



# our health, a never ending story

physician's manual

EN

  
**NUTRINED**

 **Researched  
Nutritionals**  
*solutions for life*





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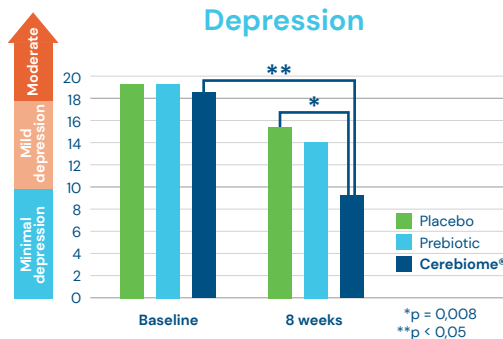
**Researched  
Nutritionals**





# AnxiaEase™

<b>indication</b>	Mood enhancer Indicated in anxiety, stress disorders, cognitive impairment	
<b>dosage</b>	Take 2 caps per day with food	
<b>packaging</b>	120 vegecaps per container	
<b>daily dose (based on 2 vegecaps)</b>	Lemon balm ( <i>Melissa officinalis</i> )	310 mg
	Holy basil extract ( <i>Ocimum sanctum</i> )	300 mg
	Lavender ( <i>Lavandula officinalis</i> )	200 mg
	Ashwaganda root, stem and leaf extract ( <i>Withania somnifera</i> )	120 mg
	Passion flower ( <i>Passiflora incarnata</i> )	100 mg
	Phosphatidylserine Sharp-PS® (from Sunflower)	40 mg
	Vitamin B6 (Pyridoxal-5-phosphate)	25 mg
	Magnesium (Magnesium taurinate)	25 mg
	CereBiome®:	1.5 Billion CFU (60 mg)
	Lactobacillus helveticus (Rossell®-52)	
	Bifidobacterium longum (Rossell®-175)	

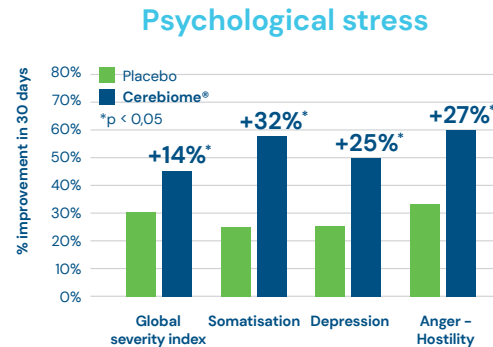


#### Study Design Summary

110 patients suffering from mild to moderate depression, receiving an antidepressant treatment for at least three months. The probiotic was used as an adjunct therapy to conventional antidepressant treatment.

#### Results

After 8 weeks, Cerebiome® showed a significant decrease in Beck Inventory Depression (BDI) scores, from 18 down to 9 on average. These results are clinically significant, showing the patients were now categorized with “minimal depression” according to the validated assessment scale.



#### Study Design Summary

Double-blind, controlled, randomized clinical trial, 55 healthy participants were evaluated using a range of validated psychological assessment scales for anxiety, depression and stress, while subjects were also subjected to a stress biomarker sampling using a 24-hour urinary free cortisol test (UFC).

#### Results

After one month, the data indicated that a daily dose of Cerebiome® significantly alleviated psychological distress and had a beneficial effect on general feelings of anxiety and depression; more specifically on somatization (medical symptoms with no known origin) and depression. This provided clinical proof that the gut-brain axis is characterized by bidirectional communication.





# Artemisinin SOD™

<b>indication</b>	Lyme-coinfections, Babesia, parasites, selective oxidative elimination of pathogens	
<b>dosage</b>	Take 2 x 1 – 2 caps per day away from food and iron, 5 days in a row Interruption during the weekend	
<b>packaging</b>	120 vegecaps per container	
<b>daily dose (based on 2 vegecaps)</b>	Artemisinin (Artemisia annua L.)	250 mg
	<b>Pro SOD Complex™:</b>	
	CurcuWIN™ extract 95% (Turmeric Extract, molecular dispersion technology)	200 mg
	Quercetin	150 mg
	Green tea extract 95% (Camelia sinensis)	100 mg
	Black Walnut hull (Juglans nigra)	100 mg

# Artemisinin SOLO™



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**indication**

Selective oxidative elimination of cells with iron accumulation

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**dosage**

Take 2 x 1 - 2 caps per day away from food and iron, 5 days in a row  
Interruption during the weekend

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**packaging**

90 vegecaps per container

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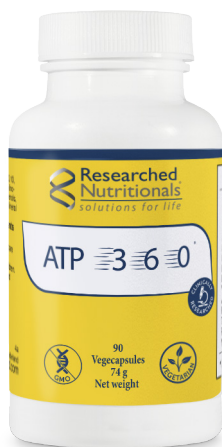
**daily dose  
(based on  
2 vegecaps)**

Artemisinin (Artemisia annua L.)

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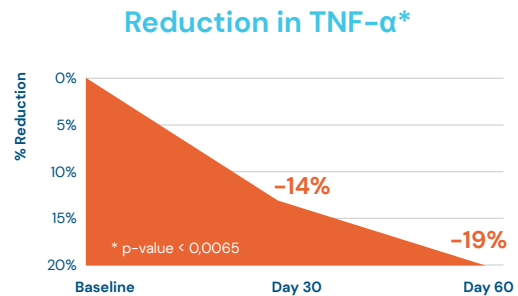
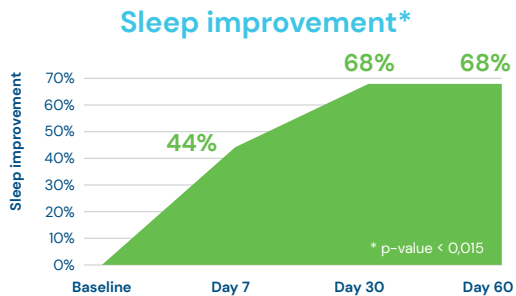
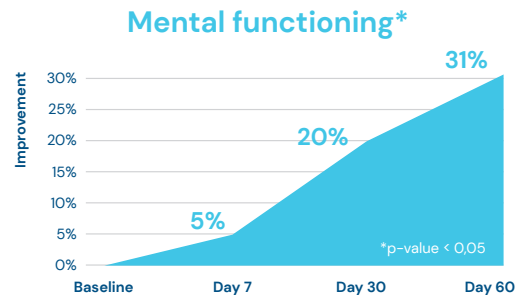
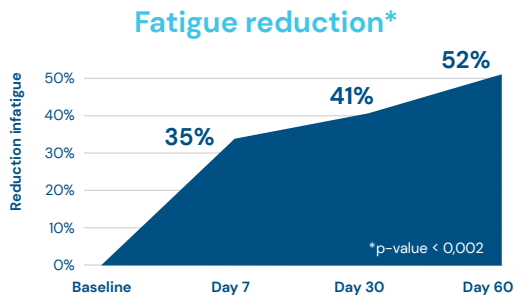
250 mg

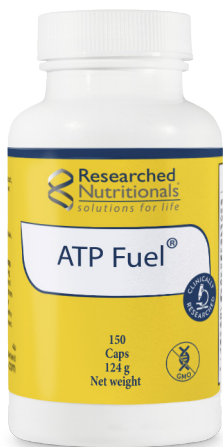
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# ATP360®

<b>indication</b>	Mitochondrial repair Cognitive and physical fatigue	
<b>dosage</b>	Take 3 caps per day in the morning with breakfast	
<b>packaging</b>	90 vegecaps per container	
<b>daily dose (based on 3 vegecaps)</b>	Phosphatidylcholine	200 mg
	Acetyl-L-Carnitine	200 mg
	Vitamin C (as Ascorbic acid)	100 mg
	Co Q 10	100 mg
	Phosphatidylethanolamine	80 mg
	R-lipoic acid	75 mg
	Phyto Glycolipids	65 mg
	Phosphatidylinositol	55 mg
	Magnesium (as Dimagnesium malate)	50 mg
	Vitamin B1 (as Thiamine HCl)	50 mg
	Alpha ketoglutaric acid	50 mg
	Riboflavin (as Riboflavin-5-phosphate)	42 mg
	Tocotrienols (Deltagold®)	30 mg
	Pyrroloquinoline Quinone (PQQ)	10 mg
	NADH (Panmol®)	5 mg





# ATP Fuel®

indication	Cognitive and physical fatigue Repair of the damaged mitochondrial membranes in case of oxidative stress	
dosage	Take 10 caps per day for the first 2 months: take 5 caps during breakfast and 5 caps during lunch or dinner; take 5 caps during breakfast at month 3 and beyond	
packaging	150 caps per container	
daily dose (based on 5 caps)	<p><b>NT Factor® Proprietary Blend:</b> NT Factor lipids®, Fructo-oligosaccharides, Rice bran extract, Opti-MSM®, Bromelain, Sulfur, Vit B5 (as Calcium-pantothenate), Inositol, L-Arginine, L-Glycine, Taurine, Alpha lipoic acid, Garlic, Spirulina, Beetroot fiber, Bifidobacterium bifidum, Leeks stem powder, Lactobacillus acidophilus, Molasses, Boron</p> <p><b>Mitochondrial Pro Regulator™:</b> Opti-MSM®, Calcium (as Dicalcium phosphate, Calciumcitrate, Calcium pyruvate), Phosphorus (as Dicalcium phosphate)</p> <p><b>Krebs Cycle Glucose Absorb™:</b> Alpha keto glutaric acid, L-Tyrosine</p> <p><b>RN Fatty Acid Metaboliser™:</b> Carnipure®, Carnitine-tartrate</p> <p><b>Calcium</b> (included in Mitochondrial Pro Regulator™)</p> <p><b>Vitamin B5</b> (as Pantethine) (included in NT Factor Proprietary Blend and RN Fatty Acid Metaboliser™)</p> <p><b>Krebs Energy Foundation:</b> Coenzyme Q10, NADH</p> <p><b>Vitamin E</b> (as Alpha tocopheryl succinate)</p>	<p>2000 mg</p> <p>432 mg</p> <p>180 mg</p> <p>141 mg</p> <p>137 mg</p> <p>51 mg</p> <p>35 mg</p> <p>12 mg</p>





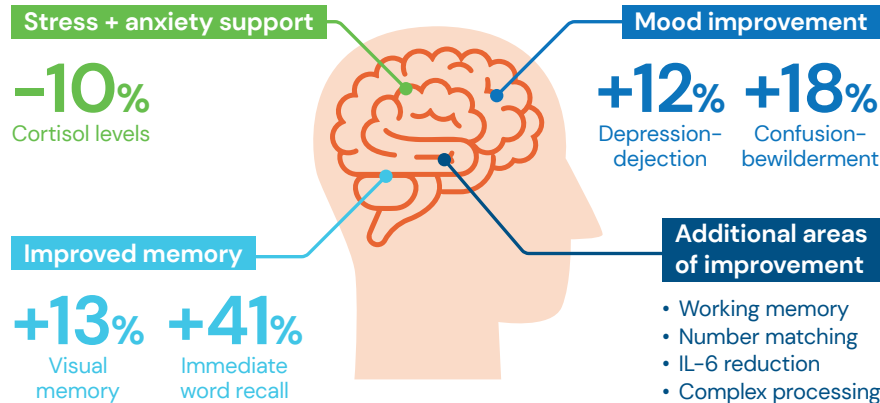
# BDNF Essentials®

<b>indication</b>	Rebuild neuroplasticity by increasing BDNF Improve cognitive function More tolerance to stress	
<b>dosage</b>	Take 1 - 2 x 2 caps per day with or without food Children under 6 years: take 2 x 1 caps per day	
<b>packaging</b>	120 vegecaps per container	
<b>daily dose (based on 2 vegecaps)</b>	Lions Mane Mushroom ( <i>Hericium erinaceus</i> )	500 mg
	Skullcap ( <i>Scutellaria lateriflora</i> )	200 mg
	Black Rice ( <i>Oryza sativa</i> )	200 mg
	Bacopa ( <i>Bacopa monnieri</i> )	150 mg
	Sensoril® Ashwagandha ( <i>Withania somnifera</i> )	125 mg
	CDP Choline	125 mg
	Sharp-PS® phosphatidylserine	50 mg

## Researchers Conclusions

BDNF Essentials® significantly improved reaction time in measures of working memory, episodic memory (long-term memory of specific events or episodes), and attention, as well as in mood. Supplementation with BDNF Essentials® also reduced salivary cortisol and IL-6.

These data suggest the use of BDNF Essentials® to support the age-related decline in cognitive function and memory.



## Promotes healthy:

- Cortisol level
- Cognitive function
- Neuro cytokine activity
- Nrf2 (brain antioxidant) function
- Oxidative stress level
- Cellular membranes & function
- Neuroplasticity function
- Neuronal repair
- BDNF function
- Neurogenesis (formation of new neurons)





# Biodisrupt®

indication	Breakdown of biofilms Biofilm-induced hypercoagulation	
dosage	Take 2 x 2 caps per day 1 hour before or 2 hours after food	
packaging	120 vegecaps per container	
daily dose (based on 4 vegecaps)	N-Acetyl cysteine	600 mg
	Cranberry (Vaccinium macrocarpon)	480 mg
	Berberine (Berberis vulgaris)	300 mg
	Rosemary (Rosmarinus officinalis)	250 mg
	Peppermint oil (Mentha piperita)	180 mg
	Lysozyme (from <b>EGG WHITE</b> )	60 mg
	Serratiopeptidase	35.2 mg
	Beta-glucanase	17.2 mg
	Lipase	12.6 mg
	Protease	6.2 mg
	Cellulase	1500 µg
	Hemicellulase	400 µg

## CLINICAL RESULTS

### Candida albicans

Biofilm Mass	65 % Reduction
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Biofilm Metabolic Activity	77 % Reduction
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### Staphylococcus aureus

Biofilm Mass	72 % Reduction
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Biofilm Metabolic Activity	44 % Reduction
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### Staphylococcus simulans

Biofilm Mass	43 % Reduction
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Biofilm Metabolic Activity	36 % Reduction
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## Researchers Conclusions

Treatment of established biofilm with BioDisrupt® resulted in biofilm-disruption, involving significant reductions in biofilm mass and metabolic activity for *Candida albicans*, *Staphylococcus aureus*, and *Staphylococcus simulans*...

We conclude that a targeted blend of botanical extracts and enzymes directed at biofilm matrix components is efficacious of disrupting established biofilm in vitro.

This does not prove efficacy in a clinical situation, but it seems likely that [BioDisrupt®] has a good opportunity to disrupt biofilm in the gut mucosa. Also, the bioavailability of the active herbal and enzyme components of [BioDisrupt®] makes it likely that consumption of [BioDisrupt®] may affect established biofilm in tissues.

Ref.: Jensen, Gitte S et al. "Disruption of Established Bacterial and Fungal Biofilms by a Blend of Enzymes and Botanical Extracts." *Journal of microbiology and biotechnology* vol. 33,6 (2023): 715–723.



# BLt™

<b>indication</b>	Targeted antimicrobial treatment in phospholipid delivery system Especially useful in treatment of vector-borne infections like Borrelia, Bartonella and multiple infections with Rickettsia, Ehrlichia, Anaplasma, Yersinia	
<b>dosage</b>	Starting dose for adults: 2 x 5 drops/day in water away from food Gradually increase dose every 2 days up to 2 x 40 drops/day Patients are advised to take a 3-day break every 4-8 weeks	
<b>packaging</b>	120 ml per bottle	
<b>daily dose (based on 40 drops)</b>	Ceanothus americanus (Red Root)	0.57 ml
	Stillingia sylvatica	0.57 ml
	Smilax (Sarsaparilla)	0.43 ml
	Lomatium dissectum	0.39 ml
	Eupatorium perfoliatum (Boneset)	0.29 ml
	Dipsacus (Teasel)	0.21 ml
	Juglans nigra (Black walnut hull)	0.04 ml



# Boluoke®Lumbrokinase

## indication

Enzymatic breakdown of biofilms  
Plasminogen activator to reduce thrombosis or hypercoagulation  
(Fibrinolysis)  
Cerebral ischemia

## dosage

Take 1 – 2 caps per day away from food.  
Acute: take 3 x 1 – 2 caps per day away from food

## packaging

60 or 120 vegecaps per container

## daily dose (based on 1 vegecaps)

Proprietary earthworm protein extract  
(Lumbricus rubellus)(= 13 mg Lumbrokinase)

20 mg



# Co Q10 Power™

indication	Pathologies for which high doses of Co Q10 are required Dissolved form of Q10 guarantees optimal bioavailability	
dosage	Take 1 softgel per day with food	
packaging	60 softgels per container	
daily dose (based on 1 softgel)	Coenzym Q10	400 mg



# CoreBiotic®

<b>indication</b>	Advanced soil based probiotic formulation with prebiotics: Rebuilds intestinal microbial balance Reduces LPS-translocation Microbial support in autoimmunity	
<b>dosage</b>	Take 1 x 2 caps at least 30 min. before food	
<b>packaging</b>	60 vegecaps per container	
<b>daily dose (based on 2 vegecaps)</b>	Organic VitaFiber® (Prebiotic)	660 mg
	CB Complex:	
	Bacillus coagulans (SNZ1969)	50 mg
	Bacillus coagulans MTCC5856 (Lactospore®)	25 mg
	Bacillus subtilis (DE111®)	20.84 mg

# CoreBiotic® Sensitive



<b>indication</b>	Soil based probiotic formulation without prebiotics: Treatment IBS or dysbiosis Additional use in treatment of intestinal infections like Helicobacter p., parasites, candida or SIBO								
<b>dosage</b>	Take 1 x 2 caps at least 30 min. before food								
<b>packaging</b>	60 vegecaps per container								
<b>daily dose (based on 2 vegecaps)</b>	<table><tr><td data-bbox="694 554 1348 604">CB Complex:</td><td data-bbox="1348 554 1469 604"></td></tr><tr><td data-bbox="694 604 1348 632">Bacillus coagulans (SNZ1969)</td><td data-bbox="1348 604 1469 632">50 mg</td></tr><tr><td data-bbox="694 632 1348 660">Bacillus coagulans MTCC5856 (Lactospore®)</td><td data-bbox="1348 632 1469 660">25 mg</td></tr><tr><td data-bbox="694 660 1348 695">Bacillus subtilis (DE111®)</td><td data-bbox="1348 660 1469 695">20.84 mg</td></tr></table>	CB Complex:		Bacillus coagulans (SNZ1969)	50 mg	Bacillus coagulans MTCC5856 (Lactospore®)	25 mg	Bacillus subtilis (DE111®)	20.84 mg
CB Complex:									
Bacillus coagulans (SNZ1969)	50 mg								
Bacillus coagulans MTCC5856 (Lactospore®)	25 mg								
Bacillus subtilis (DE111®)	20.84 mg								



# C-RLA™

## Original or Vanilla-caramel

<b>indication</b>	Pathologies for which high doses of Vit C are required, like infection, oxidative stress and adrenal fatigue	
<b>dosage</b>	Take 2 teaspoons (2 x 5 cc) per day in water away from food	
<b>packaging</b>	300 ml per bottle	
<b>daily dose (based on 10 cc)</b>	Liposomal Vit C (as Sodium ascorbate) R-Alpha lipoic acid	1500 mg 70 mg





# Crypto-Plus™

<b>indication</b>	Antimicrobial support in phospholipid delivery system Especially useful in treatment of Babesia Proven activity against persistent forms in infectious disease	
<b>dosage</b>	Starting dose for adults: take 2 drops per day in water away from food Gradually increase dose every 2 days up to 2 x 40 drops per day Patients are advised to take a 3-day break every 4-8 weeks	
<b>packaging</b>	120 ml per bottle	
<b>daily dose (based on 40 drops)</b>	Cryptolepis sanguinolenta	0.98 ml
	Ceanothus americanus (Red root)	0.41 ml
	Lomatium dissectum	0.28 ml
	Stillingia sylvatica	0.21 ml
	Juglans nigra (Black walnut hull)	0.13 ml



# Curcumin Pure™

<b>indication</b>	Ultra absorbable turmeric extract Anti-inflammatory and antioxidative properties	
<b>dosage</b>	Take 1 - 2 caps per day, 30 min. before food	
<b>packaging</b>	60 vegecaps per container	
<b>daily dose (based on 2 vegecaps)</b>	CurcuWIN™ (Turmeric extract, molecular dispersion technology)	500 mg



# CytoQuel®

<b>indication</b>	<p>Researched based anti-inflammatory formula to be used as acute or chronic treatment</p> <p>Pain, inflammation and neuroinflammation</p> <p>Nutritional support to reduce severity of Herxheimer reactions</p>										
<b>dosage</b>	<p>Take 1 x 2 caps per day with food during the first week</p> <p>In week 2 and beyond: take 1 x 3 caps per day with food</p> <p>Don't take with other Vit E (Tocopherol)</p>										
<b>packaging</b>	<p>90 vegecaps per container</p>										
<b>daily dose (based on 3 vegecaps)</b>	<p>CQ™ Blend:</p> <table> <tr> <td>Black Tea extract (<b>50% EGCG</b>)</td><td>600 mg</td></tr> <tr> <td>N-Acetylcysteine</td><td>600 mg</td></tr> <tr> <td>CurcuWIN™ (Turmeric extract, molecular dispersion technology)</td><td>400 mg</td></tr> <tr> <td>DeltaGold® Tocotrienols</td><td>150 mg</td></tr> <tr> <td>Resveratrol (<b>Natural Trans – Resveratrol</b>)</td><td>100 mg</td></tr> </table>	Black Tea extract ( <b>50% EGCG</b> )	600 mg	N-Acetylcysteine	600 mg	CurcuWIN™ (Turmeric extract, molecular dispersion technology)	400 mg	DeltaGold® Tocotrienols	150 mg	Resveratrol ( <b>Natural Trans – Resveratrol</b> )	100 mg
Black Tea extract ( <b>50% EGCG</b> )	600 mg										
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DeltaGold® Tocotrienols	150 mg										
Resveratrol ( <b>Natural Trans – Resveratrol</b> )	100 mg										

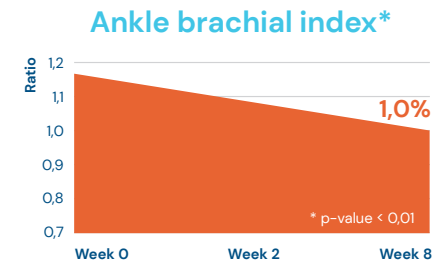
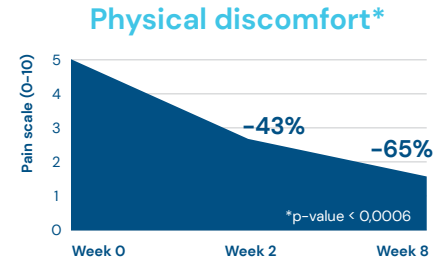
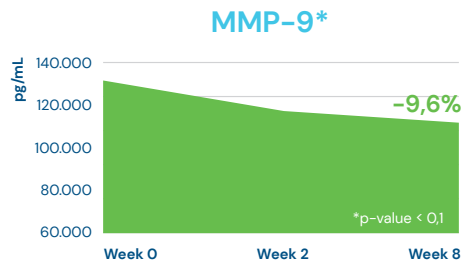
## Researched Review

Participants with documented chronic pain for at least 6 months duration were given CytoQuel® for 8 weeks. Pain scoring and activities of daily living questionnaires were taken at baseline, 2 weeks, and 8 weeks. Measurements of ankle brachial index blood pressure and vascular and cytokine markers were done along with the questionnaires.

## Researched Results:

- **Pain:** 65% decrease in pain in 8 weeks ( $p < 0.0006$ )
- **Sleep:** 44% improvement in sleep quality in 8 weeks ( $p < 0.02$ )
- **Blood Pressure:** Ankle brachial index values decreased to normal values of 1.0 ( $p < 0.01$ )
- **MMP-9:** 9.6% reduction in two weeks ( $p < 0.05$ )
- **Vascular and Cytokine markers:** Reductions in vWF (VonWillebrand Factor), fibrinogen, TNF-alpha, IL-1ra

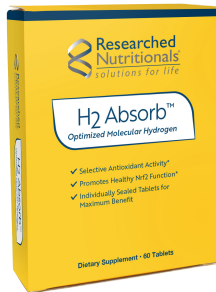
This article was published in the journal of Pain Research 2019;12 1497-1508  
Debby E Hamilton - Gitte S Jensen





# Elim-A-Cand™

<b>indication</b>	Liquid phospholipid delivery system in candida overgrowth	
<b>dosage</b>	Starting dose for adults: 2 x 5 drops/day in water away from food Gradually increase dose every 2 days up to 2 x 40 drops/day Patients are advised to take a 3-day break every 4-8 weeks	
<b>packaging</b>	120 ml per bottle	
<b>daily dose (based on 40 drops)</b>	Cinnamon (Cinnamon verum)	4 parts
	Clove (Syzgium aromaticum)	4 parts
	Marshmallow Root (Althaea officinalis)	4 parts
	Pau D' Arco (Tabebuia impetiginosa)	2 parts
	Slippery Elm (Ulmus rubra)	2 parts
	Berberine	1 parts
	Stillingia sylvatica	0.5 parts



# H2 Absorb™

<b>indication</b>	Molecular hydrogen Powerful antioxidant crossing biomembranes like mitochondria and blood brain barrier to neutralize the most reactive ROS and RNS	
<b>dosage</b>	Take 2 x 1 soluble tablet per day in non-carbonated water Wait for the tablet to dissolve and drink immediately	
<b>packaging</b>	60 soluble tablets per container	
<b>daily dose (based on 2 soluble tablets)</b>	RN Ionic Hydrogen matrix (Dextrose, Malic acid, Tartaric acid) Magnesium (as Magnesium oxyde, glycinate, malate)	1040 mg 160 mg



# HistaQuel®

indication	Mast cell stabilization and downregulation of inflammation	
dosage	Take 2 caps in the morning and 2 caps in the evening	
packaging	120 vegecaps per container	
daily dose (based on 4 vegecaps)	Quercetin phytosome® (Quercefit®)	500 mg
	Black cumin seed	250 mg
	Nettle leaf powder	150 mg
	Perilla frutescens leaf extract	100 mg
	Luteolin	100 mg
	Fisetin	50 mg



# InflaQuell™

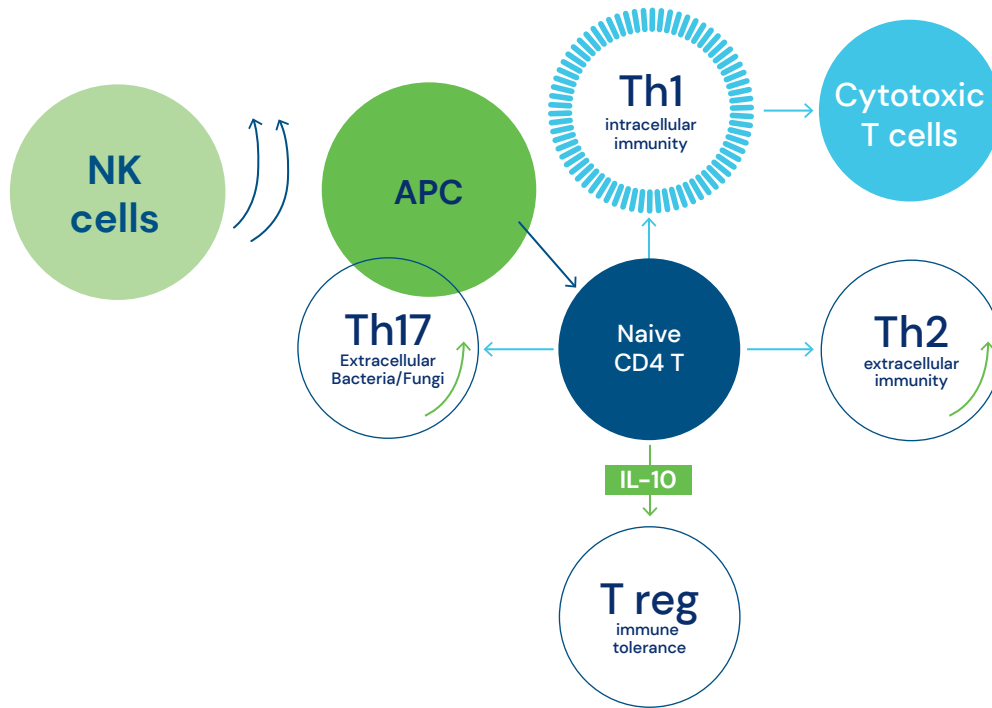
indication	Inflammation, lesions, soft tissue injury Enzymes with anti-inflammatory activity	
dosage	Take 2-3 x 3 caps per day 1 hour before or 2 hours after food	
packaging	180 vegecaps per container	
daily dose (based on 3 vegecaps)	Rutin	375 mg
	Protease 6.0	360 mg
	Bromelain	350 mg
	Papain	120 mg
	Serrazimes®	100 mg
	Ginger	75 mg



# Transfer Factors

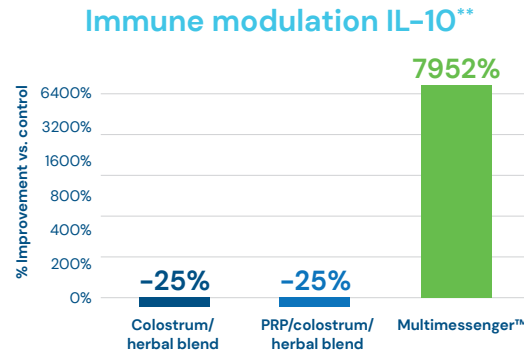
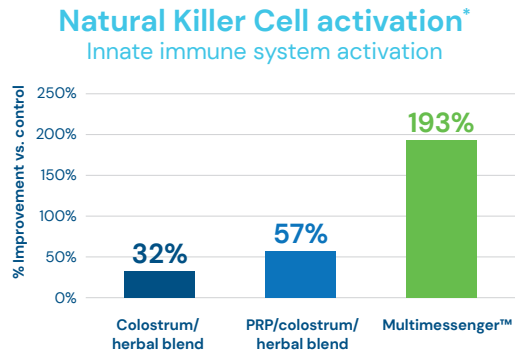


# Empowering our intracellular immunity



## Transfer Factors are like a cross between interleukins and antibodies

- Carrying messages from immune cell to immune cell like Interleukins
  - Triggering activating receptors on Natural Killer Cells
- = General strengthening of Innate Immunity, NK Cells, T Cell Immunity  
= rebuilding balance Th1/Th2/Th17 & downregulating autoimmunity



\* % improvement in Mean Fluorescent Intensity for CD 69 Receptor on Natural Killer Cells. (CD69 is highly correlated with NK cell activity)

\*\* % improvement in Mean Fluorescent Intensity for IL-10 on Peripheral Blood Mononuclear Cell Cultures (PBMC)

**Binding to antigens on infected cells like antibodies (= specific Transfer Factors)**



# Multimesseenger™

<b>indication</b>	Natural Killer Cell support Supports T reg	
<b>dosage</b>	Take 3 caps per day just before breakfast (acute: 2x3) Children aged 6 m- 2yr: 1 capsule per day Children aged 2yr - 6yr: 2 capsules per day From 6 year and older: 3 capsules per day	
<b>packaging</b>	90 caps per container	
<b>daily dose (based on 3 caps)</b>	Colostrum ( <b>DAIRY</b> ) (Transfer Factors – pure amino acid sequences)	500 mg
	Arabinogalactan	333 mg
	Beta Glucan	286 mg
	Inositol	200 mg
	Green tea (Camelia sinensis)	200 mg
	Pomegranate tree (Punica granatum)	200 mg
	Astragale (Astragalus membraneus)	70 mg
	Shiitake (Lentinula edodes)	25 mg
	Dancing mushroom = Maitake (Grifola frondosa)	25 mg
	Zinc (as Zinc citrate)	15 mg
	Selenium (as L-Selenomethionine)	70 µg

## How do we use?

- **Non-specific transfer factors**

**Multimessenger** 1x 3 caps /day before breakfast

Increase activity of Natural Killer Cells + modulate Th1/Th2/Th17

- **Specific Transfer factors**

**Transfer Factor L+**

Marking infected cells / better destruction by Cytotoxic T Cells

First week: 1 caps before sleep 2nd week

and further: 2 caps before sleep

**Messenger N°1**

First week: 1 caps before sleep

2nd week and further: 2 caps before sleep

**Transfer Factor Enviro**

First week: 1 caps away from food

2nd week and further: 2 caps away from food



# Messenger N°1™

## indication

Specific Transfer Factors  
Targets specific pathogens (see comparison table p 42-43)

**Immune support = Multimessenger + Specific Transfer Factors**

## dosage

Take 1 caps per day during the first week, then take 2 caps per day away from food

## packaging

60 gelcaps per container

## daily dose (based on 2 gelcaps)

Rice flour	309 mg
Inositol hexaphosphate	126 mg
Beta Glucan (Baker's yeast)	114.8 mg
Colostrum ( <b>DAIRY</b> )	21 mg

# Transfer Factor L-Plus™



---

**indication**

Specific Transfer Factors  
Targets specific pathogens (see comparison table p 42-43)

**Immune support = Multimessenger + Specific Transfer Factors**

---

**dosage**

Take 1 caps per day during the first week, take 2 caps per day from the second week away from food

---

**packaging**

60 gelcaps per container

---

**daily dose  
(based on  
2 gelcaps)**

Inositol (Rice bran), Beta Glucan (Baker's yeast),  
Colostrum (**DAIRY**) (Transfer Factors – pure amino acid  
sequences)

---

262 mg

# Transfer Factor Enviro™



---

**indication**

Specific Transfer Factors

Targets specific pathogens, mold, fungi or mycotoxins (see comparison table p 42-43)

**Immune support = Multimessenger + Specific Transfer Factors**

---

---

**dosage**

Take 1 caps per day during the first week, take 2 caps per day from the second week on

Take away from food

---

---

**packaging**

60 gelcaps per container

---

---

**daily dose  
(based on  
2 gelcaps)**

Target Immune EN™: Inositol, Beta Glucan, Colostrum (DAIRY)(Transfer Factors – pure amino acid sequences) 262 mg

---



# Comparison Table

	Multimessenger	Multi messenger (mushroom-free)	Transfer Factor Sensitive™	Transfer Factor L-Plus™	Messenger N°1	Transfer Factor Enviro™
Natural Killer Cell – General Immune Support	x	x	x			
Bartonella	x			x		
Borrelia burgdorferi	x			x	x	
Babesia	x			x		
Ehrlichia	x			x		
EBV	x			x	x	
HHV6 B	x			x		
HHV6 A&B	x				x	
CMV	x	x	x	x	x	
Chlamydia pneumoniae	x			x	x	
Pneumocystis carinii	x				x	
Human TB	x				x	
Bovine TB	x				x	
Herpes 1	x				x	
Herpes 2	x				x	
Cryptosporosis	x				x	
Mycobacterium avian	x				x	
Hepatitis A, B, C	x				x	

	Multimessenger	Multi messenger (mushroom-free)	Transfer Factor Sensitive™	Transfer Factor L-Plus™	Messenger N°1	Transfer Factor Enviro™
Streptococci	x				x	
E. coli	x				x	
Parvo virus B19	x				x	
Varicella Zoster	x				x	
Candida (multiple strains)	x				x	x
MMR	x				x	
Mycoplasma – 14 strains	x				x	
Ureaplasma urealyticum	x				x	
Nanobacterium	x				x	
Human Papillomaviruses	x				x	
Penicillium	x					x
Epicoccum	x					x
Aspergillus fumigatus	x					x
Aspergillus niger	x					x
Aspergillus versicolor	x					x
Cladosporium	x					x
Fusarium	x					x
Geotrichum	x					x
Pithomyces	x					x
Ustilago	x					x



# Microbinate®

<b>indication</b>	Microbinate is designed to promote the body's healthy response to microbial challenges, internally and externally Indicated in intestinal infections like SIBO next to general Gut Protocol	
<b>dosage</b>	Take 2 x 1 caps per day during the first week and then 2 x 2 caps per day For optimal results take away from food	
<b>packaging</b>	120 vegecaps per container	
<b>daily dose (based on 2 vegecaps)</b>	Monolaurin – Inosine	310 mg
	Oregano extract (Origanum vulgare)	300 mg
	Olive leaf extract (Olea europaea)	250 mg
	Allicin (Allium sativum)	200 mg
	CurcuWIN™ (Turmeric extract molecular dispersion technology)	100 mg



# Multi-Biome™

## indication

Multi-Biome is a combination of probiotic spores, bifidobacteria and lactobacilli

Each strain is supported by published research

Multi-Biome is formulated to specifically support healthy histamine, immune, cytokine and digestive functions of the gut

## dosage

Take 1 caps per day

## packaging

30 caps per container

## daily dose (based on 1 caps)

Bacillus subtilis DE111®	41.67 mg = 12.5 B CFU
Lactobacillus Rhamnosus GG	35.71 mg = 12.5 B CFU
Bifidobacterium Lactis Bi-07	33.33 mg = 10 B CFU
Bacillus coagulans SNZ1969	25 mg = 2.5 B CFU
Bacillus coagulans MTCC5856	12.5 mg = 1.2 B CFU
Lactobacillus Salivarius Ls-33	9.52 mg = 2.9 B CFU



# MycoPul®

## indication

Mycopul is a combination of several binders, targeted to eliminate mycotoxins (toxins produced by molds), heavy metals and environmental toxins

Mycopul includes a patented, purified and natural form of zeolite

## dosage

Take 1 caps per day 1 hour before or 2 hours after eating

## packaging

30 caps per container

## daily dose (based on 1 caps)

Activated Charcoal	150 mg
Fulvic acid	100 mg
Black humate powder	100 mg
Zeolite Clinoptilolite (G-Pur®)	100 mg
Microchitosan	100 mg
Bamboo extract	50 mg



# Myc-P™

<b>indication</b>	<p>Targeted natural microbial support in liposomal delivery system Especially useful in viral infections, opportunistic infections like Mycoplasma and Chlamydia, Bartonella, Rickettsia, Ehrlichia, Anaplasma</p> <p>&gt; based on clinician's experiences</p>																
<b>dosage</b>	<p>Start slowly with 2 x 5 drops per day and increase daily dosage gradually until 2 x 40 drops away from food</p>																
<b>packaging</b>	<p>120 ml per bottle</p>																
<b>daily dose (based on 40 drops)</b>	<table> <tr> <td>Isatis root (Isatis indigotica)</td><td>4 parts</td></tr> <tr> <td>Cordyceps (Cordyceps sinensis)</td><td>3 parts</td></tr> <tr> <td>Houttuynia (Houttuynia cordata)</td><td>2 parts</td></tr> <tr> <td>Chinese skullcap root (Scutellaria baicalensis)</td><td>2 parts</td></tr> <tr> <td>Cat's claw bark (Uncaria tomentosa)</td><td>1 part</td></tr> <tr> <td>Sida acuta leaf (Sida acuta)</td><td>1 part</td></tr> <tr> <td>Stillingia root (Stillingia sylvatica)</td><td>0.5 parts</td></tr> <tr> <td>Uva ursi</td><td>0.5 parts</td></tr> </table>	Isatis root (Isatis indigotica)	4 parts	Cordyceps (Cordyceps sinensis)	3 parts	Houttuynia (Houttuynia cordata)	2 parts	Chinese skullcap root (Scutellaria baicalensis)	2 parts	Cat's claw bark (Uncaria tomentosa)	1 part	Sida acuta leaf (Sida acuta)	1 part	Stillingia root (Stillingia sylvatica)	0.5 parts	Uva ursi	0.5 parts
Isatis root (Isatis indigotica)	4 parts																
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Sida acuta leaf (Sida acuta)	1 part																
Stillingia root (Stillingia sylvatica)	0.5 parts																
Uva ursi	0.5 parts																

# NT Factor® Energy



<b>indication</b>	Repair of mitochondrial activity in case of lipid peroxidation	
<b>dosage</b>	Take 3 x 2 tablets per day with food for the first 2 months, and then 3 x 1 tablet per day with food For severe fatigue increase to 3 x 3 tablets per day with food	
<b>packaging</b>	90 tablets per container	
<b>daily dose (based on 3 tablets)</b>	<b>NT Factor® Proprietary Blend:</b> NT Factor lipids®, Fructo-oligo-saccharides, Rice bran extract, Opti-MSM®, Bromelain, Sulfur, Vit B5 (as Calciumpantothenate), Inositol, L-Arginine, L-Glycine, Taurine, Alpha lipoic acid, Garlic, Spirulina, Beetroot fiber, Bifidobacterium bifidum, Leeks stem powder, Lactobacillus acidophilus, Molasses, Boron.	2250 mg
	<b>Mitochondrial Pro Regulator™:</b> Opti-MSM®, Calcium (as Dicalcium-phosphate, Calciumcitrate, Calcium pyruvate), Phosphorus (as Dicalcium-phosphate)	533 mg
	<b>Krebs Cycle Glucose Absorb™:</b> Alpha keto glutaric acid, L-Tyrosine	270 mg
	<b>Calcium</b> (included in Mitochondrial Pro Regulator™ )	214,5 mg
	<b>RN Fatty Acid Metaboliser™:</b> Carnipure®, L-Carnitinetartrate	192 mg
	<b>Vitamin B5</b> (as Pantethine) (included in NT Factor ® Proprietary Blend and RN Fatty Acid Metaboliser™ )	76.5 mg
	<b>Vitamin E</b> (as Alpha tocoferyl succinate)	19.5 mg



# Omega 3-Plus™

indication	Highly dosed EPA/DHA formulation (3/2)		
	Anti-inflammatory effect		
	Decrease in cardiovascular risk		
dosage	Take 2 softgels per day with food		
packaging	60 softgels per container		
daily dose (based on 2 softgels)	Fish oil		2 g
	Omega-3 fatty acids:		
	Eicosapentaenoic acid (EPA)		720 mg
	Docosahexaenoic acid (DHA)		480 mg





# OraMax™

<b>indication</b>	Oral probiotic to support a healthy oral microbiome	
<b>dosage</b>	Dissolve 2 x 1 tablet per day in mouth after brushing teeth	
<b>packaging</b>	60 dissolvable tablets per container	
<b>daily dose (based on 2 dissolvable tablets)</b>	Lactobacillus reuteri (LRE-15)	50 mg
	Green tea leaf extract	50 mg
	Cinnamon bark	24 mg
	Cinnamon bark extract	12 mg
	Lysozyme	8 mg
	Bifidobacterium lactis (HNO19)	3.34 mg
	Peppermint leaf oil powder	2 mg
	Lactobacillus salivarius (LS-33)	1.66 mg



# PectaSol-C®

## indication

Mycotoxins binder  
 Pectasol binds and inhibits GAL-3  
 GAL-3 is an apoptosis inhibitor, an adhesion molecule in tumor growth  
 Situations with high GAL-3 levels: ageing, increased cardiovascular risk, ...

## dosage

GAL-3 lower than dan 14 ng/ml : 1 x 5 g per day before food  
 GAL-3 14-17.8 ng/ml: 2 x 5 g per day before food  
 GAL-3 higher than 17.8 ng/ml: 3 x 5 g per day before food

## packaging

454 grams per container

## daily dose (based on 1 scoop = 5 g)

PectaSol-C® Modified Citrus Pectin 5 g



# Physician's Daily™

<b>indication</b>	Bioactive multivitamin and mineral complex without iron	
<b>dosage</b>	Take 1 caps per day with food	
<b>packaging</b>	60 vegecaps per container	
<b>daily dose (based on 1 vegecaps)</b>	Vit C (as Ascorbid acid)	150mg
	Alpha lipoic acid	50 mg
	Coenzyme Q10	50 mg
	Inositol	25 mg
	Zinc (as Zinc citrate)	25 mg
	Choline (as Choline bitartrate)	25 mg
	Niacin (as Niacinamide)	20 mg
	Vit E (as d-Alpha tocopherylsuccinate)	20 mg
	Vit B5 (as Pantothenic acid)	10 mg
	Vit B6 (as Pyridoxal-5-phosphate)	5 mg
	Vit B1 (as Thiamine HCl)	5 mg
	Vit B2 (as Riboflavin-5-phosphate)	3.5 mg

daily dose (based on 1 vegecaps)	Luteine	3 mg
	Manganese (as Manganese citrate)	2 mg
	Vit A (as 50% Retinylacetate/50% mixed Carotenoids)	1050 µg
	Boron (as Boron amino acid chelate)	1000 µg
	Zeaxantin	500 µg
	Lycopene	500 µg
	Vit B12 (as Methylcobalamin)	500 µg
	Folate (as [6s]-5-Methyltetrahydrofolic acid)	400 µg
	Biotine	300 µg
	Chromium (as Chromiumpolynicotinate)	200 µg
	Iodine (as Potassium iodide)	150 µg
	Molybdenum (as Molybdenum amino acid chelate)	75 µg
	Vit D3 (as Cholecalciferol)	50 µg
	Selenium (as L-Selenomethionine)	50 µg
	Vit K2 (as Menaquinone-7)	50 µg



# RenewGut+™

<b>indication</b>	Fortifies the gut lining and tight junctions to promote healthy intestinal mucosal barrier	
<b>dosage</b>	Take 4 caps once daily	
<b>packaging</b>	120 caps per container	
<b>daily dose (based on 4 caps)</b>	Hydrolyzed Collagen Peptides (Type I & III)	1000 mg
	N-Acetyl D-Glucosamine	500 mg
	GutGard® Deglycyrrhized Licorice	150 mg
	Black Cumin (Nigella sativa)	125mg
	Luteolin	75 mg
	Zinc (as Zinc carnosine)	15 mg



# RibosCardio™

<b>indication</b>	Optimisation of ATP recycling for optimal energy		
<b>dosage</b>	Take 2 x 1 scoop per day		
<b>packaging</b>	414,4 grams per container (56 scoops)		
<b>daily dose (based on 2 scoops = 14,8 g)</b>	D-Ribose	10 g	
	L-Carnitine fumarate	1 g	
	Acetyl-L-Carnitine	1 g	
	Malic acid	480 mg	
	Magnesiumluconate	80 mg	



# Soothe & Relaxx™

<b>indication</b>	Joint, soft tissue and muscle support		
<b>dosage</b>	Take 2 x 3 caps per day		
<b>packaging</b>	180 caps per container		
<b>daily dose (based on 3 caps)</b>	<b>Pro Joint Soothers™:</b>		
	Glucosamine sulfate		750 mg
	MSM		500 mg
	Chondroitin sulfate		100 mg
	Hyaluronic acid		25 mg
	<b>Muscle &amp; Leg Calmer™:</b>		
	Malic acid		600 mg
	Magnesium (as Magnesium glycinate)		150 mg
	<b>Relaxx™ Complex:</b>		
	Valerian extract (Valeriana officinalis L.)		75 mg
	5HTP (as 5-Hydroxy tryptophan)		50 mg
	Passion flower (Passiflora incarnata)		50 mg
	German chamomile (Matricaria chamomilla)		50 mg
	Lemon balm (Melissa officinalis)		50 mg
	<b>ExInflame™ Complex:</b>		
	Boswellin (Boswellia serrata)		75 mg
	Holy basil (Ocimum sanctum)		50 mg
	CurcuWIN™ (Turmeric extract, molecular dispersion technology)		25 mg
	White willow bark (Salix alba)		15 mg



# TocoPure™ D&G

<b>indication</b>	Natural tocotrienols without tocopherols Powerful antioxidant useful in radiation therapy and cancer	
<b>dosage</b>	Take 1 or 2 softgels per day, preferably with dinner Don't take with other Vit E (Tocopherol)	
<b>packaging</b>	60 softgels per container	
<b>daily dose (based on 1 softgel)</b>	Tocotrienols (as DeltaGold®: 90 % d-delta and 10 % d-gamma tocotrienol)	125 mg





# ToxinPul™

<b>indication</b>	<p>Elimination of heavy metals</p> <p>Pulls heavy metals and toxins from the blood</p> <p>Elimination happens through the intestine</p>	
<b>dosage</b>	<p>&lt; 45 kg bodyweight: take 1 caps once daily</p> <p>= 45 – 65 kg bodyweight: take 2 caps daily</p> <p>&gt;65 kg bodyweight: take 3 caps daily</p> <p>1 hour before or 3 hours after food</p>	
<b>packaging</b>	90 vegcaps per container	
<b>daily dose (based on 2 vegcaps)</b>	Taurine	500 mg
	Dandelion root (Taraxacum officinale)	500 mg
	Fulvic acid	200 mg
	Humic acid	150 mg
	Organic Cilantro leaf (Coriandrum sativum)	120 mg
	Vitamin C (as Ascorbic acid)	100 mg
	Quercetin (Quercefit®)	100 mg
	Silica	100 mg
	Chlorella powder (Chlorella vulgaris)	90 mg

## Chelation

**Toxinpul 1-3 caps/day  
depending on bodyweight –  
separated from food**

Nutritional detoxification  
of Glyphosate  
= Remove toxins and eliminate  
via intestines

< 45kg bodyweight 1 caps  
= 45–65 kg bodyweight 2 caps  
> 65 kg bodyweight 3 caps

## Rebalancing minerals during chelation

Replace minerals lost through  
detoxification

**MINERAL SUPPLEMENT**

**4 caps 12 hrs after Toxinpul**

> see page 119



# Tri-Fortify Orange® or Watermelon®



## indication

Detoxification with glutathione in high bioavailable formulation,  
powerful antioxidant on tissue level and brain level  
Natural Killer Cell support

## dosage

Take 1 teaspoon (1 pack) per day, away from food

## packaging

236 ml per tube or 20 packs per box

## daily dose (based on 1 teaspoon = 5 cc or 1 pack)

Glutathione Liposomal  
Vitamin C (as Ascorbic acid)

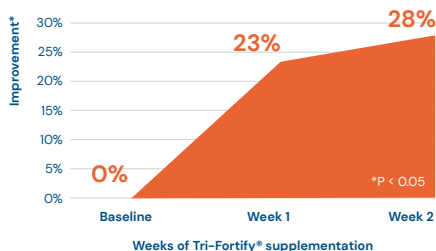
450 mg  
50 mg



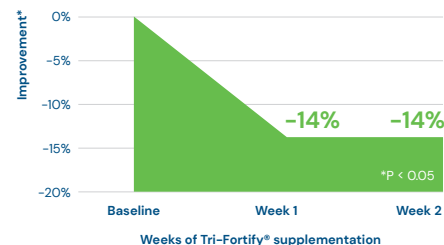
## Research Executive summary

An in vivo 4-week study using Tri-Fortify® as the sole nutritional intervention was conducted to assess changes in intracellular glutathione absorption, natural killer cell function and oxidative stress markers. This research was conducted at the Penn State University College of Medicine.

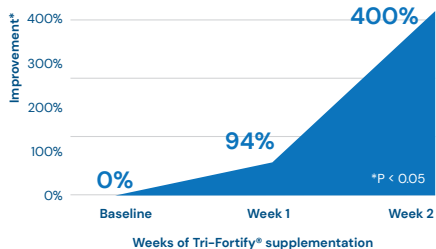
### Glutathione levels Increase in red blood cell levels (Erythrocytes)



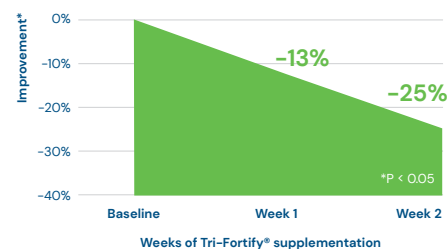
### Oxidative stress markers Oxidized / Reduced GSH



### Immune function Natural Killer Cell activity



### Lipid Peroxidation (Reduced Cellular Membrane Oxidation)



1. European Journal of Clinical Nutrition (R Sinha, JP Ritchie Jr, Et al. Oral supplementation with liposomal glutathione elevates body stores of glutathione and markers of immune function. Eur J Clin Nutr. 2018 Jan; 72(1): 105–111).



**Nutrined**

The logo for Nutrined, featuring the word "Nutrined" in a bold, white, sans-serif font. Below the word is a white, stylized arc that resembles a smile or a protective shield.

# AO Defense



## indication

Powerful antioxidant formulation for optimal health or as advised in different conditions:

- Cardiovascular health
- Degenerative diseases
- Immune related disorders
- Viral infections
- Urease inhibition in intestinal infections like *Helicobacter pylori*
- Phase II detoxification

## dosage

Take 1 caps in the morning and 1 caps in the evening

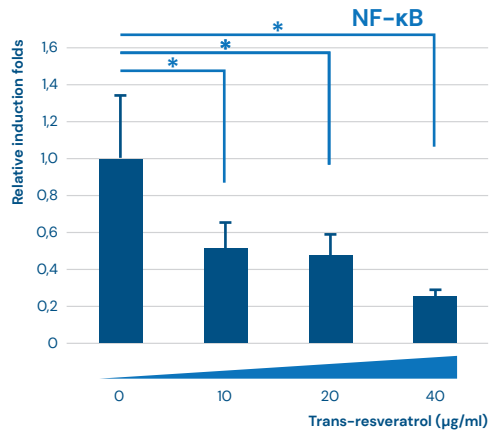
## packaging

60 vegecaps per container

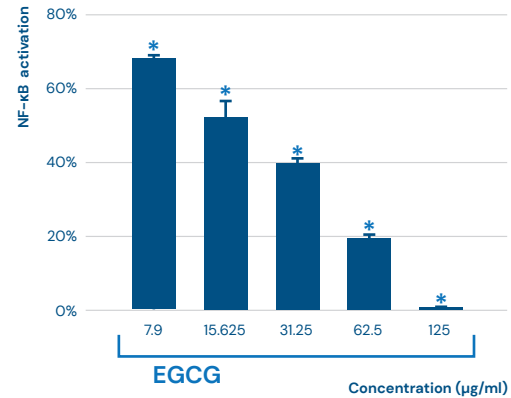
## daily dose (based on 2 vegecaps)

Japanese knotweed dry extract ( <i>Polygonum cuspidatum</i> )	210 mg
<b>(Natural Trans-Resveratrol)</b>	
Green tea extract ( <i>Camellia sinensis</i> )( <b>50% EGCG</b> )	200 mg
Grape skin extract ( <i>Vitis vinifera</i> )	140 mg
Grape seed dry extract ( <i>Vitis vinifera</i> )	100 mg

### Trans-resveratrol inhibited endogenous and TNF-induced NF- $\kappa$ B activation in a dose-dependent manner



### The effect of EGCG on *F. nucleatum*-mediated activation of the NF- $\kappa$ B signaling pathway





# 4ENVIRO



indication	Prepacked sachets containing 4 pills for daily administration to protect from environmental toxicity		
dosage	Take 1 sachet 30 minutes before breakfast and take 1 sachet during breakfast		
packaging	One month per box		
daily dose (based on 2 sachets)	Broccoraphanin activated	300 mg	
	MicroBiome mix: 450 million CFU live bacteria in equal parts: (Bifidobacterium lactis (W51), Bifidobacterium lactis (W52), Enterococcus faecium (W54), Lactobacillus acidophilus (W22), Lactobacillus paracasei (W20), Lactobacillus plantarum (W21), Lactobacillus salivarius (W24), Lactococcus lactis (W19))	450 million CFU	
	Bifidobacterium longum	50 million CFU	
	Lactobacillus rhamnosus	5.1 billion CFU	
	Co-Factor B Complex:		
	Vitamin B2 (as Riboflavin)	200 mg	
	Vitamin B3 (as Nicotinamide)	100 mg	
	Vitamin B5 (as D-Calcium pantothenate)	92 mg	
	Vitamin B1 (as Thiamin HCl)	63 mg	
	Pyridoxal-5-phosphate (as Coenzym B6)	20 mg	
	Biotine	5 mg	
	MTHF	1.62 mg	
	AO Defense:		
	Japanese knotweed dry extract (Polygonum cuspidatum)(Natural Trans-Resveratrol)	210 mg	
	Green tea extract (Camillia sinensis)(50% EGCG)	200 mg	
	Grape skin extract (Vitis vinifera)	140 mg	
	Grape seed dry extract (Vitis vinifera)	100 mg	



# BiocurcumaX

## indication

Inflammation, oxidative stress, detoxification  
Optimal bioavailability

## dosage

Take 2 x 1 caps per day with food

## packaging

120 vegecaps per container

## daily dose (based on 2 vegecaps)

Curcumin BCM 95 (Curcuma longa)

500 mg



# Boswellia

**indication**

Inflammatory pathology

**dosage**

Take 2 x 1 - 2 caps per day

**packaging**

60 vegecaps per container

**daily dose  
(based on  
2 vegecaps)**

Boswellia (Boswellia serrata)

900 mg

# Broccoraphanin Nrf2 support



## indication

All indications associated with reduced phase II detoxification:  
Prevention and additional therapy in cancer, chronic inflammation, mold & mycotoxins  
Powerful inducer of genes coding for phase II enzymes and antioxidative enzymes

## dosage

Preventative: take 1 caps per day  
Curative: take 2 caps per day

## packaging

60 DR-capsules per container

## daily dose (based on 2 DR-capsules)

Broccoraphanin activated  
(Standardized in Sulforaphane)

300 mg

# Butyflam Coated 3000 mg



**indication**

Neuroinflammation  
Immune modulating (T reg + IL-10 anti-inflammation)  
Remodeling intestinal barrier function

**dosage**

Take 3 x 2 caps per day

**packaging**

180 coated caps per container

**daily dose  
(based on 6 coated  
caps)**

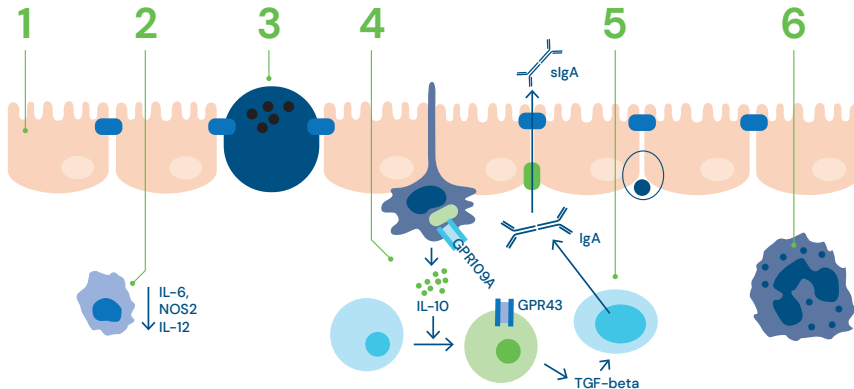
Sodium butyrate 3000 mg

## Auto Immunity Excessive Inflammation Neuroinflammation

### Targeted release

Butyrate is a powerful agent in the fight against auto-immunity, excessive inflammation and neuroinflammation, provided that it is delivered by a vehicle that guarantees high local concentration and optimal bio-availability, ideal for targeted release.

### The impact of Butyflam



1. Fuel to renew **epithelial cells**
2. Macrophages **more tolerant towards commensal bacteria**
3. Goblet cells release **more mucins**
4. Impact on dendritic cells, **more IL-10 & T regs**
5. B cells synthesize **more s IgAs**
6. Neutrophil **chemotaxis**



# Calcium Ascorbate

<b>indication</b>	Vitamin C (Ester) Histamine load	
<b>dosage</b>	Take 1 - 3 caps per day with food	
<b>packaging</b>	175 vegecaps per container	
<b>daily dose (based on 1 vegecaps)</b>	Vitamin C (as Calcium ascorbate)	700 mg



# Carbon Black

---

**indication**

Toxin binder  
Prevents enterohepatic recirculation  
Guarantee of purity, free of contamination

---

**dosage**

Take 1 - 5 caps per day

---

**packaging**

200 vegecaps per container

---

**daily dose  
(based on  
1 vegecaps)**

Activated charcoal certified grade

400 mg

---





# Chlorella (Organic and grown in glass tubes)

## indication

Toxin binder  
Prevents enterohepatic recirculation  
Cultured on glass with unsterilized tap water to avoid contamination from outdoor water culture

## dosage

Take 1 caps per day, gradually build up the dosage to a point of clinical efficacy

## packaging

200 vegecaps per container

## daily dose (based on 1 vegecaps)

Chlorella (glass grown) 250 mg



# Chondroïtin sulphate

<b>indication</b>	Arthrosis Nutritional support for Joints	
<b>dosage</b>	Take 2 caps per day.	
<b>packaging</b>	60 vegecaps per container	
<b>daily dose (based on 2 vegecaps)</b>	Chondroïtin sulphate	600 mg

# Coenzym Q10 100 mg



## indication

Optimisation Coenzym Q10-level, supportive with statine therapy  
Mitochondrial support

## dosage

Take 1 caps per day with breakfast

## packaging

60 vegecaps per container

## daily dose (based on 1 vegecaps)

Coenzym Q10

100 mg




# Co-Factor B Complex

<b>indication</b>	Restoring vitamin B levels Bio-active vitamin B-complex Cofactors in ATP formation Essential cofactors in phase I detoxification	
<b>dosage</b>	Take 1 tablet per day during breakfast	
<b>packaging</b>	30 tablets per container	
<b>daily dose (based on 1 tablet)</b>	Vitamin B2 (as Riboflavin) Vitamin B3 (as Nicotinamide) Vitamin B5 (as D-Calcium pantothenate) Vitamin B1 (as Thiamin HCl) Pyridoxal-5-phosphate (as Coenzym B6) Biotine MTHF	200 mg 100 mg 92 mg 63 mg 20 mg 5 mg 162 mg



# CogniFuel

<b>indication</b>	Prevention and treatment of various neurological disorders and neurodegenerative diseases Cognitive disorders Mitochondrial dysfunction and optimisation	
<b>dosage</b>	Take 3 x 1 caps per day	
<b>packaging</b>	90 vegecaps per container	
<b>daily dose (based on 3 vegecaps)</b>	Centella Asiatica	1000 mg
	Coffea (Whole Coffee Fruit Extract)	200 mg
	Vit B3 (as Nicotinamide riboside)	200 mg
	PQQ 	20 mg





# D-Ribose

indication	Energy source Recycling ADP to ATP Physical recuperation
dosage	Take 1 - 2 scoops per day
packaging	300 g per container
daily dose (based on 2 scoops = 3g)	D-Ribose 3 g



# Energy Multiplex Nutrition

## indication

Nutritional Adrenal Support

## dosage

Take 3 x 1 caps per day with food

## packaging

90 vegecaps per container

## daily dose (based on 3 vegecaps)

Acetyl-L-Carnitine	510 mg
Taurine	315 mg
L-Asparagine	255 mg
Rhodiola extract (Rhodiola rosea)	135 mg
D-Ribose	108 mg
Alpha lipoic acid	108 mg
Ginseng root (Panax ginseng)	108 mg
Coenzyme Q10	69 mg
Magnesium (as Magnesium citrate)	56.25 mg
Vitamin B5 (as D-Calcium pantothenate)	18 mg
Vitamin B12 (as Cyanocobalamine)	75 µg





# Equol

<b>indication</b>	Fermented soy Activates Protective Estrogen Receptors–Beta Protective activity in hormonal issues, neurodegenerative brain conditions and aging
<b>dosage</b>	Take 2 x 1 caps per day
<b>packaging</b>	120 vegecaps per container
<b>daily dose (based on 2 vegecaps)</b>	Equol <span style="float: right;">12 mg</span>



# Fertiflax

## indication

Vegetable omega acids  
Inflammatory pathology when using fish oil is not appropriate

## dosage

Take 2 - 6 softgels per day with food

## packaging

100 softgels per container

## daily dose (based on 3 softgels)

Flaxseed oil 3 g  
Vitamin E (as Alpha-tocopherol) 30 mg



# GABA

## indication

Restoring GABA- Glutamate balance, relaxation  
Inhibitory neurotransmitter in anxiety or insomnia

## dosage

Take 1 - 2 tablets per day before sleep

## packaging

60 tablets per container

## daily dose (based on 1 tablet)

GABA (Gamma-aminobutyric acid)

500 mg



# GLA

<b>indication</b>	Pure Gamma Linolic Acid as a precursor for omega 6 fatty acids	
<b>dosage</b>	Take 2 – 3 softgels per day	
<b>packaging</b>	120 softgels per container	
<b>daily dose (based on 2 softgels)</b>	Pure GLA (Oenothera extract)	180 mg
	Vitamin E (as Alpha-tocopherol)	20 mg



# Glucoflam

<b>indication</b>	Promoting joint and cartilage health		
<b>dosage</b>	Take 2 x 2 tablets per day with food		
<b>packaging</b>	120 tablets per container		
<b>daily dose (based on 4 tablets)</b>	D-Glucosamine sulphate	1580 mg	
	White willow dry extract (Salix alba)	1280 mg	
	Chondroitin sulphate	800 mg	
	Vitamin B15 (as Dimethylglycine HCl)	375 mg	



# Glucosamin sulphate

indication	Arthrosis Nutritional support for joints	
dosage	Take 2 caps per day	
packaging	60 vegecaps per container	
daily dose (based on 2 vegecaps)	Glucosamin sulphate (by fermentation)	1500 mg



# Glutamine Powder

indication	Restores intestinal permeability	
dosage	Take 3 x 1 scoop per day 20 minutes before food	
packaging	300 g per container	
daily dose (based on 3 scoops = 4,5 g)	Glutamine powder	4.5 g

# Glycine



## indication

Sleep deprivation, poor sleeping pattern

## dosage

Take 4 tablets before bedtime

## packaging

100 tablets per container

## daily dose (based on 4 tablets)

Glycine

3000 mg



# GlycoSense



## indication

Fluctuating blood sugar levels  
Dysglycemia  
Poor insulin sensitivity  
Elevated fasting blood glucose  
High glycated hemoglobin HbA1c  
Lipid metabolism (triglycerides & cholesterol)

## dosage

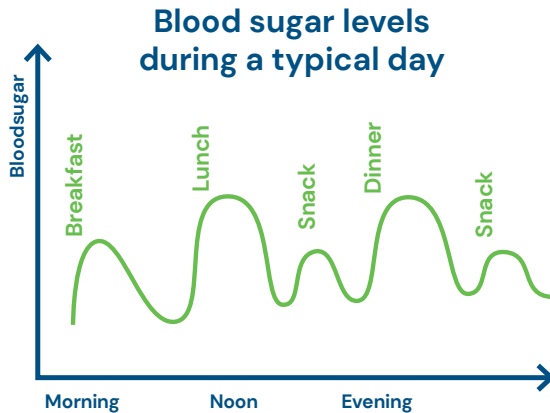
Take 3 x 1 caps per day during meals  
The daily dose can be increased gradually up to 3 x 2 caps per day during meals, depending on tolerance & results

## packaging

180 vegecaps per container

## daily dose (based on 3 vegecaps)

Berberine	750 mg
Cinnulin PF	255 mg



Many patients manifest **typical blood sugar** 'swings' during the day. Fluctuating blood sugar causes unpleasant symptoms such as dips in energy, brain fog, joint pain, headaches and mood swings ...

Next to this, blood glucose variability induces inflammation (NF- $\kappa$ B) – what is worsening many conditions and pathologies.

**Stabilizing blood sugar level** has been an essential part of a total and complementary protocol in:

- neuroinflammation
- autoimmune dysfunction
- neurodegenerative disease
- and many other chronic pathologies

## How to stabilise blood sugar levels?

### Step 1

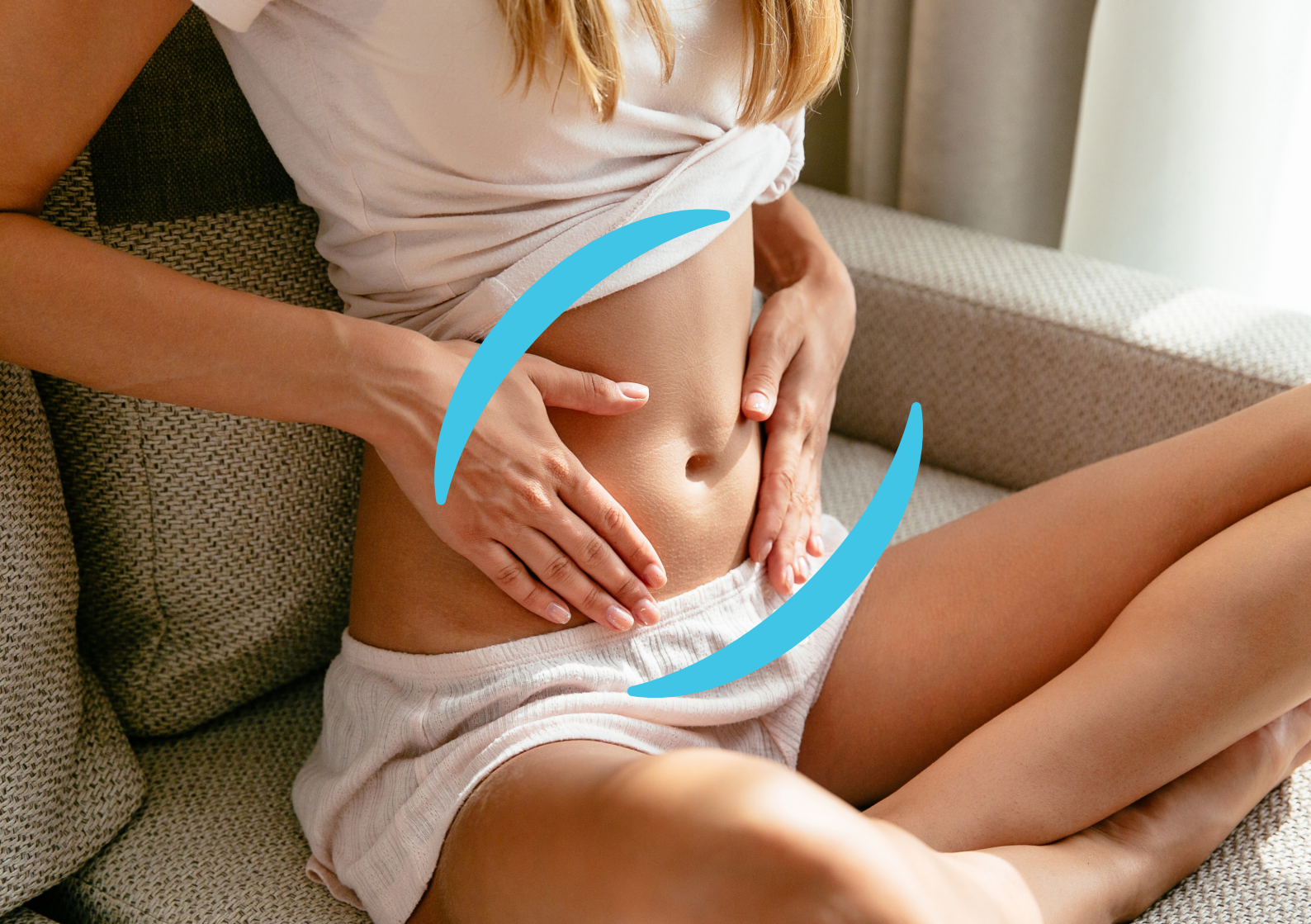
Dietary and lifestyle interventions to manage your blood sugar levels:

- Eat a healthy diet low in sugar and carbohydrates to lessen swings in blood glucose
- Exercise regularly
- Maintain a healthy weight

### Step 2

**Treatment interventions** that improve insulin receptor sensitivity (GLUT-4 translocation)

- **Lower fasting blood sugar**
- **Counteract Glycation**
- **Reduce inflammation resulting from dysglycemia**



# Gut Protocol

The Gut protocol is a multi-level intervention that rebuilds acidity, digestion and intestinal immunity



## Acidity

Individualized dosage to optimize gastric acidity and intestinal PH



## Digestion

Selected enzymes to support digestive breakdown and prevent abdominal bloating



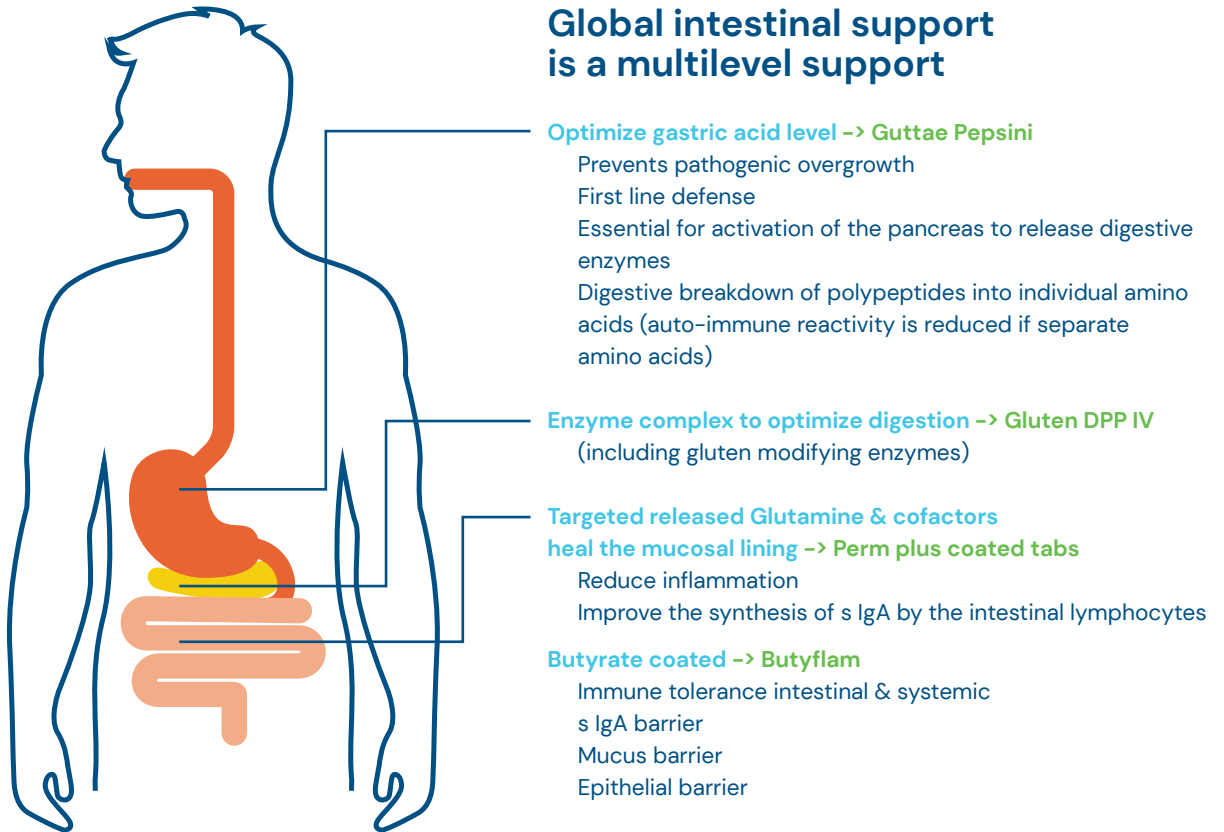
## Immune defense

Protects the barrier between gastrointestinal tract and bloodstream to prevent gut-induced inflammation. Targeted released formulation guarantees optimal bio-availability of building blocks without partial conversion to Glutamate



## Anti-inflammation

Research based delivery of bio-active Butyrate. Butyflam® supports T reg Cells, modulates immunity to prevent local and systemic inflammation



# Guttae Pepsini



## indication

Stomach acid deficiency  
Poor digestion  
Intestinal malabsorption  
Rebuilds intestinal pH

## dosage

Start with 3 x 5 drops at the start of each meal, dilute in water and swallow immediately  
Gradually increase the dose with 1 drop per day until 3 x 20 drops or until the saturation dose has been reached (warm feeling in stomach)  
In that case the optimal dose is 3 drops less than the saturation dose

## packaging

30 ml per bottle

## daily dose (based on 60 drops)

Purified water	1.11 ml
Glycerol	0.73 ml
Hydrochloric acid HCl 37%	0.2 ml
Pepsine	0.15 ml

# Gluten DPP IV Complex



## indication

DPP-IV proteolytic enzyme complex  
Breaks down proline residues in Gluten and decreases the intestinal immune reaction  
Intolerance for gluten and/or casein  
Indigestion, gas, bloating, constipation and diarrhea

## dosage

Take 3 x 1 caps per day at the beginning of each meal

## packaging

90 vegecaps per container

## daily dose (based on 3 vegecaps)

**Digestive enzyme blend:** Amylase 5000 DU, 150 mg  
Protease 4.5 24.500 HUT, Gluco-amylase 16 AGU,  
Protease 6.0 7500 HUT, Lipase 3000 FIP, Cellulase  
2500 CU, Alpha-galactosidase 125 GalU, Pectinase  
12 endoPGU, Protease 3.0 10 SAPU, Xylanase 100 XU,  
Hemicellulase 75 HCU  
**Hemicellulase (1500 HCU)** 75 mg  
**Biocore DPP IV:** Protease DPP IV (Aspergillus oryzae  
300 DPP-IV), Protease (Aspergillus oryzae 18000 HUT),  
Aspergillus meleus (5.1 AP) 60 mg  
**Lactase (285 ALU)** 60 mg





# Perm Plus Coated

<b>indication</b>	Rebuilding intestinal permeability and immunity with targeted released molecules		
<b>dosage</b>	The first month: take 3 x 2 tablets per day Then take 3 x 1 tablet per day 20 min. before food		
<b>packaging</b>	90 tablets per container		
<b>daily dose (based on 3 tablets)</b>	L-Glutamine	975 mg	
	N-Acetyl-D - Glucosamine	375 mg	
	N-Acetylcysteine	298 mg	
	Liquorice root powder (Glycyrrhiza Glabra L.)	255 mg	
	Gamma oryzanol	180 mg	
	L-Carnosine	58.5 mg	
	Rapeseed (Brassica napus L.)	45 mg	
	Zinc (as Zinc bisglycinate and Zinc methionin)	22.5 mg	





# Butyflam Coated 3000 mg

indication	Neuroinflammation Immune modulating (T reg + IL-10 anti-inflammation) Remodeling intestinal barrier function	
dosage	Take 3 x 2 caps per day	
packaging	180 coated caps per container	
daily dose (based on 6 coated caps)	Sodium butyrate	3000 mg





# Hairformula

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**indication**

Hair loss, brittle nails

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**dosage**

Take 1 tablet in the morning and 1 tablet in the evening, before or with food

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**packaging**

120 tablets per container

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**daily dose  
(based on 2 tablets)**

Vitamin B2 (as Riboflavin)	200 mg
Cystine	200 mg
Vitamin B3 (as Nicotinamide)	100 mg
Vitamin B5 (as D-Calcium pantothenate)	100 mg
Vitamin B6 (as Pyridoxal-5-phosphate)	20 mg
Zinc (as Zinc-L-methionine)	25 mg
Biotin	5 mg
MTHF	2 mg

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# HPA-Control

## indication

Scientific based adaptogenic composition:  
 Downregulation overstimulated HPA axis  
 Upregulation suppressed HPA axis in adrenal fatigue  
 Prevention stress induced complications  
 Cognitive performance, concentration  
 Sports performance

## dosage

Take 3 x 1 tablet per day with or after food

## packaging

90 tablets per container

## daily dose (based on 3 tablets)

Ashwaganda-extract (Withania somnifera)	1000 mg
Pink root extract (Rhodiola rosea)	1000 mg



# Immoplus

<b>indication</b>	Immune support, macrophage enhancer		
<b>dosage</b>	Take 2 capsules per day 20 min. before breakfast		
<b>packaging</b>	60 vegecaps per container		
<b>daily dose (based on 2 vegecaps)</b>	Beta-glucan	531,30 mg	
	Vitamin C (as Ascorbic acid)	180 mg	
	Zinc (as Zinc picolinate)	22.5 mg	
	Vitamin E (as D-Alpha-tocopheryl succinate)	30 mg	
	Selenium (as L-Selenomethionine)	38 µg	

# Iron 25 mg



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**indication**

Prevention and treatment of different types of anemia caused by low iron levels

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**dosage**

Take 1 tablet per day 30 minutes before breakfast

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**packaging**

60 tablets per container

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**daily dose  
(based on 1 tablet)**

Iron (as Ironbisglycinate)

25 mg

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# Krebsplus

<b>indication</b>	<p>Upregulation fatty acid oxidation</p> <p>Optimisation of mitochondrial enzyme affinity</p> <p>More energy for mental and physical activities</p> <p>Mitochondrial support in poor insulin sensitivity</p>						
<b>dosage</b>	<p>Take 2 x 1 – 2 caps per day with or after food</p>						
<b>packaging</b>	<p>60 vegecaps per container</p>						
<b>daily dose (based on 2 vegecaps)</b>	<table> <tr> <td>Acetyl-L-Carnitine HCl</td><td>1000 mg</td></tr> <tr> <td>R-Alpha lipoic acid</td><td>200 mg</td></tr> <tr> <td>Coenzym Q10</td><td>50 mg</td></tr> </table>	Acetyl-L-Carnitine HCl	1000 mg	R-Alpha lipoic acid	200 mg	Coenzym Q10	50 mg
Acetyl-L-Carnitine HCl	1000 mg						
R-Alpha lipoic acid	200 mg						
Coenzym Q10	50 mg						



# Lactoferrin acid resistant

## indication

Antiviral activity  
Antibacterial activity (including *Helicobacter pylori*)  
Antifungal activity (including *Candida albicans*)  
Anemia

## dosage

Viral infections or anemia:  
Take 3 x 2 caps per day 1 hour before meals or 2 hours after meals  
Bacterial or fungal infections:  
Take 3 x 2 caps per day during meals

## packaging

84 DR-capsules per container

## daily dose (based on 6 DR- capsules)

Lactoferrin 600 mg





# Lipid Control

## indication

Hypercholesterolemia, Hypertriglycemia  
Activity results from synergy between different bio-active ingredients

## dosage

Take 2 caps per day

## packaging

90 vegecaps per container

## daily dose (based on 1 vegecaps)

Citrus limon Osbeck	250 mg
Red Yeast Rice (Monacolin 1.6%) (=2,95 mg Monacolin)	184.40 mg
Vitamin C (as Ascorbic acid)	40 mg
Extract of cultivated vine (Vitis vinifera)	35 mg
L-Leucine	25 mg
Extract of olive tree (Olea europaea)	15 mg



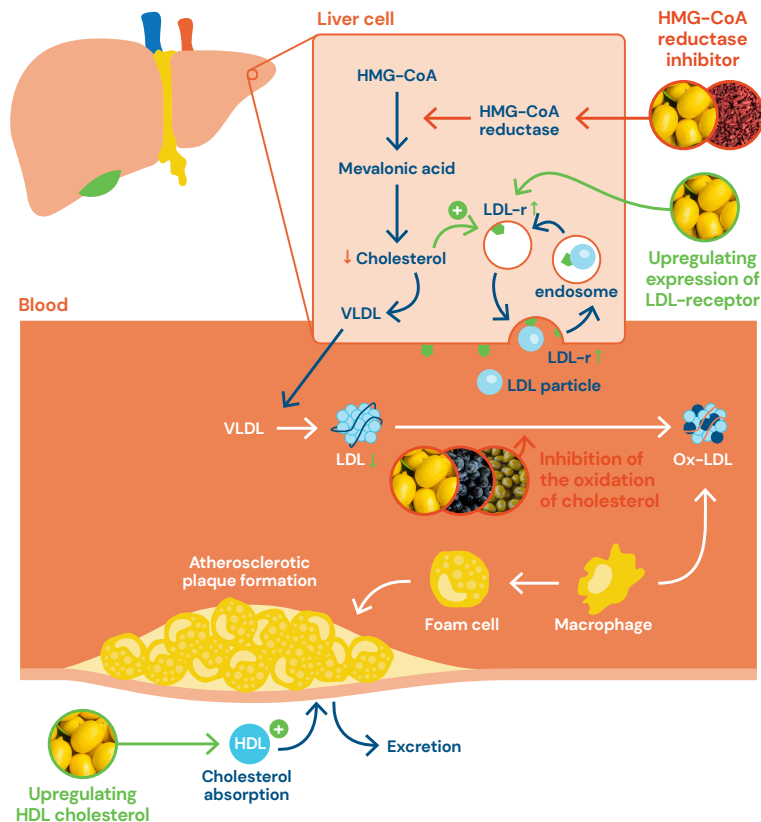
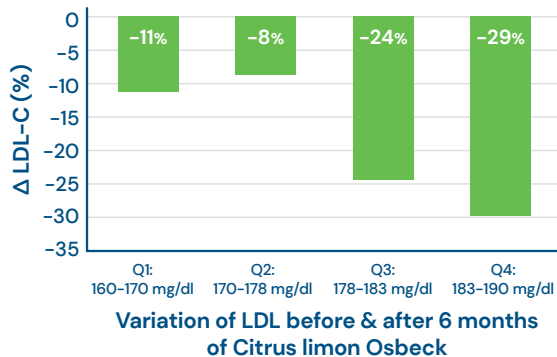
Extract of cultivated vine (*Vitis vinifera*) and extract of olive tree (*Olea europaea*)



Red yeast rice (Monacolin 1.6%)



Citrus limon Osbeck





# L-Lysine

## indication

Antiviral support  
Suppression of viral replication

## dosage

Prevention: take 3 x 1 tablet per day  
Viral infection: take 3 x 2 tablets per day during 4 weeks, take 2 x 2 tablets per day for the next 2 weeks  
Intake separated from food

## packaging

60 tablets per container

## daily dose (based on 1 tablet)

L-Lysine

500 mg



# Lugol Liquid

<b>indication</b>	Iodine deficit Maximum bioavailability with iodine-iodide complex	
<b>dosage</b>	Take 1 drop per day in water	
<b>packaging</b>	50 ml per bottle	
<b>daily dose (based on 1 drop)</b>	Iodine Potassium iodide	5 % (2.5 mg) 10 % (5 mg)



# Luteolin

## indication

Targets the interaction between mast cells & microglia in various neurological conditions like migraine or autism  
 Mimics BDNF to improve mood , memory and concentration  
 Inhibits neurotensin in stress-driven neuroinflammation

## dosage

Take 2 x 1 caps per day

## packaging

60 vegecaps per container

## daily dose (based on 2 vegecaps)

Luteolin

100 mg



# Lycopene

<b>indication</b>	Prostate hypertrophy Hyperlipidemia and hypertension Lowering Triglycerides and LDL cholesterol	
<b>dosage</b>	Prostate hypertrophy: take 1 caps per day Hyperlipidemia and hypertension: take 1-2 caps per day Lowering Triglycerides and LDL cholesterol: take 2 caps per day	
<b>packaging</b>	60 vegecaps per container	
<b>daily dose (based on 1 vegecaps)</b>	Lycopene	15 mg



# Magnesium C Complex

<b>indication</b>	<p>Brain fog in ADHD, chronic fatigue, Lyme etc.</p> <p>Improves concentration and memory</p> <p>Improves Neuroplasticity</p> <p>Reduces brain excitotoxicity resulting from overactivity by glutamate on NMDA receptors</p>
<b>dosage</b>	<p>Take 3 caps per day</p>
<b>packaging</b>	<p>90 vegecaps per container</p>
<b>daily dose (based on 3 vegecaps)</b>	<p>Magnesium (as Magnesium threonate) <span style="float: right;">150 mg</span></p>

# Magnesium Malate



## indication

Bioactive Magnesium  
Optimal gastrointestinal tolerance  
Magnesium depletion  
Supportive to mitochondrial metabolism

## dosage

Take 2 caps in the morning and 2 caps in the evening with or after food

## packaging

100 or 240 vegecaps per container

## daily dose (based on 4 vegecaps)

Magnesium (as Magnesium malate)

360 mg





# Me-B12 + MTHF

<b>indication</b>	Bioactive B12 + Folate formulation Methylation support	
<b>dosage</b>	Take 1 tablet per day, sublingual administration	
<b>packaging</b>	60 sublingual tablets per container	
<b>daily dose (based on 1 sublingual tablet)</b>	Vitamin B12 (as Methylcobalamin) MTHF	2 mg 1 mg



# Me-B12 15 mg

indication	Methylation support, Vitamin B12 deficiency Optimal availability through sublingual intake	
dosage	Sublingual administration Dosage according to medical advise	
packaging	30 sublingual tablets per container	
daily dose (based on 1 sublingual tablet)	Vitamin B12 (as Methylcobalamin)	15 mg



# Melissa/Theanine

## indication

Anxiety, panic or stress  
 Insomnia resulting from anxiety, panic or stress  
 Protects GABA from breakdown  
 Rebuilds Serotonin & Dopamine neurotransmission

## dosage

Take 3 x 1 caps per day

## packaging

100 vegecaps per container

## daily dose (based on 3 vegecaps)

Green Tea (L-Theanine 40 %)	1000 mg
Lemon balm leaves (Melissa officinalis L.)	600 mg



# Methylation

## indication

Restores methylation if methylation is disrupted by deficiencies in methylating agents, infections, heavy metals or mutation

## dosage

First week: take 1 tablet every 3 days during the main meal  
Second week: take 1 tablet every 2 days during the main meal  
From week 3: take 1 tablet per day during the main meal

## packaging

100 tablets per container

## daily dose (based on 1 tablet)

Vitamin B3 (as Niacin)	50 mg
Vitamin B6 (as Pyridoxal-5-phosphate)	6,4 mg
Vitamin B12 (as Hydroxocobalamine)	2 mg
MTHF	0.5 mg



# MicroBiome mix

## indication

Microbial health  
Dysbiosis

## dosage

Take 1 caps per day

## packaging

100 vegecaps per container

## daily dose (based on 1 vegecaps)

### 450 million CFU live bacteria in equal parts:

Bifidobacterium lactis (W51), Bifidobacterium lactis (W52), Enterococcus faecium (W54), Lactobacillus acidophilus (W22), Lactobacillus paracasei (W20), Lactobacillus plantarum (W21), Lactobacillus salivarius (W24), Lactococcus lactis (W19)

450 million CFU

### Bifidobacterium longum

50 million CFU

### Lactobacillus rhamnosus

5.1 billion CFU

# Mineral Supplement



## indication

Mineral supplement, additional treatment in detoxification protocol  
see **Chelation** on page 59 along with **ToxinPul**

## dosage

Take 1-4 caps per day  
**Replacing minerals lost trough detoxification:**  
Take 4 caps 12 hrs after chelation

## packaging

120 vegecaps per container

## daily dose (based on 4 vegecaps)

Calcium (as Tricalcium citrate)	300 mg
Magnesium (as Magnesium malate)	150 mg
Potassium (as Tripotassium citrate)	99 mg
Zinc (as Zinc-L-methionine)	15 mg
Copper (as Copper bisglycinate)	2 mg
Boron (as Sodium tetraborate decahydrate)	2 mg
Manganese (as Manganese bisglycinate)	1 mg
Chromium (as Chromium picolinate)	187.5 µg
Molybdenum (as Sodium molybdate)	100 µg
Selenium (as L-Selenomethionine)	100 µg



# MorATP

## indication

Recycling ATP energy  
Mitochondrial support

## dosage

Take 2 x 2 chewing tabs per day before or with food

## packaging

120 chewing tabs per container

## daily dose (based on 4 chewing tabs)

D-Ribose  
Creatine monohydrate

5000 mg  
2000 mg



# MSM

## indication

Pain, inflammation, allergy, multiple chemical sensitivity

## dosage

Take 1 - 4 tablets per day

## packaging

180 tablets per container

## daily dose (based on 1 tablet)

MSM

1000 mg



# Myomin



## indication

Chinese herbal formulation  
Aromatase inhibitor  
Selective Estrogen Receptor Modulator

## dosage

Take 2 x 1 – 2 caps per day

## packaging

120 caps per container

## daily dose (based on 2 caps)

**Proprietary herbal extract blend**  
(Astragalus membranaceus, Curcuma  
wedoaria, Cyperus rotundus)

1000 mg



# N-Acetylcysteine

<b>indication</b>	Detoxification, precursor of glutathione Immune support in autoimmune conditions	
<b>dosage</b>	Take 1 - 2 caps per day	
<b>packaging</b>	60 vegecaps per container	
<b>daily dose (based on 1 vegecaps)</b>	N-Acetylcysteine	500 mg



# NAC Nasal Spray

N-Acetyl-L-cysteine 10%

## indication

Supports respiratory health  
Breaks down the extracellular matrix of biofilms  
Reduces the impact of environmental toxicants, including mold and mycotoxins

## dosage

Take 1 spray in each nostril 3 times per day  
Store cold after opening

## packaging

20 ml per bottle

## daily dose (based on 6 sprays)

N-Acetyl-L-Cysteine

0.84 mg



# Neurosignal

<b>indication</b>	Neurosignalisation, cognitive function, protection of myelin		
<b>dosage</b>	Take 2 – 3 caps per day with food		
<b>packaging</b>	100 vegecaps per container		
<b>daily dose (based on 2 vegecaps)</b>	Phosphatidylcholine	480 mg	
	Phosphatidylserine	68 mg	
	Vitamin B5 (as Calcium-d-pantothenate)	4.6 mg	



# Oestrobalance

<b>indication</b>	Menopausal support and optimization of the estrogen metabolism $C_2/C_{16}$	
<b>dosage</b>	Take 1 - 2 caps per day in the morning during breakfast	
<b>packaging</b>	100 vegecaps per container	
<b>daily dose (based on 1 vegecaps)</b>	Choline (as Choline bitartrate)	80 mg
	Silymarin	140 mg
	Linumlife	125 mg
	Bladderwrack extract	80 mg
	Rosemary extract 2%	80 mg
	Broccoli extract	50 mg
	Soylife 40%	50 mg



## PEA (Liposomal) = N-Palmitoylethanolamide LipiSpurse coating®

indication	Reduces neuropathic pain Downregulates mast cell activation and microglial activation Superior bio-availability with LipiSpurse coating®	
dosage	Take 2 x 1 – 2 caps per day	
packaging	120 vegecaps per container	
daily dose (based on 2 vegecaps)	PEA LipiSpurse coating® (Certified grade)	600 mg

# Perm Plus Powder



<b>indication</b>	Intestinal hyperpermeability, leaky gut		
<b>dosage</b>	The first month: take 3 x 2 scoops per day and then take 3 x 1 scoop per day 20 min. before food		
<b>packaging</b>	315 g per container		
<b>daily dose (based on 3 scoops = 15 g)</b>	L-Glutamine	12.13 g	
	N-Acetyl-D - Glucosamine	1.11 g	
	Liquorice root powder (Glycyrrhiza Glabra L.)	708 mg	
	Gamma oryzanol	491 mg	
	Pancreatin	191 mg	
	L-Carnosine	170 mg	
	Cellulase (1000 U/g)	85 mg	
	Zinc (as Zinc bisglycinate)	22.5 mg	
	Ananasus comosus (Ananas Sativus)	16.5 mg	

# Pure Fish oil



## indication

Inflammatory pathology  
Reduction of cardiovascular risk:  
High bioavailability through triglyceride structure  
Pure Fish oil with ratio EPA/DHA 3/2

## dosage

Maintaining allround health: take 2 – 5 softgels per day  
Obesity, diabetes: take 5 softgels per day  
Treatment chronic pain: take 7 softgels per day  
Neurological illness, brain activity: take 10 softgels per day

## packaging

500 or 100 softgels per container

## daily dose (based on 1 softgel)

Omega 3 fish oil (150 mg EPA / 100 mg DHA)	1000 mg
Vitamin E (as Tocopheryl acetate (DL))	10 mg





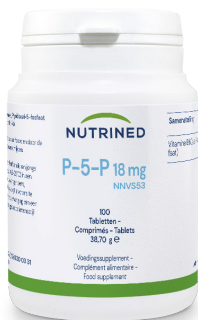
# Pure Vitamin C

indication	Pure Vitamin C	
dosage	Take 1 tablet per day before or during breakfast	
packaging	250 tablets per container	
daily dose (based on 1 tablet)	Vitamin C (as Ascorbic acid)	1000 mg



# Pyridoxal-5-Phosphate 9 mg

indication	Bio-active vitamin B6
dosage	Take 1 tablet per day with breakfast
packaging	100 tablets per container
daily dose (based on 1 tablet)	Vitamin B6 (as Pyridoxal-5-phosphate) 6 mg



# Pyridoxal-5-Phosphate 18 mg

<b>indication</b>	Bio-active vitamin B6	
<b>dosage</b>	Take 1 tablet per day with breakfast	
<b>packaging</b>	100 tablets per container	
<b>daily dose (based on 1 tablet)</b>	Vitamin B6 (as Pyridoxal-5-phosphate)	12 mg



# Quercetin

## indication

Mast cell stabilizer  
Hydroxyl radical quencher crossing blood brain barrier

## dosage

Take 3 x 1 caps per day

## packaging

120 vegecaps per container

## daily dose (based on 3 vegecaps)

Quercetin

1200 mg



# R-ALA 300

## indication

Active alpha lipoic acid  
Antioxidant crossing the blood brain barrier  
Activation of insulin and thyroid receptors  
Oxidative stress, neuropathic symptoms, chelation

## dosage

Take 1 caps per day

## packaging

90 vegecaps per container

## daily dose (based on 1 vegecaps)

R-Alpha lipoic acid

300 mg

# REM Support



## indication

Insomnia  
Disrupted sleep  
Anxiety

## dosage

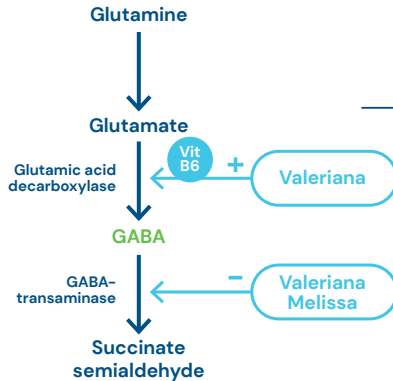
Take 2 tablets before bedtime

## packaging

60 tablets per container

## daily dose (based on 2 tablets)

GABA (Gamma 4-aminobutyric acid)	300 mg
Lemon balm leaves (Melissa officinalis)	200 mg
Valerian root (Valeriana Officinalis)	100 mg
Vitamin B6 (as Pyridoxine HCl)	4 mg
Vitamin B6 (as Pyridoxal-5-phosphate)	1.87 mg



# RG3 Nasal Spray



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**indication**

Neuroinflammation of different origins:

Autism

Neurodegenerative diseases

(post-)Infection

LPS-induced neuroinflammation

RG3 prevents neuronal damage in adrenal stress & adrenal fatigue

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**dosage**

Take 2 sprays in each nostril morning and evening

Store cold after opening

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**packaging**

20 ml per bottle

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**daily dose  
(based on 8 sprays)**

RG3 (Ginseng extract)

2.24 mg

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# Selenium 200 µg



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**indication**

Treatment and prevention of Selenium deficiency

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**dosage**

Take 1 capsule per day

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**packaging**

60 vegecaps per container

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**daily dose  
(based on  
1 vegecaps)**

Selenium (as L-Selenomethionine)

200 µg

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# Serodop

## indication

Reduced dopamine and serotonin, neurosignalisation, lethargy, fatigue, poor concentration

## dosage

Take 1 caps in the morning and 1 caps in the evening with food

## packaging

60 vegecaps per container

## daily dose (based on 2 vegecaps)

Oat (Avena sativa)	900 mg
Saffron (Crocus sativus)	30 mg



# Silymarine

## indication

Liver pathology, detoxification, chelation support

## dosage

Take 1 - 2 caps per day

## packaging

100 vegecaps per container

## daily dose (based on 1 vegecaps)

Milk thistle seed (Silybum marianum)  
(Silymarin = 360 mg)

450 mg



# SUN-D

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**indication**

Vitamin D3 deficiency

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**dosage**

Take 1 softgel per day by meal

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**packaging**

100 softgels per container

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**daily dose  
(based on 1 softgel)**

Vitamin D3

3000 IU

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# TPO Support

indication	Supplemental advice in Hashimoto's to reduce the risk of further progression	
dosage	Take 1 caps in the morning and 1 caps in the evening	
packaging	120 vegecaps per container	
daily dose (based on 2 vegecaps)	Myo-inositol	600 mg
	Iron (as Iron bisglycinate)	30 mg
	Zinc (as Zinc gluconate)	22.5 mg
	Selenium (as L-Selenomethionine)	84 µg



# TSH Support

<b>indication</b>	Thyroid support with Iodine		
<b>dosage</b>	Take 2 x 1 tablet per day before food		
<b>packaging</b>	60 tablets per container		
<b>daily dose (based on 2 tablets)</b>	L-Tyrosine	1000 mg	
	Zinc (as Zinc gluconate)	50 mg	
	Iodine (as Bladderwrack)	0.5 mg	
	Selenium (as Sodium selenite pentahydrate)	200 µg	

# Vitamin D3 Liquid



indication	Vitamin D3 deficiency	
dosage	Physician's advice	
packaging	50 ml per bottle	
daily dose (based on 1 drop)	Vitamin D3 (as Cholecalciferol)	250 IU/6.25 µg



# Vitamin K2

## indication

Essential cofactor for the activation of osteocalcin and Matrix GLA protein  
Prevention and treatment of osteoporosis and arteriosclerosis

## dosage

Take 1 - 2 tablets per day with or after food

## packaging

60 tablets per container

## daily dose (based on 1 tablet)

Vitamin K2

180 µg





<div> daily dose  (based on  1 vegecaps) </div>	<div> <b>Minerals:</b>  Magnesium (as Magnesium oxyde) 56.25 mg  Zinc (as Zinc-L-methionine) 5 mg  Manganese (as Manganese bisglycinate) 1 mg  Copper (as Copper bisglycinate) 500 µg  Iodide (as Potassium iodide) 225 µg  Selenium (as L-Selenomethionine) 50 µg  Molybdenum (as Sodium molybdate) 50 µg </div>
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# Zinc Carnosine

## indication

Zinc in high bio-availability  
 Restoring gastic lining in gastric ulcers  
 Improving taste disorders  
 Treatment oral mucositis = common complication of cytotoxic radiotherapy and/or chemotherapy

## dosage

Take 1 caps in the morning and 1 caps in the evening before food

## packaging

60 vegecaps per container

## daily dose (based on 2 vegecaps)

Zinc carnosine 150 mg



# Zinc 40

indication	Bioavailable Zinc Zinc depletion	
dosage	Take 1 - 2 tablets per day	
packaging	60 tablets per container	
daily dose (based on 1 tablet)	Zinc (as Zinc gluconate)	40 mg



# Zinc 60/Manganese 1.23

<b>indication</b>	HPU, deficiency of Zinc and Manganese	
<b>dosage</b>	Take 1 caps per day	
<b>packaging</b>	30 vegcaps per container	
<b>daily dose (based on 1 vegcaps)</b>	Zinc (as Zinc-L-methionine)	60 mg
	Manganese (as Manganese glycinate chelate)	1.23 mg



# Zinc 30/Manganese 0.615

<b>indication</b>	HPU, deficiency of Zinc and Manganese	
<b>dosage</b>	Take 1 tablet per day	
<b>packaging</b>	30 tablets per container	
<b>daily dose (based on 1 tablet)</b>	Zinc (as Zinc-L-methionine) Manganese (as Manganese glycinate chelate)	30 mg 615 µg





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