bio-Allay (6), Sculacia (3), DL-Phenylalanine (1-3)

**Alternative Pain Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Blue Lotus (Nymphaea caerulea), Wild Opium Lettuce (Lactuca vivosa), Kratom (Mitragyna speciosa), Kava Kava (Piper methysticum), White Willow (Salix alba), Arnica (Arnica montana) pellet, cream, gel or ointment

**Secondary Support:** E-Mulsion 200 or E-200 H7 (1), Tocotrienols (2), Bio-Multi Plus (3)

**SWEATING, EXCESSIVE**

Rule out vitamin D deficiency especially with head sweating (sign of rickets with children).

Bio-GGG-B (6), ADHS (3), Carbamide Plus (3), Mg-Zyme (6) or Mg-Orotate 500 (2) at
SWIMMER’S EAR
Apple Cider Vinegar (raw organic) with pure water in 1:1 concentration (eardrops)

SWOLLEN ANKLES or FEET (Edema)
ADHS (3), Mg-Zyme (6) or Mg-Orotate 500 (2) at bedtime, Bio-GGG-B (3-6), GTA-Forte (1-2)

SWALLOWING DIFFICULT (Dysphagia)
Beta-TCP (6), Super Phosphozyme Liquid (15-30 drops), Bio-CMP (6)

SYMPATHETIC DOMINANCE | Acid-Driven Autonomic Nervous System Function
Multi-Mins (3), Bio-GGG-B (6-9), Phosphatidylcholine (1-3), Phosphatidylserine (3-9), Bio-D-Mulsion Forte (2-4), EFA-Sirt Supreme (12) or Optimal EFAs Caps (6), Flax Seed Oil (3) or SunFlax Caps (4), ADHS (3), Mg-Zyme (6) or Mg-Orotate 500 (2) at bedtime to bowel tolerance, 5-HTP (1-3) or 5-HTP Plus Forte (1) or Neuro-5-HTP Plus (1-3), Phenitropic (1-3), De-Stress (1-2), Mood Enhancer (1-2) before meals or at bedtime, K-Zyme (3), Li-Zyme or L-Zyme Forte (1-3), Mixed Ascorbate Powder (1 tsp)

Alkaline Ash Mineral Support: Bio-CMP (6-12), Ca/Mg-Zyme (6-9), Potassium-HP (1-3 tsp), Mg-Zyme (6-9), K-Zyme (3-9)

Alkaline Ash Trace Mineral Support: Basic Nine (6-9), Li-Zyme or Li-Zyme Forte (3-6), Mn-Zyme (3-6)

Optional Protocol: Bio-GGG-B (9-18), Bio-CMP (12) or Potassium-HP (1 scoop)

SYNDROME X/METABOLIC SYNDROME (Carbohydrate Sensitivity) | Abnormal Blood Glucose Metabolism w/Insulin Resistance Leading to CAD, Stroke, Diabetes
Rule out adrenal dysfunction (hyperadrenia), digestive dysfunction, reactive hypoglycemia, fungal infection, excess carbohydrate intake, and vitamin (thiamine) and mineral (magnesium) deficiencies associated with decreased Kreb's cycle ATP energy production.

10-Day BioDetoxification Kit (Pea or Whey) Program (2), then:

With Normal Blood Pressure and Lipid (HDL, LDL, Triglycerides) Levels: Bio-Glycozyme Forte (9), Cytozyme-PAN (6), Bio-3B-G (6) before bedtime

With Decreased Blood Pressure: Cytozyme-AD (6) or ADB5-Plus (3)

With Increased Triglycerides and/or Decreased HDL Cholesterol or Increased LDL Cholesterol: GlucoBalance (9), ADHS (2-4) with breakfast and lunch, Cytozyme-PAN (6), Biomega-3 (3) or Biomega-3 Liquid (1 tsp) or Optimal EFAs Caps (6) or EFA-Sirt Supreme (12), Lipid-Sirt (6-9)

With Reactive Hypoglycemia/Syndrome X: Betaine Plus-HP (3) with meals increased by (1) every third day to gastric distress

With Abnormal Blood Lipid Panel (Increased LDL and/or Triglycerides, Decreased HDL) following Weight Loss and Decreased Blood Pressure: PCOH-Plus (3-6), Tocotrienols (2), Lipid-Sirt (6-9)

Secondary Support: Neonatal Multi-Gland (6), NutriClear or NutriClear Chocolate (2 scoops), Whey Protein Isolate - Original, Chocolate or Vanilla or Pea Protein Isolate or Whey Protein Concentrate (2 level scoops) between meals, Cytozyme-PT/HPT (3-6)

SYSTEMIC LUPUS ERYTHEMATOSUS (SLE) | Inflammatory Autoimmune Disease
Rule out immune and renal dysfunction with resulting inflammation.
Cytozyme-THY (15), Cytozyme-SP (15), Renal-Plus or Nephra-Zyme (15), Histoplex (3-6), Amino Sport (3-9), Neonatal Multi-Gland (9), Blackcurrant Seed Oil or Evening Primrose Oil (6-9), Beta-TCP (6) MCS-2 (3-6), IAG (3-6 tsp), KappArest (8) absent infection, Bio-D-Mulsion Forte (2-4), HR#2 Lymphatic Drainage (1 capful), HR#5 Chronic Stress (1 capful)

**With Adrenal Hyperfunction:** ADHS (1-3)

**With Adrenal Hypofunction:** ADB5-Plus (3-6)

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**TACHYCARDIA/ATRIAL FIBRILLATION | Abnormal Contractions of Cardiac Atria**

*Rule out endocrine hyperfunction, mineral (magnesium, potassium) insufficiency, and toxemia.*

Bio-Cardiozyme Forte (9), VasculoSirt (10), K-Zyme (3), CoQ-Zyme 30 (3) or CoQ-Zyme 100 Plus (2), Aqua Mag-Cl (2 tsp) in juice (pear or tangerine best) at onset and (2 tsp) at bedtime

**Optional Protocol:** Folate-5 Plus (1); if non-responsive add: B12-2000 Lozenges (1-2), Bio-B3 Plus 250 (1), B6 Phosphate (10), Potassium-HP (1 scoop)

**Secondary Support:** Optimal EFAs Caps (6) or EFA-Sirt Supreme (12) or Biomega-3 (3) or Biomega-3 Liquid (1 tsp), Bio-CMP (6), Cu-Zyme (1)

**Alternative Support:** Magnesium (Chloride) Oil (transdermal topically), Barberry (*Berberis vulgaris*), Devil's Claw (*Harpagophytum procumbens*), Goldenseal (*Hydrastis canadensis*), Passionflower (*Passiflora incarnata*)

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**TARTAR, DENTAL | Calcium Salt Precipitate Around the Teeth at the Gum Line**

A.D.P. (1) crushed and added to a cup of water, then swished around in the mouth, Super Phosphoyme Liquid (15-30 drops)

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**TASTE or SMELL, LOSS**

Hydro-Zyme (6-12), Aqueous Zinc (½-1 bottle) until unpleasant taste, then switch to Zn-Zyme (1-2) or Zn-Zyme Forte (1), Bio-6 Plus (3), Bromelain Plus CLA (1-3 tsp)

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**TEETH, INVOLUNTARY GRINDING or CLENCHING (Bruxism)**

*Rule out intestinal parasites, mineral (calcium/magnesium) deficiency, high processed food diet, food/environmental sensitivities, and stress.*

Multi-Mins (3) and (2) at bedtime, Bromelain Plus CLA (9) on an empty stomach and (3) at bedtime, Bio-3B-G (6), VHP (2) and (2) at bedtime; Ca/Mg Plus (6), Mood Enhancer (1-2) before meals or at bedtime, De-Stress (1-2) daily and at bedtime, Melatonin-B6/Mg (½ tab) before bedtime, HR#5 Chronic Stress (1 capful)

**Secondary Support:** A.D.P. (9) with parasitic infestation, Ca/Mg Plus (6), V.H.P. (1-3) daily and at bedtime, HR#5 Chronic Stress (2 capfuls)

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**TEETH, LOOSE**

*Rule out vitamin (D and K), mineral (boron, calcium, magnesium, phosphorus), and EFA deficiencies.*

Osteo-B II (6-9), Bio-Cyanidins (3), Bio-FCTS (3), EGCG-200mg (2), Bio-D-Mulsion Forte (2-4 drops), Optimal EFAs Caps (3-6) or Optimal EFAs Liquid (1 tsp), Bromelain Plus CLA (3) on an empty stomach, Bio-K-Mulsion (3 drops), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), Gammanol Forte (3-9)
**TEETH, NERVE PAIN**
DL-Phenylalanine (6), Bio-FCTS (6), EGCG-200mg (2), Inositol (3-6) or Inositol Powder (1½ tsp), Bio-Allay (3), Sculacia (3)

*Alternative Pain Support:* Turmeric/Curcumin (BCM-95®), Boswellia (*Boswellia sacra*)
a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Blue Lotus (*Nymphaea caerulea*), Wild Opium Lettuce (*Lactuca vivosa*), Kratom (*Mitragyna speciosa*), Kava Kava (*Piper methysticum*), White Willow (*Salix alba*), Arnica (*Arnica montana*) pellet, cream, gel or ointment

**TEETH, SENSITIVITY to HOT and COLD**
Osteo-B Plus or Osteo-B II (6), Inositol (3-6) or Inositol Powder (1½ tsp), A.D.P. (1) crushed and added to cup of water, then swished around in the mouth, CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2) for two months

**TEETHING, CHILDREN**
Optimal EFAs Liquid, Flax Seed Oil or SunFlax Oil rubbed on gums

**TELANGIECTASIA | Chronic Capillary Dilation/Elevated Dark Red Skin Blotches**
Beta Plus (6), Chlorocaps or Chlorella Caps (3), Cytozyme-AD or ADB5-Plus (3-6)

**TEMPOROMANDIBULAR JOINT (TMJ) DYSFUNCTION | Lower Jaw Ball & Socket Joint Dysfunction and Pain**
ChondroSamine Plus or ChondroSamine-S (3), Ca/Mg-Zyme (6-12), MSM (3) or MSM Powder (1 tsp), Bio-B Complex (2-4), Bio-Allay (3), Sculacia (3), DL-Phenylalanine (1-3)

*Alternative Pain Support:* Turmeric/Curcumin (BCM-95®), Boswellia (*Boswellia sacra*)
a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Blue Lotus (*Nymphaea caerulea*), Wild Opium Lettuce (*Lactuca vivosa*), Kratom (*Mitragyna speciosa*), Kava Kava (*Piper methysticum*), White Willow (*Salix alba*), Arnica (*Arnica montana*) pellet, cream, gel or ointment

*Secondary Support:* CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), Bio-C Plus 1000 (4-8), L-Tyrosine (1), V.H.P. (1-2), Melatonin-B6/Mg (½ tab) before bedtime

*Alternative Support:* Turmeric/Curcumin (BCM-95®), Stinging Nettle (*Urtica dioica*), Ginger (*Zingiber officinale*), Feverfew (*Tanacetum parthenium*), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**TENDON DISORDERS | Muscle-to-Bone Fibrous Connective Tissue**
ChondroSamine-S or ChondroSamine Plus (3), Bio-FCTS (3-6), EGCG-200mg (2)

**TENDONITIS | Tendon (Fibrous Tissue Joining Muscle & Bone) Inflammation**

*Acute Care:* HCl-Plus (1) every waking hour, Bio-Ae-Mulsion (1 drop) every waking hour, Bio-E Mulsion (5 drops) every waking hour, Chondro-Plus (1) every waking hour, B12-2000 Lozenges (1) six times daily

*Chronic Care:* Super Phosphozyme Liquid (20 drops) twice daily in water, Blackcurrant Seed Oil or Evening Primrose Oil (6-9), EFA-Sirt Supreme (12) or Optimal EFAs Caps (9), Bio-B Complex (6) for 30 days, then substitute Bio-B 100 (9), Liquid Iodine (40 drops) or Liquid Iodine Forte (20 drops)

*With Pain:* Bio-Allay (3), Sculacia (3), DL-Phenylalanine (3)

*Alternative Pain Support:* Turmeric/Curcumin (BCM-95®), Boswellia (*Boswellia sacra*)
a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Blue Lotus (*Nymphaea caerulea*), Wild Opium Lettuce (*Lactuca vivosa*), Kratom (*Mitragyna speciosa*), Kava Kava (*Piper methysticum*), White Willow (*Salix alba*), Arnica (*Arnica montana*) pellet, cream, gel or ointment

**Secondary Support:** Intenzyme Forte (9-12), Bio-D-Mulsion Forte (2-4 drops), KappArest (8), ChondroSamine Plus (6-9),

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Black Seed (*Nigella sativa*)

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### TENSION HEADACHE | Stress-Induced Back of Head Pain

Mg-Zyme (6) or Mg-Orotate 500 (2) at bedtime or C/Cal/Mag Powder (3 tsp), Li-Zyme Forte (4), Multi-Mins (6), Bio-GGG-B (6), Bio-Allay (3), Sculacia (3), DL-Phenylalanine (1-3), MygranX (2), Mood Enhancer (1-2) before meals or at bedtime, HR#3 Acute Stress (3 capfuls)

**Alternative Pain Support:** Turmeric/Curcumin (BCM-95®), Boswellia (*Boswellia sacra*) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Blue Lotus (*Nymphaea caerulea*), Wild Opium Lettuce (*Lactuca vivosa*), Kratom (*Mitragyna speciosa*), Kava Kava (*Piper methysticum*), White Willow (*Salix alba*), Arnica (*Arnica montana*) pellet, cream, gel or ointment

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### TESTICULAR HYPOFUNCTION

Rule out zinc deficiency.

Cytozyme-Orchic (3-6), Cytozyme-M (3-6), b-VITAL (3-6), ADB5-Plus (3-6), DHEA-10 mg (1), VasculoSirt (10), Zn-Zyme (1-3) or Zn-Zyme Forte (2)

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### TESTICULAR INFECTION

A.D.P. (6-9) or Neutrophil Plus (6-9), Liquid Iodine (30 drops) or Liquid Iodine Forte (15 drops), Bio-Immunozyme Forte (6), Cytozyme-Orchic (3), HR#9 Bacteria Detox (3 capfuls)

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### TESTOSTERONE DEFICIENCY

Rule out zinc deficiency and following indications: low libido, waist weight gain, sore muscles, mental decline, bone loss, increased aging, etc.

DHEA-10 mg or 7-Keto-Zyme (1), b-VITAL (6), Cytozyme-Orchic (3-6), Cytozyme-M (3-6), Cytozyme-AD or ADB5-Plus (3-6), Bio-Multi Plus Iron & Copper Free (6), Bio-Ae-Mulsion Forte (2 drops), Zn-Zyme (1-3) or Zn-Zyme Forte (2), L-Arginine (3-6)

**Alternative Support:** Tribulus (*Tribulus terrestris*) at 250-750 mg, Boron (mineral) at 3 mg

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### THROAT, SORE

A.D.P. (6-9) or Neutrophil Plus (6-9), IAG (3 tsp), MCS-2 (3), Garlic Plus (3-6), BioDophilus Caps (3), E-Mulsion 200 (1-2), Bio-C Plus 1000 (1-3), Bio-Ae-Mulsion Forte (12 drops) for one week, then (6 drops) for one week, then (3 drops), MygranX (2)

**Alternative Support:** Apple Cider Vinegar and Honey (raw organic) gargle, Bee Propolis (bee resin flavonoid), Zinc (lozenge), Echinacea (*Echinacea angustifolia*), Goldenseal (*Hydrastis canadensis*), Fenugreek (*Trigonella foenum-graecum*), Marshmallow (*Althaea officinalis*), Olive Leaf (*Olea Europaea*), Licorice (*Glycyrrhiza glabra*), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

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### THROMBOPHLEBITIS | Venous Inflammation with Blood Clotting (Thrombus)
VasculoSirt (10), Bio-Cyanidins (3-6), Bio-C Plus 1000 (1-3), MSM (3) or MSM Powder (1 tsp), Phosphatidylcholine (3), Methione-200 (3), Bio-E-Mulsion Forte (3-6 drops), Mg-Orotate 500 (3) at bedtime to bowel tolerance, Garlic Plus (3-6), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), Flax Seed Oil (6) or SunFlax Caps (3-6), Acetyl-L-Carnitine (1-3), Cognitive Enhancer (1) before breakfast & (1) before lunch or dinner

**Secondary Support:** Bio-GGG-B (3), Ginkgo Biloba (3), NitroGreens (2 scoops), FC-Cidal (3), Zn-Zyme (2-3) or Zn-Zyme Forte (2)

**Alternative Support:** Hawthorn (*Crataegus oxyacantha/monogyna*), Alfalfa (*Medicago sativa*), Olive Leaf (*Olea Europaea*), Ginger (*Zingiber officinale*), Skullcap (*Scutellaria baicalensis*), Butcher's Broom (*Ruscus aculeatus*), Valerian (*Valeriana officinalis*), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

### THRUSH | Infant Yeast Infection

*With breast feeding follow all customary dietary guidelines (eliminate all refined carbs, fruit juices, alcohol, hydrogenated fats, fermented foods and high glycemic index/glycemic load (GI/GL) fruits and vegetables from the diet); with formula feeding avoid all milk and soy-based formulas; and with the infant's feeding:*  

A.D.P. (6-9) for four weeks minimum, Cytozyme-THY (1-4), Lactoyme (1), Saccharomyces boulardi (1), Bio-B 100 (½ tab) 1-3 times daily, Caprin (1)  

**N.B. Some clinicians believe that A.D.P. is contraindicated with breast feeding.**

**Secondary Support:** Liquid Iodine (6 drops) to be held in mouth, if possible with breastfeeding, BioDophilus-FOS (1/4 tsp) 1-3 times daily, FC-Cidal (1-2)

### THYMUS GLAND, HYPERFUNCTION

HistoPlex (6), Bio-FCTS (3), EGCG-200mg (2), Cytozyme-SP (6)

### THYMUS GLAND, HYPOFUNCTION

Bio-Immunozyme Forte (3), Cytozyme-THY (3), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), MCS-2 (3), Se-Zyme Forte (3-6)

### THYROID, HYPERFUNCTION

*Rule out any autoimmune dysfunction (*Hashimoto's*), iodine insufficiency, hormonal imbalance, halogen (fluoride, chlorine) contaminated water, food allergy or sensitivities, and heavy metal toxicity.*

Bio-Ae-Mulsion Forte (5 drops) twice daily in water for one week, then (2 drops) twice daily, Cytozyme-THY (15), Bio-Multi Plus Iron & Copper Free (6), Li-Zyme Forte (2) per waking hour for 10 days, then (9) daily, Mood Enhancer (1-2) before meals or at bedtime, L-Carnitine (9-12), Flax Seed Oil (3-6) or SunFlax Caps (4), Liquid Iodine (2 droppers) three times daily in established iodine deficiency

**With Hashimoto's Thyroiditis:** Add Se-Zyme Forte or Selenomethionine (1-2), E-Mulsion 200 (2); restrict iodine supplementation to less than 100 mcg daily for three weeks, then, if ineffective in raising antibody level, increase iodine to 10 mg daily with Liquid Iodine Forte (70 drops)

**Secondary Support:** Ca/Mg Plus (9) before meals, Optimal EFA Caps (6), Cytozyme-Parotid-TS (3), K-Zyme (3)

### THYROID, HYPOFUNCTION
Rule out iodine, protein and essential fatty acid insufficiencies, hormonal imbalance, halogen (fluoride, chlorine) contaminated water, high-carbohydrate diet, virus infection, heavy metal toxicity, and food or environmental sensitivities.

**With Decreased T-4:** Liquid Iodine Forte (60 drops) or Iodizyme-HP (½-1), GTA (3-6) or GTA Forte (2) with a TSH above 10, Flax Seed Oil (3-6) or SunFlax Caps (4), Biomega-3 (3) or Biomega-3 Liquid (1 tsp) or Optimal EFAs Caps (3-6), Nuclezyme Forte (3)

**With Decreased T-3 Uptake:** Add Meda-Stim (3-6) and reduce Liquid Iodine Forte to (30 drops) daily

**With Hashimoto's Thyroiditis:** Add Se-Zyme Forte or Selenomethionine (1), E-Mulsion 200 (2); restrict iodine supplementation to less than 100 mcg daily for three weeks, then, if ineffective in raising antibody level, increase iodine to 10 mg daily with Liquid Iodine Forte (70 drops)

**Secondary Support:** L-Tyrosine (3-6), Hydro-Zyme (3) mid-meal or Betaine Plus HP (1-3), Neonatal Multi-Gland (6), Super Phosphozyme Liquid (60 drops), Cytozyme-Parotid-TS (3)

**TIC DOULOUREUX | Unilateral Paralysis of Facial Muscles, Sudden Onset**

Rule out trigeminal nerve viral infection, facial nerve inflammation, and trauma.

UltraVir-X (6), Bio-FCTS (6), EGCG-200mg (2), Bio-CMP (6), Cytozyme-THY (12), Intenzyme Forte (16) on an empty stomach, B12-2000 Lozenges (3), Folate-5 Plus (5), Bio-Allay (3), Sculacia (3), DL-Phenylalanine (1-3), KappArest (4) absent infection

**Alternative Support:** Ultraviolet (UV) light on affected area for 10 minutes

**Secondary Support:** Bio-Immunozyme Forte (6), Amino Sport (6-12), Bio-Cyanidins (3-6), Bio-B 100 (9), HR#2 Lymphatic Drainage (2 capfuls), HR#4 Detox-Virus (3 capfuls)

**Alternative Support:** Swedish Bitters (alcohol/botanical drink) for pain relief

**TICK-BORNE or STEALTH INFECTIONS | Pathological Bacterial or Viral Diseases**

Neutrophil Plus (3-6), Histoplex (3-6), E-Mulsion 200 or E-200 Hγ (1), Tocotrienols (2), Bio-C Plus 1000 (1-3), KappArest (8)

**Secondary Support:** A.D.P. (9), MCS-2 (3), Beta-TCP (6), IAG (3 tsp), POA-Phytolens (2), Dismuzyme Plus Granules (3 tbsp), HR#9 Bacteria Detox (1-2 capfuls)

**Alternative Support:** Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**TINEA (Ringworm) | Fungal Skin Infection - Crotch, Feet, Nails, Scalp, Beard**

Rule out the need for pharmaceutical medication (Imidazole) in chronic cases, poor hygiene, and food, fabric or detergent sensitivities.

A.D.P. (15) before meals for one week, then (9-12) for 3-9 weeks, Lactozyme (3) or BioDoph-7 Plus (3) after two weeks, Saccharomyces boulardii (3), FC-Cidal (3-9), Liquid Iodine or Liquid Iodine Forte with Grapefruit Seed (Citrus paradisi) extract transdermal topically, Cytozyme-THY (15), Bromelain Plus CLA (12) on an empty stomach,

**Secondary Support:** Caprin (6-9), HR#8 Fungal-Yeast Infection (2 capfuls) and topically

**N.B.** Refer out, if program is ineffective after two weeks.

**TINNITUS AURIUM | Buzzing or Ringing in the Ears**

Rule out vascular insufficiency, spinal, cranial or TMJ dysfunction, age-related hearing loss, inner ear trauma, hypertension, poor circulation resulting in nerve damage, wax build-up,
infection, adrenal dysfunction, vitamin (B complex) and mineral (manganese) deficiencies, medication (aspirin, NSAIDs, antibiotics) "side" effects (so-called), and food allergy or sensitivity.

**With Low Blood Pressure:** Bio-Glycozyme Forte (3) at 10 am, 3 pm and two hours after dinner, Cytozyme-AD (6) or ADBS-Plus (3), Bio-3B-G (2) per waking hour for 10 days, then (9) daily

**With High Blood Pressure:** Bio-CardioSirt BP (1 rounded scoop), CoQ-Zyme 30 (3) or CoQ-Zyme 100 Plus (2), Blackcurrant Seed Oil or Evening Primrose Oil (6-9), Optimal EFAs Caps (6), Renal-Plus or Nephra-Zyme (15), Bio-CMP (6), ADHS (2-4) at breakfast and lunch

**With Normal Blood Pressure:** Bio-Ae-Mulsion Forte (4 drops) in water three times daily for one week, then (2 drops) three times daily for three weeks, Bio-Immunozyme Forte (3), Zn-Zyme Forte (1), Ginkgo Biloba (3)

**With Viral Infection:** Cytozyme-THY (15), IAG (2 tbsp), UltraVir-X (6) before meals

**With Bacterial Infection:** Neutrophil Plus (6) before meals

**With Meniere's:** B6 Phosphate (6-12) and HistoPlex (8) between meals

**Secondary Support:** Bio-Cyanidins (3), Cu-Zyme (1) away from the zinc, Mg-Zyme (4-6) or Mg-Orotate 500 (2) at bedtime, then increase to bowel tolerance, Porphyra-Zyme (12) on an empty stomach, Chondro-Plus (6), B12-2000 Lozenges (1)

**Alternative Support:** Vinpocetine derived from Lesser Periwinkle (Vinca minor)

**TISSUE TRAUMA**

ChondroSamine-S or ChondroSamine Plus (3), Bio-FCTS (3), EGCG-200mg (2), Intenzyme Forte (15) on an empty stomach

**TEMPOROMANDIBULAR JOINT (TMJ) SYNDROME**

ChondroSamine-S or ChondroSamine Plus (3), Bio-FCTS (3), EGCG-200mg (2), Intenzyme Forte (15) on an empty stomach, MSM (3) or MSM Powder (1 tsp), Optimal EFAs Caps (3-6), Mg-Orotate 500 (3) at bedtime to bowel tolerance

**Secondary Support:** St. John's Forte (3), Mood Enhancer (1-2) before meals or at bedtime, V.H.P. (3), Melatonin-B6/Mg (½ tab) before bedtime, CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (2), Bio-C Plus 1000 (3), L-Tyrosine (3)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Feverfew (Tanacetum parthenium), Ginger (Zingiber officinale), Stinging Nettle (Urtica dioica), Skullcap (Scutellaria baicalensis), Kava (Piper methysticum), Chamomile (Matricaria chamomilla), S-Adenosylmethionine (SAMe), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**TOENAILS and FINGERNAILS, FUNGUS**

Bio-Multi Plus (6) for 30 days, then (3), Flax Seed Oil (6) or SunFlax Caps (4), Biomega-3 (3) or Biomega-3 Liquid (1 tsp) or Optimal EFAs (3-6), A.D.P. (6-9), Beta-TCP (6), MCS-2 (3), Bio-D-Mulsion Forte (2-4 drops)

**Alternative Support:** Oregano (Origanum vulgare), Geranium (Pelargonium graveolens) or Tea Tree (Melaleuca alternifolia) oils transdermal topically, then Dimethyl sulfoxide (DMSO) in and around the nails for as long as it takes for healing (nine months or more)

**TONGUE, COATED**
Hydro-Zyme (2) mid-meal, Beta-TCP (6); add Colon-Plus Caps (15), if protocol remains ineffective after two weeks

**TONGUE, ENLARGED, SWOLLEN**
ADB5-Plus (2), Bio-B 100 (6-12); add Colon-Plus Caps (15), if protocol remains ineffective after two weeks

**TONGUE, FISSURES or CRACKS**
Bio-B Complex (3), Bio-B 100 (6); add Colon-Plus Caps (15), if protocol remains ineffective after two weeks

**TONGUE, SMOOTH or SHINY**
B12-2000 Lozenges (3), Folate-5 Plus (2), Bio-B 100 (6); add Colon-Plus Caps (15), if protocol remains ineffective after two weeks

**TONGUE, PURPLE**
Bio-B Complex (3), Bio-B 100 (6); add Colon-Plus Caps (15), if protocol remains ineffective after two weeks

**TONGUE, SCARRED**
Bio-B Complex (3), Bio-B 100 (6); add Colon-Plus Caps (15), if protocol remains ineffective after two weeks

**TONSILLITIS | Bacteria or Viral Inflammation of the Tonsils**
A.D.P. (6-9), Neutrophil Plus (6), MCS-2 (3), IAG (3 tsp), Bio-C Plus 1000 (1-3), Bio-FCTS (3), EGCG-200mg (2), Chlorocaps or chlorella Caps (3), Intenzyme Forte (9-18) on an empty stomach, Bio-Cyanidins (3), HR#2 Lymphatic Drainage (2 capfuls)

**Secondary Support:** Bio-B 100 (6-9), E-Mulsion Forte (1-3 drops), Bio-Ae-Mulsion Forte (1-3 drops), St. John's Forte (3), Mood Enhancer (1-2) before meals or at bedtime

**Alternative Support:** Zinc (lozenge), Chamomile (*Matricaria chamomilla*), Echinacea (*Echinacea angustifolia*), Sage (*Salvia officinalis*) tea, Marshmallow (*Althaea officinalis*) tea, Goldenseal (*Hydrastis canadensis*), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**TONSILLITIS, CHILDREN**
IAG (1 tsp), C/Cal/Mag Powder (1 tsp), Neutrophil Plus (1-2)

**Secondary Support:** Cytozyme-THY (1-3), Bio-Immunozyme Forte (1-2), Liquid Iodine (10 drops) in water as a gargle, HR#2 Lymphatic Drainage (2 capfuls), HR#9 Bacteria Detox (2 capfuls)

**TONSILS, SWOLLEN, CHILDREN**
IAG (1 tsp), C/Cal/Mag Powder (1 tsp), Neutrophil Plus (1-2)

**Secondary Support:** Cytozyme-THY (1-3), Bio-Immunozyme Forte (1-2), Liquid Iodine (10 drops) in water as a gargle, HR#2 Lymphatic Drainage (2 capfuls), HR#9 Bacteria Detox (2 capfuls)

**TOOTHACHE, ADULTS**
DL-Phenylalanine (1-6), Bio-Allay (3), Sculacia (3), Bio-FCTS (3), EGCG-200mg (2), Inositol (3-6) with one or more applied to tooth or Inositol Powder (1½ tsp), St. John's Forte (2-4), Mood Enhancer (1-2) before meals or at bedtime
**Alternative Support:** Hydrogen Peroxide (H2O2) as a mouthwash, Echinacea (*Echinacea angustifolia*) and Aloe (*Aloe vera*) gel, Arnica (*Arnica montana*) pellet, cream, gel or ointment, Chamomile (*Matricaria chamomilla*), Calendula (*Calendula officinalis*), Black Tea (bags), Clove (*Syzygium aromaticum*) oil, Tea Tree (*Melaleuca alternifolia*) oil, Oregano (*Origanum vulgare*) Oil and Olive Oil formulation with infection, Charcoal (activated)

**TOOTHACHE, CHILDREN**

Inositol (2-4) or Inositol Powder (1 tsp) with one or more applied to tooth, Gastrazyme (1-4) with one or more applied to the tooth

**Secondary Support:** Bio-FCTS (3-6), EGCG-200mg (2), Bio-Cyanidins (3)

**TOOTH DECAY (Dental Caries), PREVENTION**

*Rule out magnesium deficiency, poor dental hygiene, and junk food diet; eliminate all simple carbohydrates (sugars) including and especially diet soda.*

Aqueous Multi-Plus (1 tbsp) for adults and (½ tab) with children under four, Osteo-B Plus or Osteo-B II (3), BioDoph-7 Plus (1-3), Bio-Cyanidins (3), Bio-D-Mulsion Forte (2-4), L-Tyrosine (3), E-Mulsion 200 (1), Bio-K-Mulsion (1 drop)

**With Pain:** Bio Allay (3), Sculacia (3), DL-Phenylalanine (1-3)

**Alternative Pain Support:** Turmeric/Curcumin (BCM-95®), Boswellia (*Boswellia sacra*) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Blue Lotus (*Nymphaea caerulea*), Wild Opium Lettuce (*Lactuca vivosa*), Kava Kava (*Piper methysticum*), White Willow (*Salix alba*), Arnica (*Arnica montana*) pellet, cream, gel or ointment

**Secondary Support:** CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), Zn-Zyme (2) or Zn-Zyme Forte (1)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Streptococcus (*S. salivarius*) probiotic, Thyme (*Thymus vulgaris*), Sage (*Salvia officinalis*), Kava Kava (*Piper methysticum*), Calendula (*Calendula officinalis*), Chamomile (*Matricaria chamomilla*), Clove (*Syzygium aromaticum*) oil, S-Adenosylmethionine (SAMe), Goldenseal (*Hydrastis canadensis*), Sodium Bicarbonate (baking soda) as a toothpaste substitute

**TORTICOLLIS or WRY/STIFF NECK | Contraction of Neck Muscles**

*Rule out intestinal parasites, hypothyroidism, parathyroid and hepatobiliary dysfunction, viral infection, and spinal dysfunction.*

Ca/Mg-Zyme (3), Neutrophil Plus (3), Blackcurrant Seed Oil (6-12), Cytozyme-THY (15), Bromelain Plus CLA (12) on an empty stomach, Thyrostim (6), GTA (6), Meda-Stim (6), Beta-TCP (6), Bio-Ae-Mulsion Forte (3-6 drops), Bio-D-Mulsion Forte (2-4 drops)

**Secondary Support:** Bio-Glycozyme Forte (9) between meals, Mg-Zyme (4) or Mg-Orotate 500 (2) or Aqua Mag-Cl (2 tsp) at bedtime increased to bowel tolerance, Bio-Musculoskeletal (1), Super Phosphzyme Liquid (60 drops) in water

**TOXEMIA (Toxicity) | Cellular Chemical, Biological or Physical Poisoning**

10-Day BioDetoxification Kit (Pea or Whey) Program (2), then: MCS-2 (3), Beta-TCP (6), ADHS (3), Chlorocaps or Chlorella Caps (9-27), HR#1 Detoxification (1 capful), Lipoic Acid Plus (3-6) or R-Lipoate CBG (1-2); after 2-4 weeks add Porphyra-Zyme (9) on an empty stomach and Multi-Mins (3), Bio-C Plus 1000 (3), Garlic Plus (3), Dismuzyme Plus (3) or

Dismuzyme Plus 5000 (3), Taurine (3), Intenzyme Forte (6-12) on an empty stomach, Methionine-200 (3-6), Cytozyme-KD (3-6), Cytozyme-LV (6-9), TMG Powder (1-2 level tsp)  
**Alternative Support:** Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)  

**TOXIN BUILDUP | Environmental and Endogenous Toxins Accumulation**  
*Common signs and symptoms include: headaches, joint pains, fatigue, allergies, impaired immunity, mood changes, sinus congestion, chronic backache, blood sugar issues, skin conditions, hormonal imbalances.*

10-Day Bio-Detoxification Program: Bio-Detox Packs (1), NutriClear or NutriClear Chocolate, Whey Protein Isolate - Original, Chocolate or Pea Protein Isolate or Whey Protein Concentrate (2 level scoops), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), Lipoic Acid Plus (3-6) or R-Lipoate CBG (2-4), TMG Powder (1-2 level tsp), Bio-C Plus 1000 (3), Garlic Plus (3), Dismuzyme Plus (3) or Dismuzyme Plus 5000 (3), Taurine (3), Intenzyme Forte (6-12) on an empty stomach, MSM (3-6) or MSM Powder (3 tsp), DL-Phenylalanine (1-3), HR#6 Environmental Detox (1-2 capfuls)  
**Secondary Support:** Mood Enhancer (1-2) before meals or at bedtime  
**Alternative Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Red Clover (Trifolium pratense), S-Adenosylmethionine (SAMe), Milk Thistle (Silybum marianum, silymarin), Burdock (Arctium lappa), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)  

**TRANQUILIZER | Substance to Reduce Pain or Anxiety**  
St. John’s Forte (4), ADHS (3) in the morning, Li-Zyme Forte (2) at bedtime, Bio-Allay (2-4), Sculacia (2-4), DL-Phenylalanine (1-3), Mood Enhancer (1-2) before meals or at bedtime  
**Alternative Pain Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Blue Lotus (Nymphaea caerulea), Wild Opium Lettuce (Lactuca vivosa), Kratom (Mitragyna speciosa), Kava Kava (Piper methysticum), White Willow (Salix alba), Arnica (Arnica montana) pellet, cream, gel or ointment  

**TREMORS, MUSCULAR | Involuntary Muscle Contraction and Movement**  
Bio-CMP (6), EFA-Sirt Supreme (12) or Optimal EFAs Caps (6), Mixed EFAs (3 tbsp), GTA (3)  

**TRENCH MOUTH | Infection of the Mucous Membranes**  
A.D.P. (6-9) crushed (1) in a cup of water with added Chlorocaps or Chlorella Caps (1) and swished around in the mouth  

**TRIGEMINAL NEURALGIA (Tic Doloureux) | Trigeminal Nerve Neuropathic Issue**  
*Rule out trigeminal nerve viral infection, facial nerve inflammation, and trauma.*  
UltraVir-X (6), Bio-FCTS (6), EGCG-200mg (2), Bio-CMP (6), Cytozyme-THY (12), Intenzyme Forte (16) on an empty stomach, B12-2000 Lozenges (3), Folate-5 Plus (5), Bio-Allay (3) or Sculacia (3), DL-Phenylalanine (1-3), KappArest (4) absent infection  
**Secondary Support:** Bio-Immunozyme Forte (6), Amino Sport (6), Bio-Cyanidins (3-6), HR#2 Lymphatic Drainage (2 capfuls), HR#4 Detox-Virus (3 capfuls)  
**Alternative Support:** Swedish Bitters (alcohol/botanical drink) for pain relief, Ultraviolet
(UV) light on affected area for 10 minutes

**TRIGGER FINGER (Stenosing Tenosynovitis) | "Snapping" of Any Finger/Digit**

B6/B1 Plus Zinc (1-2), B6 Phosphate (9), Chondro-Plus (6), Blackcurrant Seed Oil or Evening Primrose Oil (6-9), EFA-Sirt Supreme (12) or Optimal EFAs Caps (6)

*Secondary Support:* Intenzyme Forte (16) on an empty stomach, Bio-FCTS (3), EGCG-200mg (2), KappArest (4) with inflammation

*Alternative Support:* Pecans (raw organic) at one-half cup daily

**TRIGGER POINTS, MULTIPLE | Painful Body Points with Touch or Pressure**

Folic Acid 800 (6), Bio-Allay (3), Sculacia (3), DL-Phenylalanine (3)

*Alternative Support:* Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Blue Lotus (Nymphaea caerulea), Wild Opium Lettuce (Lactuca vivosa), Kava Kava (Piper methysticum), White Willow (Salix alba), Arnica (Arnica montana) pellet, cream, gel or ointment

**TRIGLYCERIDES, HIGH | Three Fatty Acids and Glycerol in Fats and Oils**

*Rule out dietary refined carbohydrates and hydrogenated trans fats and oils.*

Lipid-Sirt (8), PCOH-Plus (2-4) daily am and pm, Niacin 100 (1), EFA-Sirt Supreme (12) or Optimal EFAs Caps (6), Beta-TCP (6-9), Whey Protein Isolate - Original, Chocolate or Vanilla or Pea Protein Isolate (1 level scoop) or Whey Protein Concentrate (2 level scoops) twice daily between meals, Lipid-X (1) before each meal with saturated fat, Bio-GGG-B (6-12)

*Secondary Support:* Tri-Chol (3-6), GlucoBalance (3-6), ADHS (2-4) before noon, Bio-FCTS (3), EGCG-200mg (2), Betaine Plus-HF (3), Livotrit Plus (2-3)

*Alternative Support:* Cinnamon (Cinnamomum verum) for proanthocyanidins content

**TUBERCULOSIS | Infectious Bacterial Disease Causing Lung Lesions**

Pneuma-Zyme (3-6), MCS-2 (3), Bio-FCTS (3), EGCG-200mg (2), Cytozyme-Trachea (6), Bio-D-Mulsion Forte (2-4 drops), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), Garlic Plus (3), Bio-Cyanidins (3), Methionine-200 (3), Se-Zyme Forte or Selenomethionine (1), Bio-B 100 (6-9), Optimal EFAs Caps (3-6), HR#1 Detoxification (2 capfuls)

*Secondary Support:* GSH-Plus (3), FC-Cidal (3), Intenzyme Forte (9-18), Multi-Mins (3), 10-Day BioDetoxification Kit (Peanut or Whey) Program (2)

*Alternative Support:* Echinacea (Echinacea angustifolia), Chamomile (Matricaria chamomilla), Cayenne Pepper (Capsicum annuum), Peppermint (Mentha piperita), Butcher’s Broom (Ruscus aculeatus), Elecampane (Inula helenium), Kelp (brown seaweed algae)

**TUMORS, BENIGN | Non-Pathological Tissue Growth (Neoplasm)**

*Female:* Equi-Fem (6) if not on Hormone Replacement Therapy (HRT) or PMT (6) with HRT

*Male:* Multi-Plus Iron & Copper Free (6)

*Male & Female:* Intenzyme Forte (16) on an empty stomach, Liquid Iodine (150 drops) transdermal topically twice daily, if visible, and/or Liquid Iodine Forte (75 drops) in warm distilled water as douche every other day for three weeks, CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), Garlic Plus (3), Bio-C Plus 1000 (1-3), Cytozyme-THY (3), GSH-Plus (3)

*Secondary Support:* Bio-Immunozyme Forte (3), Blackcurrant Seed Oil or Evening Primrose Oil (6-9), BioProtect (3), Bio-E-Mulsion Forte (10 drops) three times daily in water
or E-Mulsion 200 or E-200 H₂ (1), Tocotrienols (2), L-Arginine (3), Bio-B 100 (3-9), POA-
Phytolens (3), NAC (3), Melatonin-B6/Mg (½ tab) before bedtime

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a.
Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Kelp (brown
seaweed algae), Milk Thistle (Silybum marianum, silymarin), Red Clover (Trifolium pratense),
Barberry (Berberis vulgaris), Dandelion (Taraxacum officinale), Poke Root (Phytolacca
decandra) and Comfrey (Symphytum officinale) as a poultice, Ascorbyl Palmitate (fat-soluble
vitamin C), Liposomal C (molecule-soluble vitamin C)

**TUNNEL VISION | Severely Constricted Visual Field**

Optic-Plus (6), Dismuzyme Plus Granules or 5000 (3-6 tbsp), Bio-FCTS (3), EGCG-200mg (2),
Bio-Ae-Mulsion Forte (10 drops)

**Alternative Support:** Astaxanthin/Lutein/Zeaxanthin (Carotenoids)

**TWITCHING EYE LIDS | Involuntary Spasmodic Muscular Movement**

Mg-Zyme (6) or Mg-Orotate 500 (2) at bedtime to bowel tolerance or Aqua Mag-Cl (3) in
juice, ADHS (3), Nuclease Forte (3), MCS-2 (3), Beta-TCP (6)

**Alternative Support:** Astaxanthin/Lutein/Zeaxanthin (Carotenoids)

**ULCERS, DIABETIC | Peripheral Neuropathy and Arterial Insufficiency Wounds**

Porphyra-Zyme (9-12) on an empty stomach, Multi-Mins (3), GlucoBalance (6), Bio-FCTS (3),
EGCG-200mg (2)

**Alternative Support:** Black Seed (Nigella sativa)

**ULCERATIVE COLITIS | Chronic Inflammation of the Colon or Large Intestine**

Rule out hypochlorhydria, iron deficiency, refined or processed food diet; reduce protein and
fat intake; and increase fiber, raw vegetable and fruit intake.

NutriClear or NutriClear Chocolate (2 servings) daily for five days, increase by (1 serving)
every three days until maximum of (5) daily, then decrease by (1 serving) daily every three
days until no longer needed; Livotrit Plus (3), Beta-TCP (6), Gastrazyme (6), IPS (6-9) am
and pm on empty stomach, Bio-FCTS (4) before meals, EGCG-200mg (2), B12-2000
Lozenges (2), Colon-Plus Caps (15), Bio-Cyanidins (3), Butyric-Cal-Mag (3-6), KappArest (8),
Bromelain Plus CLA (4-6) twice daily on an empty stomach, BioDoph-7 Plus (3), EFA-Sirt
Supreme (12) or Optimal EFAs Caps (6), Chlorocaps or Chlorella Caps (12-18), Fe-Zyme (1),
Amino Sport (6-12), L-Glutamine (3-9) or L-Glutamine Powder (3 tsp)

**Secondary Support:** 10-Day BioDetoxification (Pea or Whey) Program (2), then: Garlic
Plus (3), Neutrophil Plus (6) with bacterial infection or UltraVir-X (4) before meals with viral
infection, Bio-Immunozyme Forte (3), Neonatal Multi-Gland (6), POA-Phytolens (6-9), NAC
(3), MCS-2 (4) to support hepatic Phase II detoxification, Intenzyme Forte (9-18) on an
empty stomach, Chondro-Plus (1), Cytozyme-THY (3)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a.
Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Colloidal
Silver, Shark Cartilage, Aloe (Aloe vera), Stinging Nettle (Urtica dioica), Lobelia (Lobelia
inflata) tea, Milk Thistle (Silybum marianum, silymarin), Burdock (Arctium lappa), Chamomile
(Matricaria chamomilla), Dandelion (Taraxacum officinale), Beta-glucan (polysaccharide
sugars), Red Clover (Trifolium pratense), Apple Cider Vinegar & Honey (raw, organic), Black
Seed (Nigella sativa)
ULCERS, PEPTIC | Duodenal or Gastric Tissue Erosion

*Rule out H. pylori infection, bleeding, or severe ulceration.*

NutriClear or NutriClear Chocolate (2 servings) daily for one week to reduce inflammation, Gastrazyme (15) for 10 days, Bio-HPF (6), Immuno-gG (6), Optimal EFAs Caps (6), Gammanol Forte (3), L-Glutamine (6) or L-Glutamine Powder (2 tsp), IPS (6-9) am & pm on an empty stomach, Cytozyme-PAN (9), Bio-FCTS (6), EGCG-200mg (2), Beta-TCP (6), Colon-Plus Caps (3-12), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2)

**With Bacterial Infection:** ADP (9) with Lactozyme (6) or BioDoph-7 Plus (3) after two weeks, Saccharomyces boulardii (3)

**With Hypochlorhydria:** Hydro-Zyme (6-9) or Betaine Plus-HP (3)

**With Hyperchlorhydria:** Super Phosphozyme Liquid (60 drops) daily, Gammanol Forte (9)

**With Pancreatic Dysfunction:** Bio-6 Plus (6)

**Following Healing:** Bio-Multi Plus Iron & Copper Free (3), Blackcurrant Seed Oil or Evening Primrose Oil (6-9), Folic Acid 800 (6), B12-2000 Lozenges (2)

**Secondary Support:** Bromelain Plus (3) on an empty stomach, Intenzyme Forte (9-18) on an empty stomach, Bio-Cyanidins (3), Bio-K-Mulsion (1-3 drops), Zn-Zyme (1-3), Zn-Zyme Forte (1), DL-Phenylalanine (1-3)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Myrrh (Commiphora myrrha), Deglycyrrhizinated Licorice (DGL), S-Adenosylmethionine (SAMe), Black Seed (Nigella sativa)

UREA, HIGH | Waste Product of Protein Metabolism in Kidney Dysfunction

Nephra-Zyme (3-15), Cytozyme-KD (3-6), Argizyme (3-6), Folic Acid 800 (1-3)

UREMIA | Bloodstream Toxicity Caused by Renal Disease Waste Products

UT Complex (3), Nephra-Zyme or Renal Plus (9), Argizyme (9)

**Secondary Support:** 10-Day BioDetoxification Kit (Pea or Whey) Program (2)

URETER INFECTION | Kidney-Bladder Urinary Duct/Pathogenic Microorganisms

UT Complex (3), A.D.P. (6-9), Nephra-Zyme or Renal Plus (9), IAG (3 tsp)

URETER STONES | Kidney Stones from Deposition of Phosphates and Urates

*Rule out genetic predisposition, calcium metabolism dysfunction, hypothyroidism, renal dysfunction, dehydration, poor diet (processed foods), alcohol, purines, oxalates, and hydrogenated fats and oils; decrease meat, sugar, salt and fruit juices, and increase fiber.*

Nephra-Zyme or Renal Plus (15), Liquid Iodine Forte (60 drops) or Iodizyme-HP (½-1), Optimal EFAS Caps (6) or B6 Phosphate (5), Mg-Zyme (4) or Mg-Orotate 500 (2) at bedtime increased to bowel tolerance

**With Carbonate/Oxalate Stones:** Add Super Phosphozyme Liquid (120 drops) in water

**With Urate Stones:** Add Folate-5 Plus (4), K-Zyme (6)

**With Urinary pH >6.5:** Add Super Phosphozyme Liquid (90-120 drops) in water

**With Urinary pH <5.5:** Add K-Zyme (6)

**Secondary Support:** Li-Zyme Forte (6-9), Mood Enhancer (1-2) before meals or at bedtime, Bio-Ae-Mulsion Forte (1 drop)

**N.B.** Limit vitamin C intake to no more than 3 grams daily to preclude formation of calcium
oxalate stones.

**URETHRA INFECTION | Bladder-Orifice Canal/Pathogenic Microorganisms**
UT Complex (3), A.D.P. (6-9), Nephra-Zyme or Renal Plus (9), IAG (3 tsp)

**URIC ACID, HIGH | Nitrogenous End Product of Protein Metabolism**
Folic Acid 800 (1-3), Renal Plus or Nephra-Zyme (6-15), Bio-GGG-B (3-12)

**URINARY INCONTINENCE (UI) | Unintentional Loss of Urine**
UT Complex (3), Nephra-Zyme or Renal Plus (9)
*If Postmenopausal:* Add Equi-Fem (6)

**Alternative Support:** Angelica (*A. archangelica*), Progesterone (topical cream)

**URINARY TRACT INFECTION (UTI), BACTERIAL**
*Rule out* environmental sensitivity (e.g., toiletries), infection, poor hygiene, ileocecal valve (ICV) dysfunction, dysinsulinism, and STD or fungal/yeast infection.

UT Complex (3), Renal-Plus or Nephra-Zyme (18) for five days, then (15) for five days, then (12) for five days, then (6) for 30 days, Neutrophil Plus (6), A.D.P. (9-12) before meals for 30 days, then add Lactozyme (6) or BioDoph-7 Plus (3-6), Saccharomyces boulardii (3), Bio-C Plus 1000 (1-3), B6 Phosphate (3), HR#9 Bacteria-Detox (1 capful)

*With Average Urinary pH >6.5:* Super Phosphozyme Liquid (90 drops) in water
*With Average Urinary pH <5.5:* Bio-CMP (6) K-Zyme (6)

**Female:** Liquid Iodine (150 drops) or Liquid Iodine Forte (75 drops) in distilled water (2 oz) for douching (10 minutes) three times weekly for three weeks

**Secondary Support:** L-Arginine (3), Phosphatidylycholine (3), Bio-B 100 (6-9), E-Mulsion 200 (1-3)

**Alternative Support:** Hibiscus (*Althaea officinalis*), Cranberry (*Vaccinium macrocarpon*), Angelica (*A. archangelica*), Celery (*Apium graveolens*), Parsley (*Petroselinum crispum*), Dandelion (*Taraxacum officinale*), Goldenrod (*Solidago virgaurea/canadensis*), Juniper Berries (*Juniper communis*), Buchu (*Barosoma betulina*) & Marshmallow (*Althaea officinalis*) tea, Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C), Black Seed (*Nigella sativa*)

**URINARY URGENCY or FREQUENCY**
UT Complex (3), Nephra-Zyme or Renal Plus (6), Palmetto-Plus or Palmetto Forte (3-6)

**Alternative Support:** Angelica (*A. archangelica*)

**URINE, STRONG ODOR | Dehydration-Induced Urine Concentration**
*Rule out* hepatic and renal dysfunction, urinary tract infection, diabetes and dehydration.

UT Complex (3), Nephra-Zyme or Renal Plus (6), Livotrit Plus (3), MCS-2 (3), GSH-Plus (3)

**Secondary Support:** Cytozyme-K (3), Argizyme (3)

**Alternative Support:** Drink plenty of pure water

**URTICARIA (Hives) | Itchy Skin Welts Caused by Allergy, Infection or Nerves**
*Rule out* dietary gluten sensitivity.

HistoPlex (6), C/Cal/Mag Powder (3-6 tsp) in choice of beverage or Osteo-B Plus or Osteo-B II (6), ADHS (3), Bio-FCTS (3), EGCG-200mg (2), Beta-TCP (6), B12-2000 (6)

**Secondary Support:** 10-Day BioDetoxification (Pea or Whey) Program (2)
**Alternative Support:** Milk Thistle (*Silybum marianum*, silymarin)

**UTERINE CONGESTION**

Equi-Fem (6), E-Mulsion 200 or E-200 Hγ (2), Tocotrienols (2), B12/Folate Plus (6) or Methylfolate Plus (3) or 5-MTHF Plus Forte (1), Blackcurrant Seed Oil (3-6), HR#2 Lymphatic Drainage (2 capfuls)

**Alternative Support:** Progesterone (topical cream)

**UTERINE FIBROIDS**

Equi-Fem or PMT (3-6), Cytozyme-O (3-6), Cytozyme-F (3), Evening Primrose Oil (1-3), Iodizyme-HP (1-3) or Liquid Iodine Forte (20-40 drops), Colon-Plus Caps (3-12), EGCG-200mg (1-2)

**Secondary Support:** Bio-Detox Packs (3)

**UTERUS, TIPPED**

ChondroSamine-S or ChondroSamine Plus (3), Equi-Fem (6)

**Alternative Support:** Progesterone (topical cream)

**UTI (Urinary Tract Infection)**

See “Urinary Tract Infection”

**UVEITIS | Inflammation of the Eye’s Uvea**

Optic-Plus (6), Zn-Zyme Forte (3), Bio-Ae-Mulsion Forte (15 drops), Bio-FCTS (3-6), EGCG-200mg (2), Dismuzyme Plus Granules (3 tbsp) or Dismuzyme Plus 5000 (3-6)

**Alternative Support:** Astaxanthin/Lutein/Zeaxanthin (Carotenoids)

**VAGINAL DRYNESS | Insufficient Natural Lubrication**

Equi-Fem (3-12), Biomega-3 (3) or Biomega-3 Liquid (1 tsp) or Mixed EFAs (3 tbsp) or Optimal EFAs Caps (3-6), B12/Folate Plus (3-6)

**Secondary Support:** Lactozyme (1-2) inserted into vagina every other day for two weeks Saccharomyces boulardii (3), Bio-Ae-Mulsion (1-4 drops) internally and/or topically, Cytozyme-AD (3-9), Thyrostim (3-6), Liquid Iodine (1 dropper), Aqueous Zinc (½ bottle) daily until distasteful, Multi-Mins Iron & Copper Free (1-4), E-Mulsion 200 or E-200 Hγ (3-9), Tocotrienols (2)

**Alternative Support:** Coconut Oil (MCTs)

**VAGINAL WARTS | Sexually Transmitted DNA Disease**

UltraVir-X (3-9), IAG (3 tsp), Bio-FCTS (3-9), EGCG-200mg (2), Bio-Cyanidins (6-12), KappArest (3-9), Cytozyme-THY (3-6), Bio-GGG-B (6-12), Bio-Ae-Mulsion Forte (3-9 drops), Bio-D-Mulsion Forte (4-8 drops), Methylfolate Plus (3-6), Iodizyme-HP (1)

**VAGINAL YEAST INFECTION**

A.D.P. (3-12), Iodizyme-HP (½-2), Liquid Iodine (1 dropper) in water and one tampon soaked in (20 drops) with water for several hours or overnight every other day for up to two weeks, and alternate with Lactozyme (1-2) insertion, Biodoph-7 Plus (3), Saccharomyces boulardii (3)

**Alternative Support:** Chaste Tree (*Vitex agnus-castus*), Progesterone (topical cream)

**VAGINITIS | Inflammation of the Vagina**

Rule out ALL forms of sugar, vitamin B deficiency, excessive douching, poor hygiene, oral
Argizyme (3), L

Connective Tissue Support:
- Argizyme (3)
- Purified Chondroitin Sulfates (3)
- Cytozyme (3)
- Basic Nine (3-6)
- Dismuzyme Plus Granules (1 tbsp), Bio-Zyme Forte (1)
- EFAs Caps (3-6)

Secondary Support:
- Bio-C Plus 1000 (1-3)
- Bio-Ae-Mulsion Forte (1-3 drops)
- Bio-D-Mulsion Forte (2-4 drops)
- Zn-Zyme (2) or Zn-Zyme Forte (1)

Alternative Support:
- Calendula (Calendula officinalis)
- Boric Acid (Acidum boricum)
- Goldenseal (Hydrastis canadensis)
- Tea Tree (Melaleuca alternifolia) oil suppositories
- Triphala (Ayurvedic combination of three medicinal plants)
- N-Acetylglucosamine (NAG)
- Aloe (Aloe vera)
- Barberry (Berberis vulgaris)
- Chamomile (Matricaria chamomilla)
- Ascorbyl Palmitate (fat-soluble vitamin C)
- Liposomal C (molecule-soluble vitamin C)

VARICOSITIES (Varicose Veins) | Enlarged, Swollen, Bulging or Distended Veins

Rule our genetic predisposition, poor diet devoid of flavonoid-rich foods and fiber, obesity, standing occupations, and multiple pregnancies.

Bio-FCTS (3-12), EGCG-200mg (2), Beta-TCP (6-12), Livitrot Plus (3-6), Bio-C Plus 1000 (1-3), Chlorcaps or Chlorella Caps (3), Bio-K Mulsion (2-4 drops), Bio-Cyanidins (3-6), Bromelain Plus (3-6) on an empty stomach, Optic-Plus (3) for its Bilberry (Vaccinium myrtillus), Optimal EFAs Caps (6) or Biomega-3 (3) or Biomega-3 Liquid (1 tsp), Flax Seed Oil (6) or SunFlax Caps (4), CoQ-Zyme 30 (1-3) or CoQ-Zyme 100 Plus (1-2), GSH-Plus (3)

Secondary Support:
- Purified Chondroitin Sulfates (3), Bio-D-Mulsion Forte (2-4), Ginkgo Biloba (3), Phosphatidylcholine (3)

Alternative Support:
- Horse Chestnut (Aesculus hippocastanum)
- Butcher's Broom (Ruscus aculeatus)
- Cayenne Pepper (Capsicum annuum)
- Bilberry (Vaccinium myrtillus)
- Hawthorn (Crataegus oxyacantha/monogyna)
- Gotu Kola (Centella asiatica)
- Aloe (Aloe vera)
- Dimethylglycine (DMG)
- Dandelion (Taraxacum officinale)
- Ascorbyl Palmitate (fat-soluble vitamin C)
- Liposomal C (molecule-soluble vitamin C)

VASCULAR SUPPORT | Inflammation Prevention

VasculoSirt (6-9), EFA-Sirt Supreme (6-9), E-200 H₂ (3-9), Multi-Mins Iron & Copper Free (6), Basic Nine (3-6), Intenzyme Forte (9-18) on an empty stomach, Niacin 100 (1), Ginkgo Biloba (3-6)

Antimicrobial Support:
- A.D.P. (6-12), Intenzyme Forte (9-12) on an empty stomach, IAG (3 tsp), UltraVir-X (3-9), Bio-Cyanidins (6-9), Bio-FCTS (3-9), EGCG-200mg (2), Bio-Cyanidins (6-12), HR#4 Detox-Virus or HR#8 Fungal-Yeast Infection or HR#9 Bacterial Detox (1 capful)

Antioxidant Support:
- GSH-Plus (3-6), Dismuzyme Plus Granules (1 tbsp), Bio-C Plus 1000 (3) or Mixed Ascorbate Powder (1-2 tsp) to bowel tolerance

Capillary Dilatation Support:
- L-Arginine (3-9), OOrganic-15 (6-12), Bio-Cyanidins (3-6), Argizyme (3-9), NitroGreens (1 scoop)

Connective Tissue Support:
- Purified Chondroitin Sulfates (3-9), Cytozyme-Trachea (3-6), Super Phosphoyme Liquid (2 droppers)

Vasodilation Support:
- Bio-FCTS (3-9), EGCG-200mg (2), Bio-Cyanidins (3-6), KappArest (3-6), Garlic Plus (3-6), Biomega-3 or Optimal EFAs Caps (3-6), Bio-C Plus 1000 (1-3), Argizyme (3), L-Arginine (3), CoQ-Zyme 100 Plus (1-3), NitroGreens (1 scoop)
**Alternative Support:** Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**VEGETARIAN "VEGAN" DIET | Strict No Meat, Dairy, Eggs and Fish Diet**

*Rule out the most common deficiencies: vitamin B12 in adults and iron in children.*

Hydro-Zyme (6-12), Zn-Zyme Forte (1-2), Bio-6 Plus (3), Bromelain Plus CLA (3) on an empty stomach, B12-2000 Lozenges (3), Bio-D-Mulsion Forte (2-4 drops), Fe-Zyme (1-2), Zn-Zyme or Zn-Zyme Forte (1-2), Amino Sport (6-12), Biomega-3 (3) or Biomega-3 Liquid (1 tsp), Pea Protein Isolate (2 level scoops)

**VENEREAL DISEASE, FEMALE & MALE | Sexually Transmitted Disease (STD)**

A.D.P. (6-9), UltraVir-X (6), IAG (3-6 tsp), Bio-Immunozyme-Forte (4), MCS-2 (3) Bio-FCTS (3), EGCG-200mg (2)

**VENOUS CONGESTION | Impaired Vein Blood Circulation**

MCS-2 (3), Beta-TCP (6), Phosphatidylcholine (3), HR#2 Lymphatic Drainage (2 tsp)

**VENOUS THROMBOEMBOLISM | Deep Vein Thrombosis & Pulmonary Embolism**

*A post-surgical and certain disease (diabetes, CVD) risk factor typically addressed with pharmaceutical prophylaxis (Coumadin & Heparin).*

Bio-C Plus (3-6) or Bio-C Plus 1000 (1-3), Bio-E-Mulsion Forte (5-10 drops), Bio-Cyanidins (6-9), Ginkgo Biloba (3-6), KappArest (6)

**Secondary Support:** Horse Chestnut (*Aesculus hippocastanum*), Butcher’s Broom (*Ruscus aculeatus*); use compression stockings; elevate legs above the heart with bed rest

**Alternative Support:** Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**VERTIGO | Dizziness or Sensation of Falling**

*Rule out vascular insufficiency, spinal, cranial or TMJ dysfunction, hypertension, poor circulation resulting in nerve damage, infection, adrenal dysfunction, vitamin (thiamine) and mineral (magnesium, manganese) deficiencies, and food allergy or sensitivity.*

**With High Blood Pressure:** Bio-CardioSirt BP (1 rounded scoop), CoQ-Zyme 30 (3) or CoQ-Zyme 100 Plus (2), Blackcurrant Seed Oil or Evening Primrose Oil (6-9) or Optimal EFAs Caps (6), Renal-Plus or Nephra-Zyme (15), Bio-CMP (6), ADHS (2-4) at breakfast and lunch

**With Low Blood Pressure:** Bio-Glycozyme Forte (3) at 10 am, 3 pm and two hours after dinner, Cytozyme-AD (6) or ADB5-Plus (3), Bio-3B-G (2) per waking hour for 10 days, then (9) daily

**With Normal Blood Pressure:** Bio-Ae-Mulsion Forte (4 drops) in water three times daily for one week, then (2 drops) three times daily for three weeks, Bio-Immunozyme Forte (3), Ginkgo Biloba (6)

**With Viral Infection:** Cytozyme-THY (15), IAG (2 tsp), UltraVir-X (6) before meals

**With Bacterial Infection:** Cytozyme-THY (15), IAG (2 tsp), Neutrophil Plus (6)

**With Meniere’s:** B6 Phosphate (6-12) and HistoPlex (8) between meals

**Secondary Support:** Zn-Zyme Forte (2), Cu-Zyme (1) away from the zinc, Mg-Zyme (4-6) or Mg-Orotate 500 (2) at bedtime, then increase to bowel tolerance, Melatonin-B6/Mg (½ tab) before bedtime
**Alternative Support:** Magnesium (Chloride) Oil (transdermal topically), Vinpocetine derived from Lesser Periwinkle (*Vinca minor*), Dimethylglycine (DMG), Kelp (brown seaweed algae), Black Cohosh (*Actaea racemosa*), Ginger (*Zingiber officinale*), Dandelion (*Taraxacum officinale*), Butcher’s Broom (*Ruscus aculeatus*), Cayenne Pepper (*Capsicum annuum*)

**VIRAL INFECTION**

Rule out poor diet, chronic endocrine hypofunction, immune weakness or dysfunction, unresolved prior infection, IV drug abuse, sexually transmitted disease (STD), and stress.

**Acute Phase:** UltraVir-X (6), Bio-Immunozyme Forte (6), Cytozyme-THY (15), Cytozyme-LV (6-9), NAC (3), Intenzyme Forte (12-15) on an empty stomach, Livotrit Plus (3) increased to (6) daily, Beta-TCP (9), Dismuzyme Plus Granules (6 tbsp), IAG (6 tsp), HR#9 Lymphatic Drainage and HR#4 Detox Virus (1 capful) daily for 30 days, then (1 capful) each daily, Liquid Iodine Forte (100 drops) in water or Iodizyme-HP (1/2-1), Bio-C Plus 1000 (3), Bio-FCTS (6), EGCG-200mg (2), E-Mulsion 200 (1-2)

**Chronic Phase:** UltraVir-X (6), Bio-Immunozyme Forte (3), Immuno-gG (3), Cytozyme-THY (6), Cytozyme-LV (6-9), Intenzyme Forte (6-9) on an empty stomach, Livotrit Plus (3), Beta-TCP (6), Dismuzyme Plus (6-9) or Dismuzyme Plus Granules (1-3 tbsp) or Dismuzyme Plus 5000 (3-6), IAG (2 tsp), HR#9 Lymphatic Drainage (2 capfuls) and HR#4 Detox Virus (1 capful) daily for 30 days, then (1 capful) each, Liquid Iodine Forte (100 drops) in water or Iodizyme-HP (1/2-1), Bio-C Plus 1000 (3), Bio-FCTS (6), EGCG-200mg (2), E-Mulsion 200 (1-2) or Bio-E-Mulsion Forte (15-45 drops)

**Secondary Support:** Bio-Cyanidins (3), Mg-Zyme (4) or Mg-Orotate 500 (2) at bedtime, then increase by (1) daily to bowel tolerance, Neonatal Multi-Gland (6), BioProtect (3), Amino Sport (3-9), Flax Seed Oil (6) or SunFlax Caps (4) or Biomega-3 (3) or Biomega-3 Liquid (1 tsp) or Optimal EFAs Caps (3-6)

**When Asymptomatic:** Continue with Livotrit Plus, Bio-Immunozyme Forte, Intenzyme Forte, Beta-TCP, UltraVir-X, and IAG at (1 tsp) per day for one year

**Alternative Support:** Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**VITAMIN A DEFICIENCY**

**Tinnitus (Ringing/Buzzing in Ears) or Head Noises:** Bio-Ae-Mulsion Forte (3-6 drops)

**Strong Light Irritation of the Eyes:** ADHS (2-4) in early and late morning, Bio-Ae-Mulsion Forte (3-6 drops)

**VITAMIN B COMPLEX DEFICIENCY**

Bio-B 100 (18) loading dose for 10 days, then (12) for 15 days, then (6) for 30 days, with (1-3) for maintenance, as required

**VITAMIN B1 (THIAMINE) DEFICIENCY**

Bio-3B-G (18) loading dose for 10 days, then (12) for 15 days, then (6) for 30 days, (1-3) for maintenance as required, B6/B1 Plus Zinc (1-2)

**VITAMIN B2 (RIBOFLAVIN) DEFICIENCY**

Bio-GGG-B (18) loading dose for 10 days, then (12) for 15 days, then (6) for 30 days, (1-3) for maintenance, as required

**VITAMIN B6 (PYRIDOXINE) DEFICIENCY**
**Burning Mouth Syndrome:** B6 Phosphate (3-6), B6/B1 Plus Zinc (1-2), Bio-B 100 (6)

**Numbness in Hands/Feet, MSG Intolerance:** B6 Phosphate (3-6), B6/B1 Plus Zinc (1-2), Bio-B 100 (6)

**Dream Amnesia, "Black & White" Dreaming:** B6 Phosphate (3-6), B6/B1 Plus Zinc (1-2), Bio-B 100 (6)

**VITAMIN D DEFICIENCY | Parathyroid Dysfunction, Frequent Hoaresness**

Ca/Mg-Plus (3), Bio-D-Mulsion (5-10 drops) or Bio-D-Mulsion Forte (2-4 drops)

**VITAMIN E DEFICIENCY | Muscle Cramps with Exercise**

E-Mulsion 200 (1-2) or E-200 Hγ (1-2), Tocotrienols (23)

**Alternative Support:** Wheat Germ Oil

**VITILIGO | White Skin Patches through Loss of Pigmentation Melanocytes**

Rule out genetic predisposition, hypochlorhydria, vitamin (B12, folic acid), mineral (calcium, magnesium), and essential fatty acid deficiencies, diabetes, and adrenal or thyroid dysfunction.

Bio-B with C (6), Thyrostim (6), Blackcurrant Seed Oil or Evening Primrose Oil (6-9), Biomega-3 (3) or Biomega-3 Liquid (1 tsp) or Optimal EFAs Caps (6), Hydro-Zyme (6-12), B12-2000 Lozenges (1-2), Bio-C Plus 1000 (1-3), MSM (3) or MSM Powder (1 tsp)

**Secondary Support:** POA-Phytolens (1-3), Saccharomyces boulardii (1-3), Bio-Multi Plus Iron & Copper Free (3), Ca/Mg-Plus (6) before meals, DL-Phenylalanine (3) with Ultraviolet (UVA) Light, Zn-Zyme or Zn-Zyme Forte (1-2), St. John's Forte (3), E-Mulsion 200 (1)

**Alternative Support:** Para-aminobenzoic acid (PABA), S-Adenosylmethionine (SAMe), Saccharomyces (S. cerevisiae), Silica (Silicon dioxide), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**VOMITING, CHILDREN, PROLONGED**

Lactozyme (1-6), Bio-6 Plus (1-8), Saccharomyces boulardii (3), Beta-TCP (1-8) with Super Phosphozyme Liquid (10-20 drops) as needed to control the vomit response

**Secondary Support:** HR#1 Detoxification (1 capful)

**VOMITING, FREQUENT**

Super Phosphozyme Liquid (30 drops) in water, Gastrazyme (4), Beta-TCP (6)

**In Pregnancy:** Chlorocaps or Chlorella Caps (3), B6 Phosphate (3) and Beta-TCP (6)

**WARTS, COMMON | Human Papillomavirus (HPV) Vaginal & Penile Skin Tags**

Cytozyme-THY (9), Bio-GGG-B (6-9), Bio-C Plus 1000 (1-3), Bio-D-Mulsion Forte (2-4 drops), Bio-Ae-Mulsion Forte (12 drops) for one month, then (6 drops) for one month, then (3 drops) until gone, Liquid Iodine or Liquid Iodine Forte topically twice daily, Methylfolate Plus (3) or 5-MTHF Plus Forte (1), Iodizyme-HP (1), UltraVir-X (2) and (1) for children, MSM (3), MSM Powder (1 tsp), E-Mulsion 200 (1)

**Additional Protocol:** KappArest (1) content on a band-aid placed directly on the wart daily for as long as necessary for its elimination

**Secondary Support:** Bio-Immunoyzme Forte (3), Dismuzyme Plus Granules (2 tbsp), Bio-FCTS (6-9), EGCG-200mg (2), Bio-Cyanidins (3-6), Garlic Plus (3)

**Alternative Support:** Olive Leaf (Olea Europaea), Grapefruit Seed (Citrus paradisi) extract transdermal topically, Wheat Germ, Tea Tree (Melaleuca alternifolia), Clove (Syzygium
after exercise, Gammanol Forte (3) before and after exercise and bedtime, Gammanol Forte (3) before and after exercise and bedtime, Equi-Fem (3-6) or Cytozyme-O (3), b-VITAL (1-3), ChondroSamine Plus or ChondroSamine-S or Chondro-Plus (3-6), Cytozyme-PT/HPT (3), Chromium Picolinate (3-6)

WEIGHT TRAINING, INTENSE – MALE
Bio-Anabolic Pack (1) before and after exercise and bedtime, Amino Sport (3-6) before and after exercise, Gammanol Forte (3-6) before and after exercise and at bedtime, Cytozyme-
Orchic (3), Cytozyme-PT/HPT (3), b-VITAL (2) at breakfast & dinner, Chondrosamine Plus or Chondrosamine-S or Chondro-Plus (3-6), Chromium Picolinate (3-6)

**WHITE BLOOD CELL (WBC), HIGH | Leukocytosis, Acute Immune Deficiency**

**With Bacterial or Fungal Infection:** Bio-Immunozyme Forte (3-12), Mixed EFAs (2-3 tbsp), Biomega-3 (3-9) or Biomega-3 Liquid (1-3 tsp) or Optimal EFAs Caps (3-6), A.D.P. (6-16), Methylfolate Plus (3) or 5-MTHF Plus Forte (1), B12-2000 Lozenges (3)

**With Viral Infection:** UltraVir-X (6-16), HR#4 Virus or HR#8 Fungus or HR#9 Bacteria or HR#10 Parasites (1 capful), Cytozyme-AD (3-12), Cytozyme-F (3-16), Gammanol Forte (6-16), Cytozyme-PT/HPT (3-16), Methylfolate Plus (3) or 5-MTHF Plus Forte (1), B12-2000 Lozenges (3)

**WHITE BLOOD CELL (WBC) LOW | Leukopenia, Chronic Immune Deficiency**

**With Viral Infection:** Bio-Immunozyme Forte (3-12), IAG (1 tsp), C/Cal/Mag Powder (1 tsp), Immuno-gG (3-6), Mixed EFAs (2-3 tbsp) or Optimal EFAs Caps (6), Methylfolate Plus (3) or 5-MTHF Plus Forte (1), B12-2000 Lozenges (3), B12/Folate Plus (3-6), Folic Acid 800 (3-6), Fe-Zyme (3-6) with iron anemia

**With Chemotherapy or Radiation Therapy:** Li-Zyme (100-200)

**Secondary Support:** Cytozyme-Trachea (3-12), Cytozyme-THY (3-12), Cytozyme-SP (3-12), Biomega-3 (3-9) or Biomega-3 Liquid (1-3 tsp)

**WHOOPING COUGH (Pertussis) | Respiratory Bacterial Infection**

A.D.P. (6), Bio-FCTS (3), EGCG-200mg (2), IAG (3-6 tsp), Bio-Ae-Mulsion (1-2 drop), Bio-C Plus (3-6), Bio-D-Mulsion Forte (2-4 drops), Garlic Plus (3)

**Secondary Support:** HR#2 Lymphatic Drainage (3 capfuls), HR#4 Detox-Virus (3 capfuls)

**Alternative Support:** Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**WHOOPING COUGH (Pertussis), PEDIATRIC**

See “Pertussis”

**WORMS, PEDIATRIC**

A.D.P. (1-2) between meals, Bromelain Plus CLA (1-2) between meals, Bio-HPF (1-2) between meals, Garlic Plus (1-2), Hydro-Zyme (1-3), HR#10 Parasite Detox (1 capful)

**Secondary Support:** Apple Cider Vinegar (raw organic)

**WORMS/PARASITES, INTESTINAL (Helminthiasis)**

*Rule out ALL sugars, refined carbohydrates, pork products, high-fructose fruit, unfiltered water, poor hygiene, and household pets.*

A.D.P. (9), Bromelain Plus CLA (6) between meals, MSM (3) or MSM Powder (1-3 tsp), Bio-HPF (6) between meals, Garlic Plus (3), Hydro-Zyme (6), BioDophilus Plus (3), Optimal EFAs Caps (3-6), Garlic Plus (3), Bio-B 100 (6-9), Bio-C Plus 1000 (1-3), HR#10 Parasite Detox (1-2 capfuls)

**Secondary Support:** Dysbiocide (4), FC-Cidal (6)

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Apple Cider Vinegar (raw organic), Grapefruit Seed (Citrus paradisi) extract, Cayenne Pepper (Capsicum annuum), Black Walnut (Juglans nigra), Wormwood (Artemisia absinthium), Calendula
(Calendula officinalis) and Witch Hazel (Hamamelis virginiana) ointment, Bitter Melon (Momordica charantia), Parsley (Petroselinum crispum), Aloe (Aloe vera) juice, Cascara Sagrada (Rhamnus purshiana), Slippery Elm (Ulmus rubra), Rhubarb (Rheum rhabarbarum), Fennel (Foeniculum vulgare), Ascorbyl Palmitate (fat-soluble vitamin C), Liposomal C (molecule-soluble vitamin C)

**WOUNDS & LACERATIONS | Tissue Damage Caused by Physical Injury or Trauma**

**Without Stitches:** Intenzyme Forte (10) ASAP, then (5) 4 times daily on an empty stomach, then (9) after three days

**With Stitches:** Bromelain Plus (10) ASAP, then (5) four times daily on an empty stomach, then (9) until healed

**Secondary Support:** Bio-Immunozyme Forte (6) for 10 days, then (3) until healed, L-Arginine (3-6), Bio-Multi Plus (3) or ProMulti-Plus (6), Flax Seed Oil or SunFlax Caps (4) or Biomega-3 (3) or Biomega-3 Liquid (1 tsp) or SunFlax Caps (4), Optimal EFAs Caps (3-6), Liquid Iodine or Liquid Iodine Forte topically twice daily

**Alternative Support:** Turmeric/Curcumin (BCM-95®), Boswellia (Boswellia sacra) a.k.a. Frankincense, Nattokinase & Serrapeptase (enzymes from natto & silk worm), Colloidal Silver, Manuka Honey, Bee Propolis (bee resin flavonoid), Zinc Oxide, Emu (Dromaius) Australian flightless bird oil (transdermal topically)

**WRINKLES (Pseudoxantoma Elasticum) | Dermal Elastic Fiber Calcification**

**Rule out excessive sun exposure.**

Bio-Ae-Mulsion Forte (1-3 drops), MSM (3) or MSM Powder (1 tsp), Blackcurrant Seed Oil or Evening Primrose Oil (3), Bio-B 100 (3-6), Bio-K-Mulsion (1 drop) transdermal topically, Se-Zyme Forte or Selenomethionine (1)

**Secondary Support:** Flax Seed Oil (6) or SunFlax Caps (3-6), Bio-Cyanidins (3), Dismuzyme Plus or Dismuzyme Plus 5000 (3) or Dismuzyme Plus Granules (1 tsp), ChondroSamine-S (3), Bio-D-Mulsion Forte (2-4)

**Alternative Support:** Kelp (brown seaweed algae), Silica (Silicon dioxide), Collagen (cream), Aloe (Aloe vera) gel, Comfrey (Symphytum officinale), Witch Hazel (Hamamelis virginiana), Cranberry (Vaccinium macrocarpon), Lavender (Lavandula angustifolia), Borage (Borago officinalis), Alfalfa (Medicago sativa), Burdock (Arctium lappa), Chamomile (Matricaria chamomilla), Red Raspberry Leaf (Rubus idaeus)

**WRYNECK (Torticollis) | Contracted Neck Muscles**

Ca/Mg Plus (9), Cytozyme-THY (9), Bromelain Plus CLA (12) on an empty stomach, GTA-Forte (1-2), Beta TCP (6)

**XENOBIOTICS | Foreign Chemical Compounds in Adipose Tissue**

**Rule out obesity, common exposure to environmental toxins (pharmaceutical drugs, industrial chemicals, cosmetic additives, and synthetic hormones), hepatic detoxification dysfunction (metabolic methylation Phase 1 and Phase 2 pathways), dietary fiber insufficiency, blood sugar issues, chronic inflammation, and mood variations.**

10-Day BioDetoxification Kit (Pea or Whey) Program (2), Ca D-Glucarate (2), NAC (3), Lipoic Acid Plus (3) or R-Lipoate CBG (1-2), TMG Powder (1-2 level tsp), MSM (3) or MSM Powder (2 tsp), Beta-TCP (3-6), Mood Enhancer (1-2) before meals or at bedtime, Melatonin-B6/Mg
(½-1) before bedtime

**X-RAY BURNS | Electromagnetic Radiation**

Dismuzyme Plus Granules (3-6 tbsp) or Dismuzyme Plus 5000 (3-6), Bio-FCTS (3), EGCG-200mg (2), BioProtect (3), Chlorocaps or Chlorella Caps (3)

*Alternative Support:* Aloe (*Aloe vera*) gel

**YEAST INFECTION (Candidiasis)**

*Rule out all dietary refined and high glycemic index/glycemic load (GI/GL) carbohydrates, alcohol, fermented foods, dairy, hydrogenated fats and oils, and fruit juices.*

Gastrazyme (6), IPS (6), Beta-TCP (6); after one week, add A.D.P. (5) three times daily before meals for one week, then (3) three times daily, Bio-B 100 (12), MSM (2), HR#8 Fungal-Yeast Infection (3 capfuls), FC-Cidal (6), Mo-Zyme (3-9) or Mo-Zyme Forte (3-6), Liquid Iodine (30 drops) or Liquid Iodine Forte (15 drops) twice daily; after three weeks, reduce protocol by 50% and add Lactozyme (6) or BioDoph-7 Plus (3) before meals, Saccharomyces boulardii (3), Aqueous Zinc (½-1 bottle) until distasteful, then switch to Zn-Zyme (1-2) or Zn-Zyme Forte (1)

*Secondary Support:* Neonatal Multi-Gland (6), Garlic Plus (3)

*Alternative Support:* Apple Cider Vinegar (raw organic) in douche or bath, Tea Tree (*Melaleuca alternifolia*) oil tampon, Cranberry (*Vaccinium macrocarpon*), Aloe (*Aloe vera*), Yogurt

**ZINC DEFICIENCY | Susceptibility to Colds, Infections, Fevers**

Bio-Immunozyme (3-6)

*Secondary Support:* Zn-Zyme Forte (3-6)

**ZINC DEFICIENCY | Nail White Spots, Cuts Heal Slowly, Impaired Taste & Smell**

Aqueous Zinc (½ bottle) daily until noxious taste ("Zinc Taste Test"), Zn-Zyme Forte (3-6)

**ZOLLINGER-ELLISON SYNDROME | Gastric Hyperacidity, Gastrin-Inducing Tumor**

Gastrazyme (6-12), Gammanol Forte (3-6), L-Glutamine (3-6) or L-Glutamine Powder (1-3 tsp), Chlorocaps or Chlorella Caps (3-6)
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