



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 <i>Thuja (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. |

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Advanced Immune System Enhancement*

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| <p>Immun'Age 56413 – 30 packets</p> <p>Fermented Papaya Preparation (FPP)</p> | <p>Take 2-3 packets for 2-3 days then 1 packet a day thereafter.</p> <p>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"> Increases antioxidant and immunostimulatory activity in macrophages.*¹ Enhances nitric oxide synthesis, thereby improving host immune defenses.*¹ | <p>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.†</p> |
| <p>Recancostat® 400 supplement 236006 – 60 <i>UltraCaps™</i> 236007 – 56 g powder</p> <p>Reduced Glutathione (GSH) 10% anthocyanins Blend: Beet root 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:</p> <p>400 mg</p> <p>200 mg</p> <p>80 mg</p> | <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 | <p>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.†</p> <p>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.†</p> |

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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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| Echinacea Vitamin C with Elderberry 166014 – 100 chewable tablets Elderberry Echinacea Vitamin C | Take 1 tablet, 3 times daily. Each tablet contains: 20 mg 25 mg 100 mg | <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"> 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. Braunig B, et al. Echinacea purpurea radix for strengthening the immune response in flu-like infections. <i>Z Phytother</i> 1992;13:7–13. Renker K, et al. Vitamin C-Prophylaxe in der Volkswertf Stralsund. <i>Deutsche Gesundheitswesen.</i> 1954;9:702–6. |

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