

Para-Gard® Protocol – Phase 1 (Weeks 1-2)\*

Protocols

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Product & Ingredient	Dosage	Features	Reference
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**Para-Gard** may be used alone or in combination with other supportive measures depending on the degree of intestinal support required. When comprehensive support for intestinal defense is required, the following two-phase protocol should be utilized.\*

**Phase I – Rebuild & Restore (Weeks 1-2):** Provides nutrients to help protect and rebuild intestinal mucosa, enhance gut barrier function and optimize intestinal permeability, and promote a healthy balance of microflora.\*

**Phase II – Defend & Re-establish (Weeks 3-5):** Includes nutrients that exhibit activity against a variety of intestinal organisms, enhance healthy hepatic function, promote effective detoxification of microbial byproducts, and restore healthy intestinal flora balance.\*

Include <b>Similase®</b> enzymes listed in the “ <b>Optimal Digestion and Absorption</b> ” category, and add the following:			
<p><b>Permeability Factors™</b> dietary supplement <a href="#">136013</a> – 90 softgels</p> <p>L-Glutamine NAG (N-acetyl-D-glucosamine) Gamma-Oryzanol Phosphatidylcholine Gamma-Linolenic Acid (GLA)</p>	<p>Take 2 softgels three times daily with or between meals.</p> <p>Two softgels contain: 500 mg 250 mg</p> <p>66 mg 56 mg 133 mg</p>	<ul style="list-style-type: none"> <li>• Promotes healthy intestinal permeability*<sup>1,2</sup></li> <li>• Provides “targeted” nutritional support of gastrointestinal health and normal barrier function of the intestinal mucosa*<sup>3,4</sup></li> </ul>	<ol style="list-style-type: none"> <li>1. Foitzik T, et al. Glutamine stabilized intestinal permeability and reduces pancreatic infection in acute experimental pancreatitis. <i>J Gastrointest Surg.</i> 1997 Jan;1(1):40-47.</li> <li>2. Usami M, et al. Effect of gamma-linolenic acid or docosahexaenoic acid on tight junction permeability in intestinal monolayer cells and their mechanism by protein kinase C activation an/or eicosanoid formation. <i>Nutrition.</i> 2003 Feb;19(2):150-6.</li> <li>3. Fabia R, et al. Effects of phosphatidylcholine and phosphatidylinositol on acetic acid induced colitis in the rat. <i>Digestion.</i> 1992;53(1-2):35-44.</li> <li>4. Minakuchi C, et al. Clinical effectiveness of gamma-oryzanol on gastric system complaints. <i>Shinyaku to Rinsho.</i> 1976;25(10):29.</li> </ol>
<p><b>Oxyperm™</b> dietary supplement <a href="#">236008</a> – 90 capsules</p> <p>Quercetin NAC (N-acetyl-cysteine) Ginkgo biloba (24% ginkgo flavone-glycosides)</p>	<p>Take 2 capsules three times daily with meals.</p> <p>Two capsules contain: 267 mg 100 mg</p> <p>28 mg</p>	<ul style="list-style-type: none"> <li>• “Targeted” antioxidant support for the intestinal mucosa*<sup>1-3</sup></li> <li>• Promotes normal mast cell function in the intestinal mucosa*<sup>2</sup></li> <li>• Helps replenish intracellular glutathione in the intestinal mucosa*<sup>1</sup></li> </ul>	<ol style="list-style-type: none"> <li>1. Sun Z, et al. Gut barrier permeability, reticuloendothelial system function and protease inhibitor levels following intestinal ischaemia and reperfusion – effects of pretreatment with N-acetyl-L-cysteine and indomethacin. <i>Dig Liver Dis.</i> 2002 Aug;34(8):560-9.</li> <li>2. Szabo A, et al. Mucosal permeability changes during intestinal reperfusion injury. The role of mast cells. <i>Acta Chir Hung.</i> 1997;36(1-4):334-6.</li> <li>3. Otamiri T, et al. Ginkgo biloba extract prevents mucosal damage associated with small intestinal ischaemia. <i>Scand J Gastroenterol.</i> 1989 Aug;24(6):666-70.</li> </ol>



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<p><b>Probiotic Pearls™</b> active cultures <a href="#">136001</a> – 30 pearls <a href="#">136002</a> – 90 pearls</p> <p>Stable, Gastric-Protected Probiotic Blend of: <i>Lactobacillus acidophilus</i> and <i>Bifidobacterium longum</i></p>	<p>Take 1-2 Pearl capsules daily, with water. May be taken with or without food. Each Pearl capsule contains: 1 billion CFU</p>	<ul style="list-style-type: none"> <li>Increases healthy intestinal flora* 1-3</li> <li>Patented “True Delivery” system</li> <li>Delivers up to 900% more intact microflora to the intestine than leading competitors*2</li> <li>Unique form; easy to swallow</li> <li>Shelf-stable – no need to refrigerate</li> </ul>	<ol style="list-style-type: none"> <li>Goossens D, et al. Probiotics in gastroenterology: indications and future perspectives. <i>Scand J Gastroenterol Suppl.</i> 2003(239):15-23.</li> <li>Probiotic Comparison Testing. Unpublished data. June 3, 2002.†</li> <li>Fleming T, ed. Probiotics. In: <i>PDR for Nutritional Supplements</i>. Montvale, NJ: Medical Economics Company; 2001:381.</li> </ol>

\*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.

Para-Gard® Protocol – Phase 2 (Weeks 3-5)\*

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<p>Include <b>Similase®</b> enzymes listed in the “<b>Optimal Digestion and Absorption</b>” category, and add the following:</p>			
<p><b>Para-Gard®</b> dietary supplement <a href="#">136008</a> – 60 <i>UltraCaps™</i> <a href="#">136009</a> – 120 <i>UltraCaps</i></p> <p>Berberine Sulfate Grapefruit (<i>Citrus x paradisi</i>) Jamaica Quassia (<i>Picrasma excelsa</i>) Sweet wormwood (<i>Artemisia annua</i>) Garlic (<i>Allium sativum</i>) (0.8% allicin)</p>	<p>Take 2-4 <i>UltraCaps</i> three times daily, between meals. Three <i>UltraCaps</i> contain: 300 mg 300 mg 150 mg 150 mg 150 mg</p>	<ul style="list-style-type: none"> <li>Contains botanical concentrates and standardized extracts show to exhibit activity against a variety of intestinal organisms in in vitro and in vivo studies*<sup>1-3</sup></li> <li>Provides effective intestinal support with excellent tolerance*</li> </ul>	<ol style="list-style-type: none"> <li>Randomized controlled trial of a traditional preparation of <i>Artemisia annua</i> L. (annual wormwood) in the treatment of malaria. <i>Trans R Soc Trop Med Hyg.</i> 2004 May;98(5):318-21.</li> <li>Amin AH, et al. Berberine sulfate: antimicrobial activity, bioassay, and mode of action. <i>Can J Microbiol.</i> 1969 Sep;15(9):1067-76.</li> <li>Hughs BG, et al. Antimicrobial effects of <i>Allium sativum</i> L. (garlic), <i>Allium ampeloprasum</i> L. (elephant garlic), and <i>Allium cepa</i> (onion), garlic compounds and commercial garlic supplement products. <i>Phytother Res.</i> 1991;5:154-8.</li> </ol>
<p><b>Detoxication Factors™*</b> dietary supplement <a href="#">146003</a> – 60 capsules <a href="#">146004</a> – 120 capsules</p> <p>Vitamin C Vitamin B12 Folic acid Choline NAC (N-acetyl L-cysteine) L-Methionine Calcium D-Glucarate GSH (L-Glutathione, Reduced) <i>This product contains calcium D-glucarate, the use of which is licensed from Applied Food Sciences, LLC</i></p>	<p>Take 2 capsules three times daily, between meals. May be repeated at needed. Two capsules contain: 167 mg 44 mcg 200 mcg 66 mg 66 mg 66 mg 66 mg 16 mg</p>	<ul style="list-style-type: none"> <li>Nutritional support for Phase I and Phase II detoxification pathways of the liver*<sup>1,2</sup></li> <li>Supports healthy detoxification and microbial byproducts*<sup>1,2</sup></li> </ul>	<ol style="list-style-type: none"> <li>Corcoran GB, et al. Role of glutathione in prevention of acetaminophen-induced hepatotoxicity by N-acetyl-L-cysteine in vivo: Studies with N-acetyl-D-cysteine in mice. <i>J Pharm Exp Ther.</i> 1986;238:54-61.</li> <li>Dwivedi C, et al. Effect of calcium glucarate on beta-glucuronidase activity and glucarate content of certain vegetables and fruits. <i>Biochem Med Metabol Biol.</i> 1990;21(2):83-92.</li> </ol>
<p><b>Probiotic Pearls™</b> active cultures <a href="#">136001</a> – 30 pearls <a href="#">136002</a> – 90 pearls</p> <p>Stable, Gastric-Protected Probiotic Blend of: <i>Lactobacillus acidophilus</i> and <i>Bifidobacterium longum</i></p>	<p>Take 1-2 Pearl capsule daily, with water. May be taken with or without food. Each Pearl capsule contains: 1 billion CFU</p>	<ul style="list-style-type: none"> <li>Increases healthy intestinal flora*<sup>1-3</sup></li> <li>Patented “True Delivery” system</li> <li>Delivers up to 900% more intact microflora to the intestine than leading competitors*<sup>2</sup></li> <li>Unique form; easy to swallow</li> <li>Shelf-stable – no need to refrigerate</li> </ul>	<ol style="list-style-type: none"> <li>Goossens D, et al. Probiotics in gastroenterology: indications and future perspectives. <i>Scand J Gastroenterol Suppl.</i> 2003(239):15-23.</li> <li>Probiotic Comparison Testing. Unpublished data. June 3, 2002.†</li> <li>Fleming T, ed. Probiotics. In: <i>PDR for Nutritional Supplements</i>. Montvale, NJ: Medical Economics Company; 2001:381.</li> </ol>