

Product & Ingredient	Dosage	Features	Reference
<p>End Fatigue™ Daily Energy Enfusion* and End Fatigue Daily Energy B-Complex* 73250 – 19 oz. (Berry flavor), 30 UltraCaps™</p> <p>Multi-nutrient vitamin and mineral powder with magnesium glycinate, broad spectrum amino acids, and inulin</p> <p>Vitamin B Complex: Thiamin (vitamin B1) 75 mg Riboflavin (vitamin B2) 75 mg Niacin 50 mg Vitamin B6 85 mg Folic Acid 800 mcg Vitamin B12 500 mcg Pantothenic Acid 50 mg Choline 100 mg</p>	<p>Mix 1 level scoop with 8-12 ounces liquid.</p> <p>Each serving provides: 18 g of blend</p> <p>Take 1 UltraCap daily. Each UltraCap provides:</p>	<ul style="list-style-type: none"> • Multivitamin and mineral supplementation can be especially beneficial for individuals looking for additional immune support*¹⁻⁵ • B complex vitamins support healthy immune system function*¹⁻³ • Magnesium glycinate supports enzyme activity involved in energy production; supports healthy nerve and muscle function; and supports healthy immune system functions* • Amino acids support a healthy weight and help maintain muscle mass* 	<ol style="list-style-type: none"> 1. Boudes P, et al. Folate, vitamin B12, and HIV infection. <i>Lancet</i>. 1990;335:1401–2. 2. Tang AM, et al. Low serum vitamin B12 concentrations are associated with faster human immunodeficiency virus type 1 (HIV-1) progression. <i>J Nutr</i>. 1997;127:345–51. 3. Baum MK, et al. Association of vitamin B6 status with parameters of immune function in early HIV-1 infection. <i>J Acquir Immune Defic Syndr</i>. 1991;4:1122–32. 4. Coodley G. Update on vitamins, minerals, and the carotenoids. <i>J Physicians Assoc AIDS Care</i>. 1995 Jan;2(1):24-9. 5. Fawzi WW, et al. Randomised trial of effects of vitamin supplements on pregnancy outcomes and T cell counts in HIV-1-infected women in Tanzania. <i>Lancet</i>. 1998 May 16;351(9114):1477-82.

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<p>Immun'Age 56413 – 30 packets</p> <p>Fermented Papaya Preparation (FPP)</p>	<p>Take 1 to 3 packets a day. Each packet contains: 3 g Take in between meals. Dissolve in mouth. Do not take with water. Do not eat or drink anything 5 minutes before or after.</p>	<ul style="list-style-type: none"> Enhances the production of interferons - substances produced by immune cells as a normal defense reaction*^{1,2} Increases CD8+ cell counts and enhances lymphocyte production as well*^{1,2} Also increases glutathione levels*^{1,2} 	<ol style="list-style-type: none"> Kishi A, et al. T. effects of dietary supplement on IFN producing capacity in humans. <i>Journal of Interferon Research</i>. 1994; 14S(1):S179. Nutritional Approach to Prevention of HIV Progression. Junichi Mimaya Report on the Research on the Research Project, "The Development of Life Living Guidance for Prevention of HIV Progression." Support by the Department of Health, Japan. 1998:30-5.
<p>Cellular Forté MAX3™ supplement 75812 – 120 UltraCaps™</p> <p>IP-6 (inositol hexaphosphate) Inositol Maitake Mushroom (9 mg pure D-fraction) POA Cat's Claw (pentacyclic chemotype) (1.3% pentacyclic oxindole alkaloids (POAs))</p>	<p>Take 2 UltraCaps twice daily. Each UltraCap contains: 800 mg 220 mg 30 mg 10 mg</p>	<ul style="list-style-type: none"> POA Cat's Claw is patented and clinically studied to benefit both the natural and acquired immune systems, plus enhance critical B- and T-cell effectiveness*^{1,2} When inositol combines with IP-6, they convert into two IP-3 molecules, which are essential for regulating healthy cell replication*³ Maitake D-fraction supports healthy natural killer cell development, macrophage activation, and cytotoxic T cell release* These actions, in turn trigger production of interleukins and other lymphokines, chemicals that help mediate a healthy immune response*⁴ 	<ol style="list-style-type: none"> Unpublished study. Open-framed trial of 14 HIV-infected patients. IMMODAL, Pharmaka GmbH. Volders, Austria. † Lemaire I, et al. Stimulation of interleukin-1 and -6 production in alveolar macrophages by the neotropical liana, Uncaria tomentosa (Una de Gato). <i>J Ethnopharmacology</i>. 1999;64:109-115. Otake T, et al. Anti-HIV-1 activity of myo-inositol hexaphosphoric acid (IP6) and myo-inositol hexasulfate(IS6). <i>Anticancer Res</i>. 1999 Sep-Oct;19(5A):3723-6. Mayell M. Maitake extracts and their therapeutic potential. <i>Altern Med Rev</i>. 2001 Feb;6(1):48-60.
<p>Vitaline® CoQ10 76133 – 30 chewable wafers, Chocolate flavor 76103 – 30 chewable wafers, Maple Nut flavor 76113 – 30 chewable wafers, Orange Crème flavor 76123 – 30 chewable wafers – Tropical Fruit flavor Coenzyme Q10 (CoQ10) (ubiquinone) High Purity Natural Form</p>	<p>Take 2-3 wafers daily. Each wafer contains: 100 mg</p>	<ul style="list-style-type: none"> Enhances immune system function by increases T4:T8 lymphocytes ratio*¹ 	<ol style="list-style-type: none"> Folkers K, et al. Coenzyme Q10 increases T4/T8 ratios of lymphocytes in ordinary subjects and relevance to patients having the AIDS related complex. <i>Biochem Biophys Res Commun</i>. 1991 Apr 30;176(2):786-91. †

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<p>Recancostat® 400 supplement 236006 – 60 UltraCaps™ 236007 – 56 g powder</p> <p>Reduced Glutathione (GSH) 10% Anthocyanins Blend: Beet Bilberry Black Currant European Elder L-Cysteine</p> <p><i>Recancostat® is a registered trademark of Gernot Treusch.</i></p>	<p>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</p> <p>80 mg</p>	<ul style="list-style-type: none"> • Reduced glutathione is essential to cellular detoxification, amino acid transport, production of coenzymes and recycling of vitamin E and C*¹ • A powerful antioxidant that functions inside the cells, reduced glutathione blocks free radical damage to all types of tissues*¹ • Adequate levels of GSH and antioxidants are desirable for supporting immune function*¹ • Recancostat® supplement has been clinically shown to enhance glutathione levels*¹ 	<p>1. Sung JH, et al. Protective effect of glutathione in HIV-1 lytic peptide 1-induced cell death in human neuronal cells. <i>J Neurovirol.</i> 2001 Oct;7(5):454-65.</p>

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<p>Probiotic Pearls™ active cultures 136001 – 30 pearls 136002 – 90 pearls</p> <p>Stable, Gastric-Protected Probiotic Blend of: <i>Lactobacillus acidophilus</i> and <i>Bifidobacterium longum</i></p>	<p>Take 1 Pearl capsule daily. Each Pearl capsule contains:</p> <p>1 billion CFU</p>	<ul style="list-style-type: none"> • Supports gastrointestinal health*¹ • Lactobacillus acidophilus and Bifidobacterium longum have also been shown to possess immunoprotective/immune-modulatory properties*¹ • In addition, probiotics help reduce occasional loose stools*¹ 	<p>1. Ouwehand A, Vesterlund S. Health aspects of probiotics. <i>IDrugs</i>. 2003 Jun;6(6):573-80.</p>
<p>Fiber Formula 78452 – 120 UltraCaps™</p> <p>Encapsulated fiber blend of: <i>Psyllium (Plantago ovata)</i> <i>Oat (Avena sativa)</i> <i>Guar gum (Cyamopsis tetragonoloba)</i> Pectin (from citrus fruit) <i>Marshmallow (Althaea officinalis)</i></p>	<p>Take 4 UltraCaps daily with 8 oz. of water. If desired, may be taken as 2 UltraCaps in the morning and 2 UltraCaps at night. May slowly increase to 8 UltraCaps daily. Four UltraCaps contain: 1727 mg</p>	<ul style="list-style-type: none"> • Promotes healthy gastrointestinal function*¹ • Enhances immunity*¹ • Helps reduce occasional loose stools*² 	<p>1. Schley PD, Field CJ. The immune-enhancing effects of dietary fibres and prebiotics. <i>Br J Nutr</i>. 2002 May; 87 Suppl 2: S221-30.</p> <p>2. Controlling diarrhea. <i>Proj Inf Perspect</i>. 1997 Jul;22:9-10.</p>

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<p>Super Milk Thistle® X 78106 – 60 UltraCaps™ 78102 – 120 UltraCaps</p> <p>Milk Thistle (<i>Silybum marianum</i>) (80% silymarin) Artichoke (<i>Cynara scolymus</i>) (13-18% caffeoylquinic acids) Dandelion (<i>Taraxacum officinale</i>) Licorice (<i>Glycyrrhiza glabra</i>) (5% glycyrrhizic acid)</p>	<p>Take 1 UltraCap two to three times daily. Each UltraCap contains: 200 mg</p> <p>80 mg</p> <p>20 mg</p> <p>20 mg</p>	<ul style="list-style-type: none"> • Milk thistle enhances bile production, which supports healthy digestion and detoxification* • It supports immune system function by promoting an increase in interferon gamma, interleukin (IL)-4 and IL-10 cytokines*¹ • Dandelion enhances immune function and has specific effects on TNF alpha activity*² • Artichoke promotes bile flow, which supports healthy gastrointestinal function*³ • Licorice enhances the immune system and supports overall liver health*⁴ 	<ol style="list-style-type: none"> 1. Wilasrusmee C, et al. Immunostimulatory effect of Silybum Marianum (milk thistle) extract. <i>Med Sci Monit</i>. 2002 Nov;8(11):BR439-43. 2. Kim HM, et al. Taraxacum officinale restores inhibition of nitric oxide production by cadmium in mouse peritoneal macrophages. <i>Immunopharmacol Immunotoxicol</i>. 1998;20:283-297. 3. Walker AF, et al. Artichoke leaf extract reduces symptoms of irritable bowel syndrome in a post-marketing surveillance study. <i>Phytother Res</i>. 2001 Feb;15(1):58-61. 4. Sasaki H, et al. Effect of glycyrrhizin, an active component of licorice roots, on HIV replication in cultures of peripheral blood mononuclear cells from HIV-seropositive patients. <i>Pathobiology</i>. 2002-2003;70(4):229-36.

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Pantethine Plus™ 75519 – 90 tablets Pantethine Phytosterold	Take 1 tablet 3 times daily, with or immediately before each meal. Each tablet contains: 200 mg 400 mg	<ul style="list-style-type: none"> Supports healthy cholesterol levels already within the normal ranges*^{1,2} 	<ol style="list-style-type: none"> Arsenio L, et al. Effectiveness of long-term treatment with pantethine in patients with dyslipidemia. Clin Ther. 1986;8:537-544. Jones P, et al. Cholesterol-lowering efficacy of a sitostanol-containing phytosterol mixture with a prudent diet in hyperlipidemic men. Am J Clin Nutr. 1999;69:1144-1150.
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 (5 g) 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"> Clinically shown to support healthy cardiovascular function*¹ Supports a healthy immune system response*^{2,3} 	<ol style="list-style-type: none"> Haglund O, et al. Effects of Fish Oil on Triglycerides, Cholesterol, Lipoprotein(a), Atherogenic Index and Fibrinogen. Influence of Degree of Purification of the Oil. Nutrition Research. 1992;12:455-468.† Caughey GE, et al. The effect on human tumor necrosis factor alpha and interleukin 1 beta production of diets enriched in n-3 fatty acids from vegetable oil or fish oil. Am J Clin Nutr. 1996 Jan;63(1):116-22. Zhang P, et al. Dietary (n-3) Polyunsaturated Fatty Acids Modulate Murine Th1/Th2 Balance toward the Th2 Pole by Suppression of Th1 Development. J Nutr. 2005 Jul;135(7):1745-51.

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<p>Physicians' Protein Complex 316020 - 10.6 oz. (300 g) powder</p> <p>Whey Protein Concentrate</p>	<p>Mix 2 scoops (20 g) with cold water once daily.</p>	<ul style="list-style-type: none"> • Supports healthy muscle and tissue formation*; supports healthy immune system functioning*¹ • Also a source of naturally occurring, undenatured bioactive nutrients including lactoferrin and immunoglobulins • Both lactoferrin and immunoglobulins possess immunomodulatory activities*¹ 	<p>1. Cross ML, et al. Modulation of immune function by modified bovine whey protein concentrate. <i>Immuno and Cell Biol</i> 1999;77:345-350.</p>

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