



Protocols

Product & Ingredient	Dosage	Features	Reference
STEP 1: Take the following supplements for basic nutritional support.			
End Fatigue™ Daily Energy Enfusion* and End Fatigue Daily Energy B-Complex* 73250 – 19 oz. (Berry flavor), 30 UltraCaps™ Vitamin, Mineral, and Broad-Spectrum Amino Acid Blend B-Complex	Mix 1 level scoop with 8-12 ounces liquid. Each serving provides: 18 g of blend Take 1 UltraCap daily. Each UltraCap provides: 570 mg	<ul style="list-style-type: none"> Targeting nutritional support to help build all-day energy and endurance*^{1,2,4} Helps build healthy tissues*³ 	<ol style="list-style-type: none"> Teitelbaum J, et al. Effective treatment of severe chronic fatigue states: A report of a series of 64 patients. <i>J Musculoskeletal Pain</i>. 1995;3:91-110.† Teitelbaum J, et al. Effective Treatment of Chronic Fatigue Syndrome and Fibromyalgia. A Randomized, Double Blind, Placebo-Controlled, Intent-to-Treat Study. <i>J Chronic Fatigue Syndrome</i>. 2001;8:3-28.† Meyer NA, et al. Nutrient support of the healing wound. <i>New Horiz</i>. 1994 May;2(2):202-14.† Heal LC, et al. Vitamin B status in patients with chronic fatigue syndrome. <i>J Royal Society Med</i>. 1999 Apr;92:183-185.
Calcium 17810 – 180 tablets Vitamin D Calcium Phosphorus Magnesium	Take 1 tablet with meals 3 times daily or take 3 tablets each night. Each tablet contains: 133 IU 333 mg 150 mg 133 mg	<ul style="list-style-type: none"> Supports and maintains optimum bone and joint health*^{1,2} Magnesium and vitamin D support proper muscular function*^{3,4} 	<ol style="list-style-type: none"> Fujita T, et al. The effect of active absorbable algal calcium (AAA Ca) with collagen and other matrix components on back and joint pain and skin impedance. <i>J Bone Miner Metab</i>. 2002;20(5):298-302. Shapiro R, et al. Co-dependence of calcium and phosphorus for growth and bone development under conditions of varying deficiency. <i>Bone</i>. 2003 May;32(5):532-40. Boursier B. Influence of magnesium in sport medicine dietetics: its role in physical endurance and prevention of muscular disorders. <i>Rein Foie</i>. 1969-70;12:115-27. Pfeifer M, et al. Vitamin D and muscle function. <i>Osteoporosis Int</i>. 2002 Mar;13(3):187-94.

*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.



Protocols

Product & Ingredient	Dosage	Features	Reference
STEP 2: If additional comprehensive support is needed, add the following supplements:			
Similase® enzymes 74239 – 90 UltraCaps™ 74230 – 180 UltraCaps Protease Amylase Cellulase Lipase Phytase Lactase Sucrase Maltase	Take 1-2 UltraCaps at the beginning of each meal: 30,000 USP, 48,750 PC, 82,000 HUT 32,000 USP, 23,800 DU 350 CU 2100 LU 970 LU 1.7 PU 1600 LacU 300 INVU 32,100 DP°	<ul style="list-style-type: none"> • Unique digestive enzyme supplement supporting healthy digestion and assimilation of nutrients*¹⁻⁴ • Provides acid-stable enzymes that are active in both acid and alkaline pH conditions* • Lipase enzymes in Similase promote healthy digestion in a broader pH range than pancreatic enzyme supplements* • Phytase enzyme in Similase helps promote healthy mineral absorption*^{5,6} 	<ol style="list-style-type: none"> 1. Resnick C. Aspergillus oryzae enzyme therapy, In: Pizzorno JE, Murray MT, eds. Textbook of Natural Medicine. Edinburgh: Churchill Livingstone. 1999:593-601. 2. Bergkvist R. The proteolytic enzymes of Aspergillus oryzae II. Properties of the proteolytic enzymes. <i>Acta Chem Scand.</i> 1963;17:1541-1551. 3. Schneider MU, et al. Pancreatic enzymes replacement therapy. Comparative effects of conventional and enteric-coated microspheric pancreatin and acid stable fungal enzyme preparations on steatorrhea in chronic pancreatitis. <i>Hepatogastroenterol.</i> 1985;32:97-102. 4. Rosado JL, et al. The effect of digestion products of lactose (glucose and galactose) on its intrainestinal in vivo hydrolysis by exogenous microbial beta-D-galactosidase. <i>J Am Coll Nutr.</i> 1986;5:218-290. 5. Sandberg AS, et al. Dietary Aspergillus niger phytase increases iron absorption in humans. <i>J Nutr.</i> 1996 Feb;126(2):476-80. 6. Rimbach G, et al. The effect of a supplement of microbial phytase on zinc availability. <i>Z Ernährungswiss.</i> 1992 Dec;31(4):269-77.
Eskimo-3® fish oil 72190 – 105 ml 72297 – 105 softgels Eskimo® PurEFA™ 1000mg fish oil 72622 - 150 softgels Omega-3 Fatty Acids 14-18% EPA** 8.3-11.7% DHA** Pharmaceutical grade High purity Naturally stable **EPA=eicosapentaenoic acid **DHA=docosahexaenoic acid <i>Eskimo-3® is a registered trademark of Cardinova Aktiebolag.</i>	Take up to 5 g daily with meals in the form of: – 3 original softgels (1.5 g) 3 times daily – 1 teaspoon liquid (5 mL) – 5 PurEFA softgels (5g) Each daily serving contains 1.5 – 5 g fish oil and provides: 210-900 mg EPA 125-580 mg DHA	<ul style="list-style-type: none"> • Eskimo-3 is clinically proven to support cardiovascular health in over 40 published studies*¹ • Supports the body's natural anti-inflammatory response*^{2,3} • Eskimo-3 is natural, stable fish oil. Not chemically altered • Eskimo-3's rancidity index is 30 times lower than 4 leading US liquid fish oil products.⁵ Low rancidity is associated with greater oxidation resistance and stability (no fishy taste) • Assayed for purity 	<ol style="list-style-type: none"> 1. Haglund O, et al. Effects of a new fluid fish oil concentrate, Eskimo-3, on triglycerides, cholesterol, fibrinogen and blood pressure. <i>J Int Med.</i> 1990;227:347-353. † 2. Simopoulos AP. Omega-3 fatty acids in inflammation and autoimmune diseases. <i>J Am Coll Nutr.</i> 2002 Dec;21(6):495-505. 3. Walton AJE, et al. Dietary fish oil and the severity of symptoms in patients with systemic lupus erythematosus. <i>Ann Rheum Dis.</i> 1991;50:463-466. 4. Guesens P, et al. Long-term effect of omega-3 fatty acid supplementation in active rheumatoid arthritis. <i>Arthritis & Rheumatism.</i> 1994;37(6):824-829. 5. Wallin R. Tendency to Rancidity Comparison. Unpublished data. 2004. †

*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.



Support for the Body's Natural Anti-Inflammatory Response*

Protocols

www.itiprotocols.integrativeinc.com

Product & Ingredient	Dosage	Features	Reference
<p>End Fatigue™ Pain Formula* 72799 – 90 tablets</p> <p>Sweet Cherry (<i>Prunus avium</i>) Boswellia serrata (70% boswellic acids) White Willow (<i>Salix alba</i>) (30% salicin)</p>	<p>Take 1 tablet 3 times daily. Each tablet provides:</p> <p>333 mg</p> <p>300 mg</p> <p>133 mg</p>	<ul style="list-style-type: none"> Relieves occasional muscle pain due to overuse*¹⁻³ 	<ol style="list-style-type: none"> Chrubasik S, et al. Treatment of low back pain exacerbations with willow bark extract: A randomized double-blind study. <i>Am J Med.</i> 2000;109:9-14. Safayhi H, et al. Concentration-dependent potentiating and inhibitory effects of Boswellia extracts on 5-lipoxygenase product formation in stimulated PMNL. <i>Planta Med.</i> 2000 Mar;66(2):110-3. Jacob RA, et al. Consumption of cherries lowers plasma urate in healthy women. <i>J Nutr.</i> 2003 Jun;133(6):1826-9.
<p>Bio-Zyme® systemic enzymes 74251 – 100 tablets 74250 – 200 tablets</p> <p>Pancreatic Enzymes 10X (full strength, undiluted)</p> <p>Trypsin Papain Bromelain Amylase Lipase Lysozyme Chymotrypsin</p>	<p>Take 2 tablets on an empty stomach 3 times daily. Two tablets contain:</p> <p>325 mg</p> <p>75 mg</p> <p>50 mg</p> <p>50 mg</p> <p>10 mg</p> <p>10 mg</p> <p>10 mg</p> <p>2 mg</p>	<ul style="list-style-type: none"> Reduces pain associated with overuse*^{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.

*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.



Protocols

www.itiprotocols.integrativeinc.com

Product & Ingredient	Dosage	Features	Reference
STEP 1:			
End Fatigue™ Revitalizing Sleep Formula* 73233 – 30 UltraCaps™ Valerian (<i>Valeriana officinalis</i>) (0.8% valerenic acids) Passionflower (<i>Passiflora incarnata</i>) L-Theanine Hops (<i>Humulus lupulus</i>) Wild Lettuce (<i>Lactuca virosa</i>) Jamaica Dogwood (<i>Piscidia piscipula</i>)	Take 1-4 UltraCaps 30-60 minutes before bedtime. Each UltraCap provides: 200 mg 90 mg 50 mg 30 mg 18 mg 12 mg	<ul style="list-style-type: none"> Promotes restful sleep so you wake up energized*¹⁻⁵ Non addictive Valerian has been shown to improve stage 3 and 4 sleep*¹ 	<ol style="list-style-type: none"> Donath F, et al. Critical evaluation of the effect of valerian extract on sleep structure and sleep quality. <i>Pharmacopsychiatry</i>. 2000;33:47-53. Juneja LR, et al. L-theanine - a unique amino acid of green tea and it's relaxation effect in humans. <i>Trends in Food Science & Technology</i>. 1999;10:199-204. Krenn L. Passion flower (<i>Passiflora incarnata</i> L.) – a reliable herbal sedative. <i>Wien Med Wochenschr</i>. 2002;152(15-16):404-6. Lactucarium. In: Fleming T, ed. <i>PDR® for Herbal Supplements</i>. Montvale, NJ: Medical Economics Company; 1998:453-4. Jamaica Dogwood. In: Fleming T, ed. <i>PDR® for Herbal Supplements</i>. Montvale, NJ: Medical Economics Company; 1998:428-33.

*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.



Protocols

Product & Ingredient	Dosage	Features	Reference
<p>STEP 2: If sleep quality, pattern, or time is still inadequate, add the products below. Once an adequate sleep pattern is established, discontinue use of Melatonin Forte™ and 5-HTP, but continue taking End Fatigue™ Revitalizing Sleep Formula* to maintain sleep.*</p>			
<p>Melatonin Forte 244004 – 60 tablets</p> <p>L-Theanine Melatonin</p>	<p>Take ½ - 1 tablet 20 minutes before bedtime. One tablet contains: 40 mg 3 mg</p>	<ul style="list-style-type: none"> Supports restful sleep*^{1,2} 	<ol style="list-style-type: none"> Turek FW, et al. Melatonin, sleep, and circadian rhythms: rationale for development of specific melatonin agonists. <i>Sleep Med.</i> 2004 Nov;5(6):523-32. Citera G, et al. The effect of melatonin in patients with fibromyalgia: A pilot study. <i>Clin Rheumatol.</i> 2000;19:9-13.
<p>5-HTP 246003 – 60 UltraCap™</p> <p>L-5-Hydroxytryptophan (5-HTP)</p>	<p>Take 1 UltraCap, 1-3 times daily or at night. Each UltraCap contains: 50 mg</p>	<ul style="list-style-type: none"> Provides nutritional support for normal sleep*¹⁻³ 	<ol style="list-style-type: none"> Guha M, et al. Possible involvement of central cholinergic-serotonergic interaction in natural sleep. <i>Methods Find Exp Clin Pharmacol.</i> 1988 Apr;10(4):243-5. Takeshige C, et al. Proceedings: Effect of 5-hydroxytryptophan on slow waves evoked by peripheral stimulation and in animals in a somniferous state. <i>Nippon Seirigaku Zasshi.</i> 1974 Sep 1;36(8-9):282. Genazzani AR, et al. Effects of L-5HTP with and without carbidopa on plasma beta-endorphin and pain perception. Possible implications in migraine prophylaxis. <i>Cephalalgia.</i> 1986 Dec;6(4):241-5.

*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.



Healthy Thyroid & Adrenal Function*

Protocols

www.itiprotocols.integrativeinc.com

Product & Ingredient	Dosage	Features	Reference
<p>BMR Complex 156003 – 60 capsules 156004 – 180 capsules</p> <p>Iodine Zinc Copper Thyroid (thyroxin-free) L-tyrosine Blue Flag (<i>Iris versicolor</i>)</p>	<p>Take 1-2 capsules 3 times daily between meals. Two capsules provide: 300 mcg 15 mg 1 mg 300 mg 300 mg 65 mg</p>	<ul style="list-style-type: none"> High quality glandular extract with essential nutrients and synergists for support of normal thyroid function*¹⁻³ 	<ol style="list-style-type: none"> Lind P, et al. Iodine supplementation in Austria: methods and results. <i>Thyroid</i>. 2002 Oct;12(10):903-7. Goldstein AL, et al. Current status of thymosin and other hormones of the thymus gland. <i>Recent Prog Hormone Res</i>. 1981;37:369-412. Low TLK, Goldstein AL. The thymic hormones: an overview. <i>Methods Enzymol</i>. 1985;16:213-90.
<p>End Fatigue™ Adrenal Stress-End™* 74035 – 50 capsules</p> <p>Vitamin C Vitamin B6 Pantothenic Acid Adrenal Polypeptide Fractions Betaine L-Tyrosine Licorice (<i>Glycyrrhiza glabra</i>) (5% glycyrrhizic acid) Adrenal Cortex Extract</p>	<p>Take 2 capsules daily. Two capsules provide: 150 mg 50 mg 100 mg 400 mg 250 mg 250 mg 200 mg 33 mg</p>	<ul style="list-style-type: none"> Supports adrenal gland function*¹⁻³ 	<ol style="list-style-type: none"> Armanini D, et al. History of the endocrine effects of licorice. <i>Exp Clin Endocrinol Diabetes</i>. 2002 Sep;110(6):257-61. Benedict CR, et al. The influence of oral tyrosine and tryptophan feeding on plasma catecholamines in man. <i>Am J Clin Nutr</i>. 1983 Sep;38(3):429-35. Lewis AE. Glandular therapy: historical background and emergine scientific status. <i>Clin Phys and Pharmacognosy</i>. 1990 Feb 1;PHP Technical Information Series II, Vol 1a.

*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.



Protocols

www.itiprotocols.integrativeinc.com

Product & Ingredient	Dosage	Features	Reference
STEP 1:			
Probiotic Pearls™ active cultures 136001 – 30 pearls 136002 – 90 pearls Stable, Gastric-Protected Proprietary Probiotic Blend of: <i>Lactobacillus acidophilus</i> <i>and Bifidobacterium longum</i>	Take 1 Pearl capsule daily. Each Pearl capsule provides: 1 billion CFU	<ul style="list-style-type: none"> Increases healthy intestinal flora*^{1,2} Only one of top four digestion support supplements to survive gastric environment^{3*} 	<ol style="list-style-type: none"> Hilton E, et al. Ingestion of yogurt containing <i>Lactobacillus acidophilus</i> as prophylaxis for candidal vaginitis. <i>Annals of Internal Medicine</i>. 1992;116:353-357. De Simone C, et al. Effect of <i>Bifidobacterium bifidum</i> and <i>Lactobacillus acidophilus</i> on gut mucosa and peripheral blood B lymphocytes. <i>Immunopharmacology and Immunotoxicology</i>. 1992;14(1&2):331-340 Probiotic Comparison Testing. Unpublished data. June 3, 2002.†
STEP 2: If probiotic supplementation does not provide sufficient support for yeast balance, add the following supplement for 1-2 months, then re-assess.			
Phytostan 146009 – 90 tablets Vitamin A Calcium Zinc Pau D'Arco (<i>Tabebuia impetiginosa</i>) Undecylinic Acid Caprylic Acid L-glutamic Acid HCl Grapefruit (<i>Citrus paradisi</i>) Rosemary (<i>Rosmarinus officinalis</i>) oil Thyme (<i>Thymus vulgaris</i>) oil	Take 1 tablet, 3 times a day, between meals. Each tablet provides: 500 IU 100 mg 0.3 mg 100 mg 100 mg 75 mg 50 mg 25 mg 1.5 mg 1.5 mg	<ul style="list-style-type: none"> Supports healthy intestinal function, healthy yeast balance, and optimum gastrointestinal ecology*¹⁻⁴ 	<ol style="list-style-type: none"> Neuhauser I. Successful treatment of intestinal moniliasis with fatty acid-resin complex. <i>Arch Intern Med</i>. 1954;93:53-60. Genet J. Natural remedies for vaginal infections. <i>Sidahora</i>. 1995 Winter:40-1. Krajewska-Kulak E, et al. Antifungal activity of 33% grapefruit-water glycerol solution. <i>J Eur Acad Dermatol Venereol</i>. 2003 Jul;17(4):486-7. Bonjar GH. Inhibition of Clotrimazole-resistant <i>Candida albicans</i> by plants in Iranian folkloric medicine. <i>Fitoterapia</i>. 2004 Jan;75(1):74-6.

*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.

Healthy Connective Tissue*

Protocols

www.itiprotocols.integrativeinc.com

Product & Ingredient	Dosage	Features	Reference
STEP 1: Take End Fatigue™ Pain Formula, Bio-Zyme® systemic enzymes, along with the following products for comprehensive support:			
Glucosamine Sulfate and Chondroitin 71726 – 60 tablets Stabilized Glucosamine Sulfate Low Molecular Weight Chondroitin Sulfate	Take 3 tablets daily. Three tablets provide: 1500 mg 1200 mg	<ul style="list-style-type: none"> ▪ Nutritional support for healthy connective tissue structure and function*^{1,2} ▪ Clinical studies show combination is more powerful than either alone ▪ Provides full-potency, stabilized glucosamine sulfate at the level used in clinical studies¹ ▪ Low molecular weight chondroitin (less than 16,000 daltons) ensures superior absorption* 	<ol style="list-style-type: none"> 1. da Camara CC, et al. Glucosamine sulfate for osteoarthritis. <i>Annals of Pharmacotherapy</i>. 1998 May;32:580-587. 2. Uebelhart D, et al. Effects of oral chondroitin sulfate on the progression of knee osteoarthritis: A pilot study. <i>Osteoarthritis and Cartilage</i>. 1998;6(A):39-46.
MSM (OptiMSM®) 77589 – 90 tablets 77580 – 180 tablets Methylsulfonylmethane (MSM) <i>OptiMSM® is a registered trademark of Cardinal Nutrition.</i>	Take 1-3 tablets daily. Each tablet contains: 1000 mg	<ul style="list-style-type: none"> ▪ Supports proper function of the body's skin, hair, nails, connective tissue, amino acid production, immune system, and healthy joints*^{1,2} ▪ OptiMSM: Purest form of MSM available³ 	<ol style="list-style-type: none"> 1. Lawrence RM. MSM: A double blind study of its use in degenerative arthritis. U.C.L.A. School of Medicine. Los Angeles, California. 2. Jacob SW, et al. <i>The Miracle of MSM: The Natural Solution for Pain</i>. New York, NY: GP Putnam's Sons; 1999:72. 3. Jacob SW, Appleton J. <i>MSM: The Definitive Guide</i>. Topanga, Freedom Press; 2003:187-194.
Joint Gel® 266015 – 2 oz. roll-on 266016 – (9) 2 oz. roll-on 1-Menthol 1.25%	Roll on topical analgesic 3-4 times daily.	<ul style="list-style-type: none"> ▪ OTC topical analgesic ▪ Provides fast-acting relief from arthritis, backache, joint and muscle pain¹⁻³ ▪ Camphor-free 	<ol style="list-style-type: none"> 1. Galeotti N, et al. Menthol: a natural analgesic compound. <i>Neurosci Lett</i>. 2002 Apr 12;322(3):145-8. 2. Taniguchi Y, et al. Antinociceptive effects of counterirritants. <i>Nippon Yakurigaku Zasshi</i>. 1994 Dec;104(6):433-46. 3. Juergens UR, et al. The anti-inflammatory activity of L-menthol compared to mint oil in human monocytes in vitro: a novel perspective for its therapeutic use in inflammatory diseases. <i>Eur J Med Res</i>. 1998 Dec;16;3(12):539-45.

*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.



Healthy Connective Tissue*

Protocols

www.itiprotocols.integrativeinc.com

Product & Ingredient	Dosage	Features	Reference
----------------------	--------	----------	-----------

STEP 2: If additional joint support is needed, add the following:

<p>Lyprinol® 266007 – 60 softgels</p> <p>Stabilized Green Lipped Mussel extract (from <i>Perna canaliculus</i>)</p> <p><i>Lyprinol® is a registered trademark of BodyCare Corporation.</i></p>	<p>Take 2 softgels, 2 times daily for 3-6 weeks, then 1-2 softgels daily. Two softgels contain: 100 mg</p>	<ul style="list-style-type: none"> ▪ 10 independent, peer-reviewed clinical trials and studies showing benefit*^{1,2} ▪ Proprietary and patented raw materials, formulation and process ▪ Supports the body's natural anti-inflammatory response by inhibiting the enzymatic activity of lipooxygenase*³ 	<ol style="list-style-type: none"> 1. Cho SH, et al. Clinical efficacy and safety of [stabilized marine lipid extract], a patented extract from New Zealand green-lipped mussel (<i>Perna canaliculus</i>) in patients with osteoarthritis of the hip and knee: A multicenter 2-month clinical trial. <i>Allerg Immunol (Paris)</i>. 2003 Jun;35(6):212-216.† 2. Dugas B. [Stabilized marine lipid extract] inhibits LTB4 production by human monocytes. <i>Allerg Immunol (Paris)</i>. 2000 Sep;32(7):284-9.† 3. Halpern GM. Anti-inflammatory effects of a stabilized lipid extract of <i>Perna canaliculus</i> [stabilized marine lipid extract]. <i>Allerg Immunol (Paris)</i>. 2000 Sep;32(7):272-8.†
---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

*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.