

Protocols

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Product & Ingredient	Dosage	Features	Reference
<p>Esberitox® echinacea 79956 – 30 tablets 79951 - 100 tablets</p> <p>Wild indigo (<i>Baptisia tinctoria</i>) Root <i>Echinacea purpurea</i> and <i>pallida</i> Root Thuja (<i>Thuja occidentalis</i>) Leaf</p> <p><i>Esberitox®</i> is a registered trademark of Schaper & Brümmer GmbH & Co.</p>	<p>Take 3 times daily. Age specific. Age 2-5: 1 tablet Age 6-11: 2 tablets Age 12: 3 tablets Three tablets contain: 30 mg</p> <p>22.5 mg</p> <p>6 mg</p>	<ul style="list-style-type: none"> Clinically proven and effective immune system stimulation*¹ Nutritionally supports and stimulates the immune system*^{1,2} Promote the body's resistive functions*^{1,2} Established safety and efficacy³ 	<ol style="list-style-type: none"> Henneicke-von Zepelin HH, et al. Efficacy and safety of a fixed combination phytomedicine in the treatment of the common cold (acute viral respiratory tract infection): results of a randomized, double blind, placebo controlled, multicentre study. <i>Curr Med Res Opin.</i> 1999;15:214-227.† Freitag U, et al. Shortened duration of pertussis infection through non-specific immuno-stimulation. <i>Kinderarzt.</i> 1984;8:1068-1071.† Wustenberg P, et al. Efficacy and mode of action of an immunomodulator herbal preparation containing Echinacea, wild indigo, and white cedar. <i>Advances in Natural Therapy.</i> 1999 Jan;16(1):51-70.†
<p>Super Immuno-Tone™* 78126 – 60 capsules</p> <p>Vitamin A Vitamin C Zinc <i>Astragalus (Astragalus membranaceus)</i> Root <i>Goldenseal (Hydrastis canadensis)</i> (5% total alkaloids)</p>	<p>Take 2 capsules, 3 times daily. Two capsules contain: 5,000 IU 100 mg 3 mg 150 mg 150 mg</p>	<ul style="list-style-type: none"> Broad-spectrum immune support* Vitamin A enhances T Helper-type 2 mediated immune responses*¹ Antioxidant vitamins C enhances the immune system and reduces recovery time*² In clinical studies, zinc was found to enhance neutrophil activity and support healthy antigen-antibody binding*³ 	<ol style="list-style-type: none"> Cui D, et al. High-level dietary vitamin A enhances T-helper type 2 cytokine production and secretory immunoglobulin A response to influenza virus infection in BALB/c mice. <i>J Nutr.</i> 2000 May;130(5):1132-9. Hemila H. Does vitamin C alleviate the symptoms of the common cold? – a review of current evidence. <i>Scand J Infect Dis.</i> 1994;26(1):1-6. Girodon F, et al. Impact of trace mineral elements and vitamin supplementation on immunity and infections in institutionalized elderly patients: a randomized controlled trial. <i>Arch Intern Med.</i> 1999 Apr 12;159(7):748-54.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Advanced Immune System Enhancement*

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Immun'Age 56413 – 30 packets Fermented Papaya Preparation (FPP)	Take 2-3 packets for 2-3 days then 1 packet a day thereafter. Take in between meals. Dissolve in mouth. Do not take with water. Do not eat or drink anything 5 minutes before or after.	<ul style="list-style-type: none"> Increases antioxidant and immunostimulatory activity in macrophages.*¹ Enhances nitric oxide synthesis, thereby improving host immune defenses.*¹ 	1. Rimbach G, et al. Nitric oxide synthesis and TNF-alpha secretion in RAW 264.7 macrophages: mode of action of a fermented papaya preparation. <i>Life Sci.</i> 2000 Jun 30;67(6):679-94.†
Recancostat® 400 supplement 236006 – 60 UltraCaps™ 236007 – 56 g powder Reduced Glutathione (GSH) 10% anthocyanins Blend: Beet root Bilberry Black Currant European Elder L-Cysteine <i>Recancostat® is a registered trademark of Gernot Treusch.</i>	Take 1 UltraCap or 1 scoop (700 mg) with water on an empty stomach, 1-3 times daily. Each serving contains: 400 mg 200 mg 80 mg	<ul style="list-style-type: none"> Clinically shown to increase glutathione levels in T-cells of individuals looking for additional immune support.*^{1,2} Results in a lasting increase in interferon-gamma (IFN-gamma) production and NK cell activity.*² 	1. Chernyshov VP, et al. Up-regulation of interferon-gamma production by reduced glutathione, anthocyanine and L-cysteine treatment in children with allergic asthma and recurrent respiratory diseases. <i>Russ J Immunol.</i> 2002 Apr;7(1):48-56.† 2. Chernyshov VP, et al. Immunological analysis of reduced glutathione, L-cysteine, and anthocyanine effects in Chernobyl children with recurrent respiratory infections and chronic inflammatory focal lesions. <i>Cent Euro J Immunol.</i> 2000;25(3):137-145.†

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GingerMax 18749 - 90 softgels Ginger <i>(Zingiber officinale)</i>	Take 1 softgel, three times daily. Each softgel contains: 100 mg	<ul style="list-style-type: none"> Settles an upset stomach*¹ 	<ol style="list-style-type: none"> Lumb AB. Mechanism of antiemetic effect of ginger. <i>Anaesthesia</i>. 1993;48:1118.
Probiotic Pearls™ active cultures 136001 – 30 pearls 136002 – 90 pearls Stable, Gastric- Protected Probiotic Blend of: <i>Lactobacillus acidophilus</i> and <i>Bifidobacterium</i> <i>longum</i>	Take 2 Pearls capsules daily. Two Pearls capsules contain: 1 billion CFU	<ul style="list-style-type: none"> In clinical studies, probiotics containing <i>L. acidophilus</i> and <i>B. longum</i> have been shown to reduce the duration of and discomfort associated with occasional loose stools*^{1,2} Must survive gastric conditions and be released in the intestine to be effective*³ 	<ol style="list-style-type: none"> Xiao SD, et al. Multicenter, randomized, controlled trial of heat-killed Lactobacillus acidophilus LB in patients with chronic diarrhea. <i>Adv Ther</i>. 2003 Sep-Oct;20(5):253-60. Guarino A, et al. Oral bacterial therapy reduces the duration of symptoms and of excretion in children with mild diarrhea. <i>J Pediatr Gastroenterol Nutr</i>. 1997 Nov;25(5):516-9. Probiotic Comparison Testing. Unpublished data. June 3, 2002.†

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<p>Bio-Zyme® systemic enzymes 74251 – 100 tablets 74250 – 200 tablets</p> <p>Pancreatic Enzymes 10X (full strength, undiluted) Trypsin Papain Bromelain Amylase Lipase Lysozyme Chymotrypsin</p>	<p>Take 2 tablets on an empty stomach 3 times daily. Two tablets contain: 325 mg</p> <p>75 mg 50 mg 50 mg 10 mg 10 mg 10 mg 2 mg</p>	<ul style="list-style-type: none"> Attenuates muscle soreness due to occasional overuse by supporting the body's natural anti-inflammatory response*^{1,2} 	<ol style="list-style-type: none"> Miller PC, et al. The effects of protease supplementation on skeletal muscle function and DOMS following downhill running. <i>J Sports Sci.</i> 2004 Apr;22(4):365-372.† Chintalacheruvu SR, et al. Treatment of collagen induced arthritis by proteolytic enzymes: immunomodulatory and disease modifying effects. <i>J Rheumatol.</i> 2001 Sep;28(9):2049-59.

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<p>L-Theanine 79556 – 60 UltraCaps™</p> <p>L-Theanine</p>	<p>Take 2-3 UltraCaps daily. Each UltraCap contains: 100 mg</p>	<ul style="list-style-type: none"> Supports relaxation and stress reduction by promoting the generation of alpha brain waves*¹ 	<p>1. Kobayashi K, et al. 1998. Effects of L-theanine on the Release of a-Brain Waves in Human Volunteers. Nippon Noegikagaku Kaishi. 72: 153-151.</p>

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<p>Echinacea Vitamin C with Elderberry <i>166014 – 100 chewable tablets</i></p> <p>Elderberry Echinacea Vitamin C</p>	<p>Take 1 tablet, 3 times daily. Each tablet contains:</p> <p>20 mg 25 mg 100 mg</p>	<ul style="list-style-type: none"> • Studies have shown that both Echinacea and Elderberry are effective in supporting healthy immune function by stimulating key cells of the immune system*^{1,2} • Vitamin C boosts white blood cell function and activity*³ 	<ol style="list-style-type: none"> 1. Zakay-Rones Z, et al. Inhibition of several strains of influenza virus in vitro and reduction of symptoms by an elderberry extract (Sambucus nigra L.) during an outbreak of influenza B Panama. <i>J Altern Complement Med.</i> 1995;1:361-9. 2. Braunig B, et al. Echinacea purpurea radix for strengthening the immune response in flu-like infections. <i>Z Phytother</i> 1992;13:7–13. 3. Renker K, et al. Vitamin C-Prophylaxe in der Volkswertf Stralsund. <i>Deutsche Gesundheitswesen.</i> 1954;9:702–6.

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