

Advanced Protocols 2025

Scientific update_research based



The logo for NUTRINED, featuring a green curved line above the word "NUTRINED" in blue capital letters.

The logo for Researched Nutritionals, featuring a blue stylized DNA helix icon to the left of the text "Researched Nutritionals" in blue, with "solutions for life" in a smaller font below it.

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Intro to Nutrined's advanced protocols

This protocol book is designed as a set of guidelines based on scientific data. We devised these guidelines in such a way that they are open to individual interpretation.

The protocol book consists of three major parts:

- Principal protocols: 10 principal protocols. We refer to these protocols throughout the book;
- Specific protocols: conditions and pathologies you might see in your day-to-day practice;
- Protocols for infections.

In the specific protocols and protocols for complex infections, we sometimes redirect to a principal protocol. You can integrate both, depending on your evaluation of the patient's condition.

This book helps by tackling all aspects of a pathology. We aim to treat every aspect of a pathology along the lines of the functional or integrative approach.

References to products or compounds mentioned in the above protocol are always included and corresponding studies can be requested.

How to use transfer factors?

Transfer factors are pure extract from colostrum, they are specific amino acid sequences that have a messenger function in our immune response.

- ➔ Transfer factors activate Natural Killer cells (NK cells)
- ➔ By increasing IL10 and regulatory T cells, transfer factors modulate the immune response.

Multimessenger is the basic formulation. On top of Multimessenger, specific transfer factors can be used, Messenger Complex.

Principal protocols

Adrenal support

Nutritional adrenal support

Energy Multiplex Nutritional

90 vcaps

Dose: 3 x 1 caps per day during or after meals

Adaptogens modulating
our adrenal axis

HPA Control

90 tablets

Dose: 3 x 1 tablet per day during or after meals

Neuronal damage caused
by extended exposure to
cortisol

Rg3 Nasal Spray

20 ml

Dose: 2 x 2 sprays in each nostril

Vulnerability to stress

Neuronal Damage caused
by extended exposure to
cortisol

BDNF Essentials

120 vcaps

Dose: 2 x 2 caps per day

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Auto-immunity

Promoting IL10

Optimizing cellular immune response

Rebalance Th1 – Th2 – Th17

Multimessenger

90 caps

Dose: 3 caps in the morning, right before breakfast

Vit D3 liquid

50 ml

Dose: 1 drop = 250 IU: daily dose during hot meal

Individual optimization based on individual lab results

Or

Sun-D

100 softgels

Dose: 1-2 softgels per day by hot meal

Specific probiotics increase production of short-chain fatty acids (butyrate, propionate...) from fibers

> SCFA will increase IL10, activating regulatory T cells

CoreBiotic

60 vcaps

Dose: 1 x 2 caps per day, at least 30 minutes before the meal

SCFA will increase IL10, activating regulatory T cells

Butyflam coated

180 coated caps

Dose: 3 x 2 caps per day, 20 min before meals

Rebuilding intestinal permeability

Guttae Pepsini

30 ml

Dose: 3 x 10 – 20 drops at the start of the meal and with a small amount of water (swallow immediately)

Gluten DPP IV Complex

90 vcaps

Dose: 3 x 1 caps per day, at the start of the meal

Perm Plus Coated

90 coated tablets

Dose: first month 3 x 2 tablets per day

then 3 x 1 tablet per day, 20 minutes before the meal

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Multimessenger

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Butyrate

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Detoxification – Environmental Pollution

Gene induction of Phase II Detoxification and Antioxidant Enzymes through Nrf2	Broccoraphanin Nrf2 Support 60 vcaps Dose: 1 caps per day 30minutes before breakfast
Protective against exposures to chemicals Reduce intestinal absorption	Probiotic 100 vcaps Dose: 1 caps per day 30minutes before breakfast
Optimizing /restoring Glutathione conjugation and glucuronidation	AO Defense 60 vcaps Dose: 2 x 1 caps per day
Cofactors of cytochrome P450 enzymes in Phase I	Co-Factor B Complex 30 tablets Dose: 1 tablet per day during breakfast
Optimization glutathione conjugation in Phase II	Tri-Fortify Watermelon or Orange 236 ml Dose: 1 teaspoon (5ml) per day, separated from meals

This protocol (with the exception of Tri-fortify) can be purchased as prepacked sachets containing 4 pills for daily administration under the name "4Enviro" (box for one month treatment)

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Detoxification – Liver support

Liposomal glutathione	Tri-Fortify Watermelon or Orange 236 ml Dose: 1 teaspoon (5ml) per day, separated from meals
Milk thistle standardized	Silymarin 100 vcaps Dose: 1 – 2 caps per day
Sulphoraphane induces Phase II enzymes	Broccoraphanin Nrf2 Support 60 vcaps Dose: prevention: 1 caps per day curative effect: 2 x 1 caps per da30

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Gut protocol

Gut protocol is a basic treatment in

- Intestinal hyperpermeability
- Intestinal complaints
- Intestinal inflammation
- Intestinal infections (candida, parasites) and dysbiosis (SIBO)
- Immune related pathologies and auto-immunity
- Supportive treatment in chelation therapy

Restoring pH and acidity

- Absorption of nutrients
- Prevention of dysbiosis
- Fragmentation of polypeptides: antibodies do not attach to amino acids

Guttae Pepsini

30 ml

Dose: 3 x 10 – 20 drops at the start of the meal and with a small amount of water (swallow immediately)

DPP4 enzymes lower immunogenicity of gluten and casein

Gluten DPP IV Complex

90 vcaps

Dose: 3 x 1 caps per day, at the start of the meal

Targeted release of glutamine restores sIgA barrier without increasing glutamate or ammonia level

Perm Plus Coated

90 coated tablets

Dose:

First month: 3 x 2 tablets per day, 20 minutes before the meal

Then: 3 x 1 tablet per day, 20 minutes before the meal

Remodeling intestinal barrier function

Neuroinflammation

Immune modelling (T-reg and IL-10 anti-inflammation)

Butyflam Coated

180 coated capsules

Dose: 3 x 2 caps, 20 minutes before meals

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Butyrate

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Stilling RM, et al. The neuropharmacology of butyrate: The bread and butter of the microbiota-gut-brain axis? *Neurochem Int* 2016 – Review.



Immune modulation

Treg support & Th1 – Th2 – Th17 balance

Butyflam Coated
180 coated capsules
Dose: 3 x 2 caps, 20 minutes before meals

Vit D3 liquid
50 ml
Dose: 1 drop = 250 IU: daily dose during hot meal
Individual optimization based on individual lab results

Or

Sun-D
100 softgels
Dose: 1-2 softgels per day by hot meal

Natural Killer Cell activity (Treg support)

Multimessenger
90 caps
Dose: 3 caps in the morning, right before breakfast

Additionally
Specific transfer factor

Messenger Complex
90 caps
Dose: 3 caps before sleep

Protecting Natural Killer Cells against oxidative damage with liposomal Glutathione

Tri-Fortify Watermelon or Orange
236 ml
Dose: 1 teaspoon (5ml) per day, separated from meals

Storm of Cytokines and post-viral recovery

Reducing oxidative stress & inflammation, Anti-viral activity

AO Defense
60 vcaps
Dose: 1 caps in the morning + 1 in the evening

Repairing tissue damage resulting from oxidative stress

Tri-Fortify Watermelon or Orange
236 ml
Dose: 1 teaspoon (5 ml) per day, separated from meals

Lipid Replacement Therapy Mitochondrial repair in post-viral fatigue

ATP 360
90 vcaps
Dose: 3 caps per day during breakfast

Rebuilding coagulation pathway

BioDisrupt
120 vcaps
Dose: 2 caps in the morning, 2 in the evening, separated from meals

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Transfer Factors

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Inflammation

Coated enzymes for injuries, sport injuries, tendinitis, inflammation	InflaQuell 180 vcaps Dose: 3 x 3 caps per day, separated from meals
Powerful combination of anti-inflammatory molecules	CytoQuel 90 vcaps Dose: 3 x 1 caps per day, during or after meals
Curcumin with high bioavailability (NF-KB modulation / COX-2 inhibition / 5-LOX inhibition)	Biocurcumax (BCM95) 120 vcaps Dose: 2 x 1 caps per day, during the meal
	Curcumin Pure (UltraSol Dispersion technology) 60 caps Dose: 2 x 1 caps per day
Mast cell stabilization and downregulation of inflammation	HistaQuel 120 vcaps Dose: 2 x 2 caps per day, with or without food
5-LOX inhibition	Boswellia 450 mg 60 caps Dose: 2 - 4 caps per day
Sulphoraphane induces Phase II enzymes	Broccoraphanin Nrf2 Support 60 vcaps Dose: prevention: 1 caps per day curative effect: 2 x 1 caps per day
Fish oil	Pure Fish Oil 500 softgels Dose: 3 - 6 softgels per day during meals

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Methylation

Optimizing / restoring methylation

Methylation

100 tablets

Dose: 1st week: 1 tablet every 3 days during meal

2nd week: 1 tablet every 2 days during meal

3rd week and further: 1 tablet per day during meal

MeB12 + MTHF

60 sublingual tablets

Dose: 1 tablet per day

Tri-Fortify Watermelon or Orange

236 ml

Dose: 1 teaspoon (5ml) per day, separated from meals

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Neuroinflammation

Modulation of microglial release of inflammatory mediators	Rg3 Nasal Spray 20 ml Dose: 2 x 2 sprays in each nostril
Upregulation of BDNF gene expression	BDNF Essentials 120 vcaps Dose: 2 x 2 caps per day CogniFuel 90 vcaps Dose: 3 x 1 caps per day just before or during meals
Antioxidants reducing neuronal inflammation and neuronal damage	Tri-fortify Watermelon or Orange 236ml Dose: 1 teaspoon (5ml) per day, separated from meals H2 Absorb 60 tabs Dose: 2 x 1 tab per day, in a glass of water
<i>Contributing factors</i>	
Rebuilding the gut	Guttae Pepsini 30 ml Dose: 3 x 10 – 20 drops at the start of the meal and with a small amount of water (swallow immediately) Gluten DPP IV Complex 90 vcaps Dose: 3 x 1 caps per day, at the beginning of the meal Perm Plus Coated tablets 90 coated tablets Dose: first month 3 x 2 tablets per day then 3 x 1 tablet per day, 20 minutes before the meal
Modulation of mast cells and downregulation of inflammation	HistaQuel 120 vcaps Dose: 2 x 2 caps per day, with or without food
Protecting and rebuilding mitochondria in neurons	ATP 360 90 vcaps Dose: 3 caps per day during meal



Stabilizing blood sugar Blood sugar fluctuations worsen neuroinflammation	Glycosense 180 vcaps Dose: 3 x 1-2 per day at the start of each meal
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NMDA Modulators

Magnesium L-threonate: reducing excessive calcium influx & excitotoxicity in neurons	Magnesium C-Complex 90 vcaps Dose: 3 x 1 caps per day
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Neuropathic pain	PEA = LipiSpense coating® – certified grade 300 mg 120 vcaps Dose: 1 – 4 caps per day
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Mitochondrial dysfunction as a major contributing factor in neurodegenerative diseases	CogniFuel 90 vcaps Dose: 3 x 1 caps per day just before or during meals
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Oxidative stress

Liposomal glutathione protects Natural Killer cells against oxidative damage and has a strong antioxidant function

Tri-Fortify Watermelon or Orange
236 ml
Dose: 1 teaspoon (5ml) per day, separated from meals

Molecular hydrogen diffuses through the blood brain barrier, elevated bioavailability

H2 Absorb
60 solutabs
Dose: 2 x 1 soluble tablet per day
Wait until the tablet has dissolved in non-carbonated water before consuming

Broad spectrum antioxidant

AO Defense
60 vcaps
Dose: 2 x 1 caps per day

High potency pure tocotrienols

TocoPure
60 softgels
Dose: 3 x 1 softgel per day during meals

Pure alpha-lipoic acid: supportive activity in recycling glutathione

R-ALA 300mg
90 vcaps
Dose: 1 - 2 x 1 caps per day

Liposomal Vit C + R-Alpha-lipoic acid

C-RLA Mint / Vanilla-Caramel
300 ml
Dose: 10 ml per day, oral administration

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Protocols for specific indications

Allergy – eczema (Th2 dominance)

Mast cell stabilizing composition with optimized bioavailability	HistaQuel 120 vcaps Dose: 2 x 2 caps per day, with or without food
Quercetin as a mast cell stabilizer	Quercetin 400 mg 120 vcaps Dose: 3 x 1 caps per day before meals
Promoting IL10 and optimizing cellular immune response Rebalance Th1 – Th2 – Th17	Multimessenger 90 caps Dose: 3 caps in the morning, right before breakfast
Zinc suppletion decreasing symptoms in allergy and atopic eczema	Zinc 40 mg 60 tablets Dose: 1 tablet per day

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Benigne prostate hypertrophy – prostatitis

Decreasing activity of 5-alpha-DHT	Equol 6 mg 120 vcaps Dose: 2 x 1 caps per day
Sulphoraphane induces of phase II enzymes	Broccoraphanin Nrf2 Support 60 vcaps Dose: Prevention: 1 caps per day Curative: 2 x 1 caps per day

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Cancer: Chemoprevention

Chemopreventive especially in breast & prostate cancer	Equol 120 vcaps Dose: 2 x 1 caps per day during meals
Chemoprevention Immune modulation	Multimessenger 90 vcaps Dose: 3 x 1 caps before breakfast
Growth arrest Prevention of estrogen enhanced cancers + Inhibition of the expression of aromatase + upregulation 2-hydroxyestrogens (inducing CYP1A1, 1A2, 1B1)	Indole-3-Carbinol (pharmaceutical compounding) # capsules Dose: 1 x 400mg /day
Inhibition of the initiation of tumor development Anti-inflammatory activity, anti-NF-KB Powerful inducer of apoptosis Sulphurophane induces phase II enzymes Estrogen detoxification: C2-C16	Broccoraphanin Nrf2 Support 60 vcaps Dose: 1 caps per day
Powerful antioxidant in functional cancer treatment Additional researched nutritional support in association with tamoxifen (estrogen related cancers)	TocoPure D&G 60 softgels Dose: 2 - 4 softgels per day with food



Cell-cycle arrest Apoptosis (activates TP53 tumor suppressor gene) Autophagy Inducing ROS and subsequent mediation of MAPK pathways Chemopreventive	Vitamin K2 180mcg 60 Tablets Dose: 1 caps per day during meals
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Cancer: Complementary options

Bortezomib	PectaSol-C 454 g powder Dose: 1 – 3 scoops per day in water or juice Indole-3-Carbinol (pharmaceutical compounding) # capsules Dose: 1 x 400mg /day
Cisplatin	PectaSol-C 454 g powder Dose: 1 – 3 scoops per day in water or juice Ivermectin (pharmaceutical compounding) # capsules Dose: based on weight
Daunorubicin, Dabrafenib, Dasatinib	Ivermectin (pharmaceutical compounding) # capsules Dose: based on weight
Dexamethasone	PectaSol-C 454 g powder Dose: 1 – 3 scoops per day in water or juice
Docetaxel, Gemcitabine	Broccoraphanin Nrf2 Support 60 vcaps Dose: 1 caps per day
Doxorubicin, Etoposide	PectaSol-C 454 g powder Dose: 1 – 3 scoops per day in water or juice
Erlotinib, Gefitinib	TocoPure D&G 60 softgels Dose: 2 softgels per day with food



Paclitaxel

Broccoraphanin Nrf2 Support

60 vcaps
Dose: 1 caps per day

Ivermectin (pharmaceutical compounding)

capsules
Dose: based on weight

DIM (pharmaceutical compounding)

capsules
Dose: 100-450mg per day

Sorafenib

Indole-3-Carbinol (pharmaceutical compounding)

capsules
Dose: 1 x 400mg /day

Vitamin K2 180mcg

60 Tablets
Dose: 1 caps per day during meals

Tamoxifen

Equol

120 vcaps
Dose: 2 x 1 caps per day during meals

Indole-3-Carbinol (pharmaceutical compounding)

capsules
Dose: 1 x 400mg /day

TocoPure D&G

60 softgels
Dose: 2 softgels per day with food

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Cancer: Complementary nutritional therapy

Genes controlling Cellular growth & metabolism	<p>PectaSol-C 454 g powder Dose: 1 – 3 scoops per day in water or juice</p> <p>TocoPure D&G 60 softgels Dose: 2 x 1 softgels per day with food</p>
Apoptosis	<p>Artemisinin SOLO 90 vcaps Dose: 2 x 2 caps per day, 30 minutes before meals – 5 days in a row & interruption during the weekend</p> <p>Broccoraphanin Nrf2 Support 60 vcaps Dose: 1 caps per day</p> <p>Ivermectin (pharmaceutical compounding) # capsules Dose: based on weight</p> <p>PectaSol-C 454 g powder Dose: 1 – 3 scoops per day in water or juice</p> <p>TocoPure D&G 60 softgels Dose: 2 x 1 softgels per day with food</p> <p>Vitamin K2 180mcg 60 Tablets Dose: 1 caps per day during meals</p>
Hormonal factors	<p>Equol 120 vcaps Dose: 2 x 1 caps per day during meals</p> <p>Indole-3-Carbinol (pharmaceutical compounding) # capsules Dose: 1 x 400mg /day</p>
Immune response	<p>Broccoraphanin Nrf2 Support 60 vcaps Dose: 1 caps per day</p> <p>Multimessenger 90 vcaps Dose: 3 x 1 caps before breakfast</p>



Mitochondrial Activity

ATP360 (3th generation)

90 vcaps

Dose: 3 caps per day during meal

ATP Fuel (2nd generation)

150 caps

Dose: 2 x 5 caps per day during meals

NT Factor Energy (1st generation)

90 tabs

Dose: 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.

Angiogenesis

Ivermectin (pharmaceutical compounding)

capsules

Dose: based on weight

PectaSol-C

454 g powder

Dose: 1 - 3 scoops per day in water or juice

TocoPure D&G

60 softgels

Dose: 2 x 1 softgels per day with food

Cell-Cell adhesion,
metastasis

PectaSol-C

454 g powder

Dose: 1 - 3 scoops per day in water or juice

Detoxification

Broccoraphanin Nrf2 Support

60 vcaps

Dose: 1 caps per day



Antioxidant
support/Oxidant support

Artemisinin SOLO

90 vcaps

Dose: 2 x 2 caps per day, 30 minutes before meals – 5 days in a row
& interruption during the weekend

Broccoraphanin Nrf2 Support

60 vcaps

Dose: 1 caps per day

H2 Absorb

60 soluble tablets

Dose: Take 2 x1 soluble tablet in per day in non-carbonated water.
Wait for the tablet to dissolve and drink immediately

PectaSol-C

454 g powder

Dose: 1 – 3 scoops per day in water or juice

TocoPure D&G

60 softgels

Dose: 2 x 1 softgels per day with food

Vitamin K2 180mcg

60 Tablets

Dose: 2 x 1 caps per day during meals

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Cardiovascular health

Promotes NO synthesis Prevents vascular calcification Cardioprotective Modulates blood pressure Repairs Endothelial Glycocalyx	Nox Support 60 vcaps Dose: 2 caps per day
Red Yeast Rice lowering triglycerides and LDL-Cholesterol	Lipid Control 90 capsules Dose: 2 caps per day, after dinner
Decreasing the formation of plaque – based on Lp-PLA2 lab results	LP-Risk 100 tablets Dose: 2 – 4 tablets per day during or after meals
Hypercoagulation	Boluoke 60 capsules or 120 vcaps Dose: Acute use: 3 x 1 – 2 caps per day, separated from food Chronic use: 2 x 1 caps per day, separated from food
Methylation	Methylation 100 tablets Dose: 1 st week: 1 tablets every 3 days during meal 2 nd week: 1 tablets every 2 days during meal 3 rd week and further: 1 tablet per day during meal Tri-Fortify Watermelon or Orange 236 ml Dose: 1 teaspoon (5ml) per day, separated from meals
Molecular hydrogen protects in ischemia/reperfusion Injury	H2 Absorb 60 solutabs Dose: 2 x 1 soluble tablet per day Wait until the tablet has dissolved in non-carbonated water before consuming

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Chelation

In case of heavy metal toxicity, intestinal hyperpermeability occurs. The tight junctions should be sealed before chelation to prevent re-entry of heavy metals and worsening of the symptoms.

STEP 1: Start by applying the gut protocol.

STEP 2: Chelation therapy and supportive therapy.

Gentle chelation / No systemic absorption	ToxinPul 90 vcaps Dose: adults: 1 x 2 – 3 caps per day Bodyweight less than 45 kg: 1 x 1 caps per day
Prevention of intestinal reabsorption	Chlorella Glass Grown 200 vcaps Dose: Start slowly with 1 cap per day and gradually build up to 3 x 1 – 2 caps per day 1 h before meals
Supportive to chelation and protective to kidneys	Tri-Fortify Watermelon or Orange 236 ml Dose: 1 teaspoon (5ml) per day, separated from meals
Pure alpha-lipoic acid: anti-oxidative support	R-ALA 300 mg 90 vcaps Dose: 1 – 2 x 1 caps per day
Balanced mineral support during chelation	Mineral Supplement 120 vcaps Dose: 1 x 4 caps per day, 12 hours after chelation
Supportive to chelation	Magnesium Malate 100 vcaps Dose: 2 x 1 – 2 caps per day Until bowel intolerance: could be 8-12 capsules /day

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Cilantro, parsley

Keuri Eleutério Rodrigues, Fábio Rodrigues de Oliveira. Aqueous Coriandrum Sativum L. Extract Promotes Neuroprotection Against Motor Changes and Oxidative Damage in Rat Progeny After Maternal Exposure to Methylmercury. Food Chem Toxicol. Nov 2019, 133, 110755

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Concentration – memory – neurosignalization

Magnesium Threonate
improves
neurosignalization,
short term memory
and prevents
neurodegeneration

Magnesium C-Complex
90 vcaps
Dose: 3 x 1 caps per day during or after meals

Fish oil EPA/DHA 45/10
improves
neurosignalization

Pure Fish Oil
100 or 500 softgels
Dose: 2 – 4 caps per day during meals

Improving neuroplasticity
Improving BDNF level
Improving cognitive
function

BDNF Essentials
120 vcaps
Dose: 2 x 2 caps per day

Lipid Replacement
Therapy: high doses of
phospholipids restore
neuronal membranes

ATP Fuel
150 caps
Dose: 2 x 5 caps per day during meals

ATP 360
90 vcaps
Dose: 3 caps per day during meal

Neurosignal
100 vcaps
Dose: 2 – 4 caps per day during meals

Synthesis of
neurotransmitters –
Methylation support

Methylation
100 tablets
Dose: 1st week: 1 tablet every 3 days during meal
2nd week: 1 tablet every 2 days during meal
3rd week and further: 1 tab per day during meal

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Depression – mood swings

Serotonine and dopamine modulation	Serodop 60 vcaps Dose: 2 x 1 caps per day
Adaptogens in mental disorders	HPA Control 90 tablets Dose: 3 x 1 tablet per day during or after meals
Modulation of neuroinflammation	Rg3 Nasal Spray 20 ml Dose: 2 x 2 sprays in each nostril

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Histamine excess

Mast cell stabilization	HistaQuel 120 vcaps Dose: 2 x 2 caps per day, with or without food
Quercetine as mast cell stabilizer	Quercetine 400 mg 120 vcaps Dose: 3 x 1 caps per day before meals
Breaking down histamine	Calcium Ascorbate 850 mg 175 vcaps Dose: 3 x 1 caps per day during or after meals
Pyridoxal-5-phosphate increasing the activity of DAO enzymes	Pyridoxal-5-Phosphate 9 mg – 18 mg 100 tablets Dose: start treatment with 1 x 9 mg per day gradually increase dosage with 9 mg per week until 1 x 54 mg per day

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Hypercoagulation

Lumbrokinase is a plasminogen activator to break down excess fibrin

Boluoke
60 or 120 vcaps
Dose: Acute use: 3 x 1 – 2 caps per day, separated from food
Chronic use: 2 x 1 caps per day, separated from food

References

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Insulin Sensitivity

Increased insulin receptor sensitivity
Lowered fasting blood glucose, HbA1c, Triglycerides, insulin levels

GlycoSense

180 vcaps

Dose: 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

Mitochondrial dysfunction and NAD+ depletion are main contributing factors in the development of insulin resistance

CogniFuel

90 vcaps

Dose: 3 x 1 caps per day just before or during meals

Nicotinamide Riboside demonstrates more stimulation of SIRT1 & better pharmacokinetic and pharmacological properties than other NAD+ precursors
PQQ increases the expression of PGC-1 alpha and promotes mitochondrial biogenesis

Mitochondrial Dysfunction results in poor conversion of carbohydrates & fatty acids into ATP:

Krebsplus

60 vcaps

Dose: 2 x 2 caps per day during meals

The accumulation of lipid intermediates CER & DAG inhibits the insulin signaling pathway, what leads to poor insulin action.

Ac-Carnitine shuttles fatty acids into the mitochondrial matrix where the Beta-oxidation takes place & promotes conversion of fatty acids

R-Alpha Lipoic Acid is the most important co-factor in the oxidative decarboxylation of carbohydrates

References

Glycosense

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Cognifuel

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Krebsplus

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Long-COVID

Immune system regulation:

innate immunity:
Optimizing cellular immune response + Rebalance Th1 – Th2 – Th17

Multimessenger

90 caps
Dose: 3 caps in the morning, right before breakfast

Additionally

Adaptive immunity:
Specifically targeting infections system

Messenger Complex

90 caps
Dose: 3 caps before sleep

Optimizing mitochondria

Supporting ATP production, reduce oxidative stress and repair damaged mitochondria.

ATP360

90 vcaps
Dose: 3 caps per day during meal

Increasing active Natural Killer cells + Optimizing detoxification

Tri-Fortify Watermelon or Orange

236 ml
Dose: 1 teaspoon (5ml) per day, separated from meals

NAD⁺ precursor, PQQ for mitochondrial biogenesis, Centella for neuroregeneration and Coffea extract increasing expression of BDNF, the basis of neurogenesis

CogniFuel

90 vcaps
Dose: 3 x 1 caps per day just before or during meals

MCAS (Mast Cell Activation Syndrome)

Mast cell stabilization and inflammation regulation

HistaQuel

120 vcaps
Dose: 2 x 2 caps per day, with or without food



Neuroinflammation

Modulation of neuroinflammation

Rg3 Nasal Spray
20 ml
Dose: 2 x 2 sprays in each nostril

Support BDNF, neuroplasticity, stress resilience and cognitive recovery

BDNF Essentials
120 vcaps
Dose: 2 x 2 caps per day

Detoxification

Bind and remove heavy metals and toxins through the gut

ToxinPul
90 caps
Dose: depending on bodyweight, separated from food
 <45kg bodyweight: 1 caps
 45-65kg bodyweight: 2 caps
 >65kg bodyweight: 3 caps

Rebalancing minerals during chelation

Mineral Supplement
120 caps
Dose: 4 caps - 12hrs after Toxinpul

Hypercoagulation

Promotes fibrinolysis and breaks down microclots

Boluoke
60 or 120 vcaps
Dose: 1 - 4 caps, separated from meals

Liver Support

supports liver detox pathways

Silymarin
100 vcaps
Dose: 1 - 2 caps per day



Mitochondrial support: fatigue – poor energy

Lipid replacement therapy restores the mitochondrial membrane

ATP 360
90 vcaps
Dose: 3 caps per day during meal

ATP Fuel
150 caps
Dose: 2 x 5 caps per day during meals

NT Factor Energy
90 tablets
Dose: 3 x 1 – 2 tablets per day

Optimizing the mitochondrial metabolism
Increasing production of ATP by inducing enzymatic activity

Krebsplus
60 vcaps
Dose: 2 x 2 caps per day during meals

Co-Factor B Complex
30 tablets
Dose: 1 tablet per day during breakfast

Magnesium Malate
100 vcaps
Dose: 2 x 1 – 2 caps per day

Q10 Power 400 mg
60 softgels
Dose: 1 softgel per day

MorATP
120 chewing tablets
Dose: 2 x 2 chewing tablets per day after meals

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Neuropathy

PQQ promotes Nerve Cell Growth	CogniFuel 90 vcaps Dose: 3 x 1 caps per day just before or during meals
Pure alpha-lipoic acid: anti-oxidative support	R-ALA 300mg 90 caps Dose: 2 x 1 caps per day
Neuropathic pain	PEA = LipiSpense coating® – certified grade 300 mg 120 vcaps Dose: 1 – 4 caps per day

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Optimize health protocol – sport supplementation

GENERAL HEALTH PROTOCOL

Magnesium high bioavailability

IN SPORT: optimal gut tolerance is required due to high levels of cortisol

Magnesium Malate

100 vcaps

Dose: 2 x 1 – 2 caps per day

Prevention of illness and infection

Multimessenger

90 caps

Dose: 3 caps in the morning, right before breakfast

Mitochondrial repair

ATP Fuel

150 caps

Dose: 2 x 5 caps per day during meals

ATP 360

90 vcaps

Dose: 3 caps per day during meal

Mitochondrial support

Co-Factor B Complex

30 tablets

Dose: 1 tablet per day

Q10 Power 400 mg

60 softgels

Dose: 1 softgel per day

SPECIFIC SPORT SUPPLETION: ADDITIONAL to a general health protocol

Soft tissue injury recovery

Decreasing lactic acid formation

Improving recovery

H2 Absorb

60 solutabs

Dose: 2 x 1 soluble tablet per day

Wait until the tablet has dissolved in non-carbonated water before consuming

Decreasing inflammatory markers during and after exercise

Biocurcumax (BCM95)

120 vcaps

Dose: 1 caps before exercise + 1 capsule immediately after exercise



Decreasing inflammatory markers during and after exercise or in case of injury

CytoQuel
90 vcaps
Dose: 3 x 1 caps per day, during or after meals

Improving performance and stress resistance in competition

HPA Control
90 tablets
Dose: 3 x 1 tablet per day during or after meals

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Sleep

Deeper sleep Falling asleep quicker Improving daytime alertness	Glycine 750 mg 100 tablets Dose: 4 tablets before sleep
Sleep structure	REM Support 60 tablets Dose: 2 tablets before sleep
Anxiety or panic causing insomnia	Melissa-Theanine 100 vcaps Dose: 1 – 3 caps before sleep

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Stress – anxiety

Anxiety – Panic	Melissa – Theanine 100 vcaps Dose: 1 – 3 caps per day
Inhibitory neurotransmitter	GABA 500mg 60 tablets Dose: 1 – 4 tablets per day
Adaptogens for better stress management – reducing vulnerability to stress	HPA Control 90 tablets Dose: 3 x 1 tablet per day during or after meals
Reducing vulnerability to stress	BDNF Essentials 120 vcaps Dose: 2 x 2 caps per day
Magnesium shows attenuated response to stress and anxiety	Magnesium Malate 100 vcaps Dose: 2 x 1 – 2 caps per day

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Protocols for infections

Herbal anti-infectious formulations target pathogens which makes sense in a global protocol that covers immune modulation, inflammation, detoxification, oxidative stress and possibly persistent forms, biofilms, intestinal disorders and neuroinflammation.

Each composition contains different herbs to cover a broader spectrum.

- BLt
- Myc-P
- Crypto-Plus

What composition?

This depends on specificity of the infection but often not all infections are diagnosed.

Different compositions can be combined.

Absorption is optimized through a phospholipid delivery complex. Organic cane alcohol was used in the extraction process for the alkaloids.

Anti-infectious herbs do not have the same devastating side effects as antibiotics but Herxheimer reactions will probably also manifest. Patients should start slowly and build up the dose gradually:

2 - 3 x 5 drops at the start is recommended.

Full dose is 2 x 40 drops / day in water

When?

45 minutes before food or 2 hours after eating. Leave 15 minutes in between if you are taking multiple herbal formulations.

Vector-borne infections

Babesia

Babesia is an obligate intracellular parasite, infecting red blood cells.

The life cycle of Babesia consists of different stages:

- first phase in biological hosts like rodents or humans
- second phase in the tick, the definitive host, which is at the same time the main transmitter

Comparable organisms are Plasmodium spp. causing malaria and Toxoplasma gondii causing toxoplasmosis.

Promoting IL10 and optimizing cellular immune response

Additionally

Specifically targeting infections

Multimessenger

90 caps

Dose: 3 caps in the morning, right before breakfast

Messenger Complex

90 caps

Dose: 3 caps before sleep

Increasing active Natural Killer cells

Optimizing detoxification

Tri-Fortify Watermelon or Orange

236 ml

Dose: 1 teaspoon (5ml) per day, separated from meals

Eradication of pathogens

Cryptolepine

Antimalaria activity

Crypto-Plus

120 ml

Dose: start with 2 x 5 drops per day and gradually increase the daily dose until 2 x 40 drops per day

Eradication of pathogens

Artemisinin SOD

120 vcaps

Dose: 2 x 2 caps per day, in the morning and in the evening – 5 days in a row and interrupt the treatment during the weekend



Spectrum of artemisinin sod

- Babesia
- **Nematodes:** Toxocara canis, Trichinella spiralis, Haemonchus contortus, Meloidogyne ssp., Globodera rostochiensis, Xiphinema index
- **Cestodes:** Echinococcus spp., Taenia crassiceps
- **Trematodes:** Echinococcus spp., Fasciola ssp., Clonorchis sinensis, Opisthorchis viverrini, Paragonimus westermani, Heterophyes heterophyes, Schistosoma spp., Paramphistmum microbothrium
- **Mongonea parasites:** Dactylogyrus, Gyrodactylus
- Blastocystis hominis
- Single-celled kinetoplastids and metazoan helminths
- Schistosoma spp.

Breaking down the biofilm
Interfering with quorum sensing

BioDisrupt
120 vcaps
Dose: 2 x 2 caps per day, separated from meals

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Bartonella

Bartonella species are transmitted by vectors such as ticks, fleas, sand flies, and mosquitoes. Bartonella henselae is the organism responsible for cat scratch disease.

Treatment of the gut should be considered.

ADDITIONALLY

Gut protocol (page 12)

Promoting IL10 and optimizing cellular immune response

Multimessenger

90 capsules

Dose: 3 caps in the morning, right before breakfast

ADDITIONALLY

Specifically targeting infections

Messenger Complex

60 capsules

Dose: 2 caps before sleep

Increasing active Natural Killer cells
Optimizing detoxification

Tri-Fortify Watermelon or Orange

236 ml

Dose: 1 teaspoon (5ml) per day, separated from meals

Eradication of pathogens

Myc-P

120 ml

Dose: start with 2 x 5 drops per day, 30 minutes before meals + gradually increase the daily dose until 2 x 40 drops per day

Breaking down the biofilm
Interfering with quorum sensing

BioDisrupt

120 vcaps

Dose: 2 x 2 caps per day, separated from meals

In case of multi-infections:

ADDITIONALLY

Broad-spectrum antimicrobial treatment

BLt

120 ml

Dose: start with 2 x 5 drops per day, 30 minutes before meals + gradually increase the daily dose until 2 x 40 drops per day

In case of neurological symptoms: Invasion of the central nervous system

ADDITIONALLY

Neuroinflammation protocol (page 21)

References

BioDisrupt

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Biofilms and persistent infections

Breaking down the biofilm and interfering with quorum sensing	BioDisrupt 120 vcaps Dose: 2 x 2 caps per day, separated from meals
Proteolytic enzymes break down fibrin	InflaQuell 180 vcaps Dose: 3 x 3 caps per day, separated from meals Boluoke 60 or 120 vcaps Dose: 1 – 4 caps, separated from meals
Broad spectrum antioxidant	AO Defense 60 vcaps Dose: 2 x 1 caps per day

References

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Borrelia

The spirochete *Borrelia burgdorferi* is a tick-borne obligate parasite whose normal hosts are a variety of small mammals. Whereas infection of these natural hosts does not lead to disease, infection of humans can result in Lyme disease, as a consequence of the human immunopathological response to *B. burgdorferi*. In Europe and Asia, the three species of *Borrelia* responsible for most human cases of Lyme disease are *B. burgdorferi sensu strictu* (s.s.), *B. garinii* and *B. afzelii*.

<p>Promoting IL10 and optimizing cellular immune response</p>	<p>Multimessenger 90 caps Dose: 3 caps in the morning, right before breakfast</p>
<p>Additionally Specifically targeting infections</p>	<p>Messenger Complex 90 caps Dose: 3 caps before sleep</p>
<p>Increasing active Natural Killer cells Optimizing detoxification</p>	<p>Tri-Fortify Watermelon or Orange 236 ml Dose: 1 teaspoon (5 ml) per day, separated from meals</p>
<p>Eradication of pathogens</p> <p>Teasel Inhibitory effect on <i>Borrelia</i> ^{13, 14}</p> <p>Juglans nigra Different components with antimicrobial activity¹⁴</p> <p>Sarsaparilla Spirochetal killing¹⁶ additional effects in combination with antibiotics like¹⁷</p> <ul style="list-style-type: none"> • destruction of cellular membranes as speculated mechanism • combats drug resistance • reduction of the dosage of antibiotics 	<p>BLt 120 ml Dose: start with 2 x 5 drops per day, 30 minutes before meals + gradually increase the daily dose until 2 x 40 drops per day</p>



Eradication of pathogens, especially in multi-infections

Cordyceps

Immune modulation¹

Scutellaria

Synergetic activity of antibiotics combined with Scutellaria⁴ / statistically relevant induction of death in Borrelia³

Myc-P

120 ml

Dose: start with 2 x 5 drops per day, 30 minutes before meals + gradually increase the daily dose until 2 x 40 drops per day

Breaking down the biofilm

Interfering with quorum sensing

BioDisrupt

120 vcaps

Dose: 2 x 2 caps per day, separated from meals

Powerful combination of anti-inflammatory molecules

CytoQuel

90 vcaps

Dose: 3 x 1 caps per day, during or after meals

Lipid Replacement Therapy

ATP 360

90 vcaps

Dose: 3 caps per day during meal

IN CASE OF NEUROBORRELIOSIS:

Modulation of neuroinflammation

Rg3 Nasal Spray

20 ml

Dose: 2 x 2 sprays in each nostril

Molecular hydrogen diffuses through the blood brain barrier, elevated bioavailability

H2 Absorb

60 solutabs

Dose: 2 x 1 soluble tablet per day

Wait until the tablet has dissolved in non-carbonated water before consuming

Improvement neuroplasticity

Increase of neurotropic growth factor

Improvement of cognitive function

BDNF Essentials

120 vcaps

Dose: 2 x 2 caps per day



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Rickettsia, ehrlichia, anaplasma

A short introduction to these very small bacteria, originally thought to be viruses. Rickettsial infections are caused by a variety of obligate intracellular bacteria in the genus Rickettsia and are grouped into one of four categories: the spotted fever group rickettsiae, typhus group rickettsiae, the ancestral group and the transitional group. It is a typically vector-borne bacteria, transmitted by ticks, body lice and fleas.

Rickettsia preferentially infects the vascular endothelial cells lining the small and medium vessels throughout the body. The infection of endothelial cells leads to disseminated inflammation, loss of barrier function and altered vascular permeability throughout the body. Rickettsiae have been demonstrated to cause a profound morphological deterioration and intracellular decrease of ATP.

Rickettsial infections can affect many organs, including the central nervous system. To date 18 species are recognized human pathogens, twelve of which cause CNS. We are aware of three different mechanisms of bacterial entry into the CNS.

- Inter- or paracellular passing;
- Transcellular passing;
- Or by leukocytes which, like Trojan Horses, carry the pathogens.

Both Anaplasma and Ehrlichia are members of the genus of Rickettsiales bacteria, transmitted to vertebrates by ticks.

Promoting IL10 and optimizing cellular immune response	Multimessenger 90 caps Dose: 3 caps in the morning, right before breakfast
ADDITIONALLY Specifically targeting infections	Messenger Complex 90 caps Dose: 3 caps before dinner (evening)
Increasing active Natural Killer cells Optimizing detoxification	Tri-Fortify Watermelon or Orange 236 ml Dose: 1 teaspoon (5ml) per day, separated from meals
Eradication of pathogens	BLt 120 ml Dose: start with 2 x 5 drops per day, 30 minutes before the meals + gradually increase the daily dose until 2 x 40 drops per day Myc-P 120 ml Dose: start with 2 x 5 drops per day, 30 minutes before meals + gradually increase the daily dose until 2 x 40 drops per day



Breaking down the biofilm
Interfering with quorum
sensing

BioDisrupt
120 vcaps
Dose: 2 x 2 caps per day, separated from meals

**In case of neurological
symptoms:** Invasion of the
central nervous system

ADDITIONALLY

Neuroinflammation
protocol (page 21)

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Rickettsia infection

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Yersinia

Yersinia, a Gram-negative bacterium. It is the causative agent of the plague. Y. pestis is primarily a rodent pathogen.

Majority of Y. pestis isolates are susceptible to antibiotics (like tetracycline, doxycycline, ciprofloxacin). Antibiotics cause a subsequent inflammatory response caused by endotoxin release.

<p>Promoting IL10 and optimizing cellular immune response</p>	<p>Multimessenger 90 caps Dose: 3 caps in the morning, right before breakfast</p>
<p>ADDITIONALLY Specifically targeting infections</p>	<p>Messenger Complex 90 caps Dose: 3 caps before dinner (evening)</p>
<p>Increasing active Natural Killer cells Optimizing detoxification</p>	<p>Tri-Fortify Watermelon or Orange 236 ml Dose: 1 teaspoon (5ml) per day, separated from meals</p>
<p>Eradication of pathogens</p>	<p>BLt 120 ml Dose: 2 x 5 drops per day, 30 minutes before meals and gradually increase dose up to 2 x 40 drops per day</p>
<p>Breaking down the biofilm Interfering with quorum sensing</p>	<p>BioDisrupt 120 vcaps Dose: 2 x 2 caps per day, separated from meals</p>
<p>Rebuilding microbiome Recent progress in research is focused on the use of short-chain oligosaccharides as potential anti-adhesion therapeutics. Spore probiotics also produce bacteriocins, which are antimicrobial peptides.</p>	<p>CoreBiotic 60 vcaps Dose: 1 x 2 caps per day, at least 30 minutes before the meal, for minimum 2 months</p>

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Opportunistic infections

Chlamydia pneumoniae

As other *Chlamydia* species, *C. pneumoniae* has a unique biphasic life cycle with two forms. The elementary body is metabolically inactive and responsible for attaching to the target host cell and promoting its entry. Elementary bodies transform into metabolically active reticulate bodies, which replicate intracellularly. Frontline antibiotics for chlamydial infections include tetracyclines, macrolides with doxycycline in combination with azithromycin being the most common.

Promoting IL10 and optimizing cellular immune response	Multimessenger 90 caps Dose: 3 caps in the morning, right before breakfast
ADDITIONALLY Specifically targeting infections	Messenger Complex 90 caps Dose: 3 caps before sleep
Increasing active Natural Killer cells Optimizing detoxification	Tri-Fortify Watermelon or Orange 236 ml Dose: 1 teaspoon (5ml) per day, separated from meals
Green tea and resveratrol exhibit broad-spectrum antimicrobial properties causing cytoplasmic membrane damage or disruption of membrane permeability	AO Defense 60 vcaps Dose: 2 x 1 caps per day
Eradication of pathogens Houttuynia Polyphenolic compounds can inhibit growth using different mechanisms like accumulation inside cells or cell membranes Scutellaria	Myc-P 120 ml Dose: start with 2 x 5 drops per day, 30 minutes before meals + gradually increase the daily dose until 2 x 40 drops per day



In case of multi-infections:

ADDITIONALLY

Broad-spectrum antimicrobial treatment

BLt

120 ml

Dose: start with 2 x 5 drops per day, 30 minutes before meals + gradually increase the daily dose until 2 x 40 drops per day

Breaking down the biofilm

Interfering with quorum sensing

BioDisrupt

120 vcaps

Dose: 2 x 2 caps per day, separated from meals

References

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Mycoplasma pneumoniae

Mycoplasma is an intracellular bacterium. It has a reputation for being exceptionally simple and small. M. pneumoniae features an attachment organelle which has a function in motility, adhesion and cell division.

A cell wall is absent; only a bilayer of lipids, called the cell envelope, protects the bacteria. This fact restricts the choice of antibiotics to those that act on the bacterial ribosome to inhibit protein synthesis. These antibiotics include macrolides, ketolides, streptogramins and tetracyclines. Azithromycin remains the macrolide of choice, with better tolerance and a longer half-life than the others.

Promoting IL10 and optimizing cellular immune response

Multimessenger
90 caps
Dose: 3 caps in the morning, right before breakfast

ADDITIONALLY
Specifically targeting infections

Messenger Complex
90 caps
Dose: 3 caps before sleep

Increasing active Natural Killer cells
Optimizing detoxification

Tri-Fortify Watermelon or Orange
236 ml
Dose: 1 teaspoon (5ml) per day, separated from meals

Green tea and resveratrol exhibit broad-spectrum antimicrobial properties causing cytoplasmic membrane damage or disruption of membrane permeability

AO Defense
60 vcaps
Dose: 2 x 1 caps per day

Studies show eradication of Mycoplasma pneumoniae:

Houttuynia
Scutellaria

Myc-P
120 ml
Dose: start with 2 x 5 drops per day, 30 minutes before meals + gradually increase the daily dose until 2 x 40 drops per day

In case of multi-infections:

ADDITIONALLY
Broad-spectrum antimicrobial treatment

BLt
120 ml
Dose: start with 2 x 5 drops per day, 30 minutes before meals + gradually increase the daily dose until 2 x 40 drops per day



Breaking down the biofilm Interfering with quorum sensing	BioDisrupt 120 vcaps Dose: 2 x 2 caps per day
Powerful combination of anti-inflammatory molecules	CytoQuel 90 vcaps Dose: 3 x 1 caps per day, during or after meals

References

Eradication of Mycoplasma pneumonia with Myc-P

Meng Y, Yang Y, et al. The inhibition of Platycodin D on Mycoplasma pneumoniae proliferation and its effect on promoting cell growth after anti-Mycoplasma pneumoniae treatment. *Front Cell Infect Microbiol.* 2015 Jan 13;4:192.

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Viral infections

Coxsackie virus

These viruses have a small, positive-sense single stranded RNA genome, and infection occurs primarily through the fecal-oral route.

Coxsackievirus has a remarkably high seroprevalence in human population around the world.

Promoting IL10 and optimizing cellular immune response

Additionally

Specifically targeting infections

Multimessenger

90 caps

Dose: 3 caps in the morning, right before breakfast

Messenger Complex

60 caps

Dose: 2 caps before sleep

Protecting Natural Killer cell against oxidative damage

Optimizing detoxification

Tri-Fortify Watermelon or Orange

236 ml

Dose: 1 teaspoon (5ml) per day, separated from meals

AO Defense

60 vcaps

Dose: 2 x 1 caps per day

Eradication of pathogens

Isatis root

Antiviral activities against Coxsackie virus due to ingredients like indoxyl-beta-glucoside, beta-sitosterol and isatin

Myc-P

120 ml

Dose: start with 2 x 5 drops per day, 30 minutes before meals + gradually increase the daily dose until 2 x 40 drops per day

References

Eradication of Coxsackie virus with Myc-P

Chen M, Gan L, et al. Alkaloids from the root of *Isatis indigotica*. *J Nat Prod*. 2012 Jun 22;75(6):1167-76.

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Enterovirus 71

Enteroviruses are members of the Picornaviridae family. They possess a positive-sense ssRNA genome and are non-enveloped. These viruses are ordinarily transmitted by fecal-oral route, but transmission by respiratory droplet is also possible.

The genus of Enterovirus includes notable members such as Enterovirus 71 (= foot and-mouth disease virus), poliovirus, rhinovirus.

Some Enteroviruses, particularly Enterovirus-71 (EV71) in Asia, are considered to be harmful emerging CNS pathogens. Another important member of the Enterovirus genus is Coxsackievirus.

Promoting IL10 and optimizing cellular immune response	Multimessenger 90 caps Dose: 3 caps in the morning, right before breakfast
ADDITIONALLY Specifically targeting infections	Messenger Complex 90 caps Dose: 3 caps before sleep
Protecting Natural Killer cell against oxidative damage Optimizing detoxification	Tri-Fortify Watermelon or Orange 236 ml Dose: 1 teaspoon (5 ml) per day, separated from meals
Eradication of pathogens EGCG Interferes with enteroviral replication via modulation of the cellular redox environment	AO Defense 60 vcaps Dose: 2 x 1 caps per day

References

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General antiviral protocol for EBV, CMV, HSV1, HSV2

<p>Promoting NK Cell activity & IL10 Optimizing cellular immune response</p>	<p>Multimessenger 90 capsules Dose: 3 caps in the morning, right before breakfast</p>
<p>Additionally Specifically targeting infections</p>	<p>Messenger Complex 90 capsules Dose: 3 caps before sleep</p>
<p>Decreasing viral replication</p>	<p>L-Lysine 60 tablets Dose: 2 - 3 x 2 tablets times per day, separated from food</p>
<p>Protecting Natural Killer cell against oxidative damage</p>	<p>Tri-Fortify Watermelon or Orange 236 ml Dose: 1 teaspoon (5ml) per day, separated from meals</p>
<p>EBV & CMV promote IDO-mediated Tryptophan catabolism</p> <p>The depletion of Tryptophan downregulates CD4, CD8 & NK Cells</p> <p>EGCG & Trans-Resveratrol have been found to inhibit IDO's activation.</p>	<p>AO Defense 60 vcaps Dose: 2 x 1 caps per day</p>
<p>Oxidative damage to mitochondria due to increased oxidative load - Lipid Replacement Therapy</p>	<p>ATP 360 90 vcaps Dose: 3 caps per day during meal</p>
<p>Lactoferrin prevents the infection of host cell by viruses, but also inhibits the growth of viruses after host cells have been invaded</p>	<p>Lactoferrin acid resistant 100mg 84 acid resistant caps Dose: 3 x 2 caps, 20 minutes before meal</p>



Eradication of HSV1
and HSV2

Houttuynia
antiviral activity against
HSV1 and HSV2

Myc-P

120 ml

Dose: start with 2 x 5 drops per day, 30 minutes before meals +
gradually increase the daily dose until 2 x 40 drops per day

Neuropathic pain in viral
infections

PEA = LipiSpense coating® – certified grade 300 mg

120 vcaps

Dose: 1 – 4 caps per day

References

Eradication of HSV1 and HSV2 with Myc-P

Chou SC, Su CR, Ku YC, Wu TS. The constituents and their bioactivities of *Houttuynia cordata*. *Chem Pharm Bull (Tokyo)*. 2009 Nov;57(11):1227–30.

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PEA: this review is a summary of 23 trails and case reports

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Intestinal infections

Candida

Immune support

Multimessenger

90 caps

Dose: 1 x 3 caps per day, just before breakfast

Tri-Fortify Watermelon or Orange

236 ml

Dose: 1 teaspoon/day, separated from meals

Butyflam coated

180 coated caps

Dose: 3 x 2 caps per day, 20 min before meals

Intestinal support

Guttae Pepsini

30 ml

Dose: 3 x 10 – 20 drops at the start of the meal and with a small amount of water (swallow immediately)

Gluten DPP IV Complex

90 vcaps

Dose: 3 x 1 caps per day, at the beginning of the meal

Perm Plus Coated tablets

90 coated tablets

Dose: first month: 3 x 2 tablets per day

Then: 3 x 1 tablet per day, 20 minutes before the meal

Butyflam coated

180 coated caps

Dose: 3 x 2 caps per day, 20 min before meals



Eradication of the pathogen and its structures developed to escape to our immune strategies

Elim-A-Cand

120 ml

Dose:

start dose adults days 1-3:

3-5 drops in 30-85ml water in morning and evening

days 4 and beyond:

Increase 3-5 drops every other day, in both morning and evening, to 2 times 40 drops per day

Lactoferrin acid resistant 100mg

84 acid resistant caps

Dose: 3 x 2 caps per day during meals

Microbinate (2 – 4 months)

120 vcaps

Dose: first week: 2 x 1 caps per day

then: 2 x 2 caps per day

Biofilm disruption

BioDisrupt

120 vcaps

Dose: 2 x 2 caps per day, separated from meals

Reduction of Fungal Toxicity

Co-Factor B Complex

30 tablets

Dose: 1 tablet per day during breakfast

Tri-Fortify Watermelon or Orange

236 ml

Dose: 1 teaspoon/day, separated from meals

Physician's Daily

60 vcaps

Dose: 1 caps per day with food

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Helicobacter pylori

H. Pylori's virulence and pathogenicity are ascribed to its ability to evade to our immune response. In particular due to:

- specialized adherence proteins
- cytologic injury and inflammation induced by toxic proteins
- intracellular appearance
- mechanisms used to survive acidity
- biofilm formation
- resistance to antibiotics

Survival of Bacteria was reduced in acidic PH
The gastric juices showed bactericidal activity

Guttae pepsini
30 ml
Dose: 3 x 10 – 20 drops at the start of the meal and with a small amount of water (swallow immediately)

Lactoferrin is one of the antibacterial peptides produced by the gastric mucosa to limit proliferation of HP
Lactoferrin restricts the availability of extracellular iron

Lactoferrin acid resistant 100mg
84 acid resistant caps
Dose: 3 x 2 caps, during meals



Artemisia annua demonstrates strong activity against Helicobacter pylori

Artemisinin SOD

120 vcaps
Dose: 2 x 2 caps per day, in the morning and in the evening – 5 days in a row and interrupt the treatment during the weekend

Epigallocatechin-3-gallate (EGCG) is a major catechin of green tea; it shows protective effects against injury and exhibits antiinflammatory activity in H. pylori-infected gastritis
EGCG & CurcuWIN™ extract 95%Turmeric Extract, (molecular dispersion technology) both decrease the ureolytic activity of urease
Quercetin downregulates the mast cell activation induced by Helicobacter pylori components

In case Artemisinin SOD, containing EGCG / Green tea - is not used

Epigallocatechin-3-gallate (EGCG) is a major catechin of green tea; it has protective effects against injury and exhibits anti-inflammatory activity in H. pylori-infected gastritis
EGCG decreases the ureolytic activity of urease

AO Defense

60 vcaps
Dose: 2 x 2 caps during meals

Chelated compound contains Zinc and Carnosine
Anti-inflammatory activity
Restores gastric lining in gastric ulcers

Zinc Carnosine 75 mg

60 vcaps
Dose: 1st week: 2 x 2 caps
then: 2 x 1 caps per day

Biofilms are assumed to play an important role in increased tolerance to antibiotic treatments

BioDisrupt

120 vcaps
Dose: 2 x 2 caps per day, separated from meals

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Intestinal parasites

<p>Rebuilding gut</p>	<p>Guttae Pepsini 30 ml Dose: 3 x 10 – 20 drops at the start of the meal and with a small amount of water (swallow immediately)</p> <p>Gluten DPP IV Complex 90 vcaps Dose: 3 x 1 caps per day, at the beginning of the meal</p> <p>Perm Plus Coated tablets 90 coated tablets Dose: first month 3 x 2 tablets per day then 3 x 1 tablet per day, 20 minutes before the meal</p>
<p>Promoting IL10 and optimizing cellular immune response</p>	<p>Multimessenger 90 caps Dose: 3 capsules in the morning, right before breakfast</p>
<p>Eradication of pathogens</p>	<p>Artemisinin SOD 120 caps Dose: 2 x 2 capsules per day, in the morning and in the evening, 30 minutes before the meal – 5 days in a row and interrupt the treatment during the weekend</p>

Spectrum of artemisinin sod

- Babesia
- **Nematodes:** Toxocara canis, Trichinella spiralis, Haemonchus contortus, Meloidogyne ssp., Globodera rostochiensis, Xiphinema index
- **Cestodes:** Echinococcus spp., Taenia crassiceps
- **Trematodes:** Echinococcus spp., Fasciola ssp., Clonorchis sinensis, Opisthorchis viverrini, Paragonimus westermani, Heterophyes heterophyes, Schistosoma spp., Paramphistmum microbothrium
- **Mongonea parasites:** Dactylogyrus, Gyrodactylus
- Blastocystis hominis
- Single-celled kinetoplastids and metazoan helminths
- Schistosoma spp.

<p>Rebuilding microbiome</p>	<p>CoreBiotic 60 vcaps Dose: 1 x 2 caps per day, at least 30 minutes before the meal</p>
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SIBO (small intestinal bowel overgrowth)

Rebuilding the gut	<p>Guttae Pepsini 30 ml Dose: 3 x 10 – 20 drops at the start of the meal and with a small amount of water (swallow immediately)</p> <p>Gluten DPP IV Complex 90 vcaps Dose: 3 x 1 caps per day, at the beginning of the meal</p> <p>Perm Plus Coated tablets 90 coated tablets Dose: first month 3 x 2 tablets per day then 3 x 1 tablet per day, 20 minutes before the meal</p>
Eradication of pathogens	<p>Microbinate (2 – 4 months) 120 vcaps Dose: first week: 2 x 1 capsules per day then: 2 x 2 capsules per day</p>
<p>After antimicrobial treatment: Rebuilding microbiome</p>	<p>CoreBiotic Sensitive 60 vcaps Dose: 1 x 2 caps per day, at least 30 minutes before the meal</p>

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Mold and Mycotoxins

Fungi are a large group of pathogens with two subgroups: yeast are single cell organisms, molds are multicellular organisms. Molds reproduce by releasing spores. Some spores produce toxic mycotoxins.

Mold often grows in water damaged buildings. First step in treatment is removal from exposure (STEP 1). To remove the **mycotoxins** from the body, binders are used.

The toxic effects of mycotoxins include gastro-intestinal toxicity, inflammation, neuroinflammation and disruption of the immune response. Every treatment is an individualized interpretation on specific symptoms.

STEP 1

Removal from exposure

STEP 2

Treatment of impaired intestinal barrier induced by mycotoxins:
Gut protocol

Guttae Pepsini

30 ml

Dose: 3 x 10 – 20 drops at the start of the meal and with a small amount of water (swallow immediately)

Gluten DPP IV Complex

90 vcaps

Dose: 3 x 1 caps per day, at the beginning of the meal

Perm Plus Coated tablets

90 coated tablets

Dose: first month: 3 x 2 tablets per day

then: 3 x 1 tablet per day, 20 minutes before the meal

CoreBiotic

The use of soil-based probiotics to remote microbiome and reduce post-prandial raise in endotoxins

60 vcaps

Dose: 1 x 2 caps per day, at least 30 minutes before the meal, for minimum 2 months

STEP 3

Detoxification support & rebuilding Glutathione levels

Broccoraphanin Nrf2 Support

60 vcaps

Dose: 1 caps per day

Tri-Fortify Watermelon or Orange

236 ml

Dose: 1 teaspoon/day, separated from meals



STEP 4

Immune support & reduce inflammation

Increasing NK Cell activity & support to the Regulatory T Cells**Multimessenger**

90 caps

Dose: 1 x 3 caps per day, just before breakfast

Specific activity targeting antigens**Messenger Complex**

90 caps

Dose: 3 caps before sleep

CytoQuel

90 vcaps

Dose: 3 x 1 caps per day during or after meals

STEP 5

Reducing mycotoxin load in the body with binders.

Binders are not systemically absorbed.

Constipation occurs but binders rarely cause more severe symptoms.

In a general way Binders should be taken separated from food, nutrition and drugs.

Reducing mycotoxin load in the body with binders... etc.

Combine binders based on general recommendations – see table

Carbon Black 400 mg (activated charcoal – certified grade)

200 vcaps

Dose: 1-5 caps per day

Cholestyramine CSM Pure without additives

200 g powder

Dose: 2 to 4 x per day, max 4 g, dissolved in water or juice

1 hour before or 2 hours after meal or medication

Go slow with the use of binders in hypersensitive patients

Start by 1 x 1 gram – 1 x 2 grams, slowly increase when

tolerated

Chlorella Glass grown 250 mg

200 vcaps

Dose: Start slowly with 1 cap per day and gradually build up

the daily dose

45-60 minutes prior to food

MycoPul

30 caps

Dose: 1 caps per day 1 hour before or 2 hours after eating

PectaSol-C

454 g powder

Dose: 1 – 3 scoops per day in water or juice



Mycotoxins and their binders	
Ochratoxin A	Cholestyramine (first choice) Activated charcoal – certified grade Humic Acid Saccharomyces boulardii
Aflatoxins	Cholestyramine without additives Activated charcoal – certified grade Chlorella glass grown PectaSol-C
Trichotecenes	Cholestyramine without additives Activated charcoal – certified grade Chlorella glass grown
Zearalanone	Saccharomyces boulardii PectaSol-C Cholestyramine without additives
Gliotoxin	PectaSol-C
Fumonisin	Cholestyramine without additives Activated charcoal – certified grade
Deoxynavenol	Cholestyramine without additives Activated charcoal – certified grade

Further supportive measures depending on individual manifestations	Protocol Inflammation (page 17) Protocol Neuroinflammation (page 21) Protocol Oxidative stress (page 26)
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Glyphosate Toxicity

Chelation of Glyphosate	ToxinPul 90 caps Dose: depending on bodyweight, separated from food <45kg bodyweight: 1 caps 45–65kg bodyweight: 2 caps >65kg bodyweight: 3 caps
Rebalancing minerals during chelation	Mineral Supplement 120 caps Dose: 4 caps – 12hrs after Toxinpul
Supporting detoxification	Tri-Fortify Watermelon or Orange 236 ml Dose: 1 teaspoon (5 ml) per day, separated from meals
Microbial Balance Dysbiosis induced by Glyphosate Spore Probiotics to compete with harmful bacteria in overgrowth	CoreBiotic 60 vcaps Dose: 1 x 2 caps per day, at least 30 minutes before the meal, for minimum 2 months
Mitochondrial Lipid Replacement therapy	ATP 360 90 vcaps Dose: 3 caps per day during meal

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