

## *Endobiogeny Quick Reference Guide for Health Professionals*

Acne	Dermaclear (Artichoke, Burdock, Lady's Mantle, Plantain, Pansy, Primrose, Clary Sage)	Capsules	2 caps bid to tid
	Hepacleanse (Milk Thistle, Yarrow, Papaya)	Capsules	2 caps bid to tid
	Phyto-Derm (Kelp, Horsetail, Milk Thistle, Rosehip, Pumpkin Seed, Pansy, Marigold)	Capsules	2 caps bid to tid
	French Green Clay	Powder	1 tsp in a glass of water each morning. Can also use as a face mask several times per week.
	Dermaclear Topical	Lotion	Apply bid after cleansing
	Acne diet (see EIMC patient handout)		

ADD ADHD	Ultra Preventives or Ultra Vites (high potency multi vit/mineral supplement with methyl B vites)	Capsules	4 (or 2 for Ultra Vites) capsules with breakfast or lunch
	Pro's Edge (DMAE, Rhodiola, Ginkgo, Eleuthero, Passionflower, Active/Methyl B Vites)	Capsules	2 capsules with breakfast and dinner
	PhytoCalm (Ca Poppy, Motherwort, Melissa)	Capsules	2 caps bid
	Ultra Omega-Linic (Wild Salmon, Black Currant Oils)	Softgels	2 softgels bid
	ADHD diet (see EIMC patient handout)		

Allergy /	ALRG Blend (Pansy, Plantain, Agrimony MTs, Lavender EO)	Tincture Blend	2 cc bid to tid
	Immunease (Peony, Boswellia Extracts with Ginger, Lavender, Bergamot EOs)	Capsules	2 caps bid to tid
	Inflamease (Whole Grape, Pineapple, Burdock)	Capsules	2 caps bid to tid
	Radical Resilience (Milk Thistle, Bacopa, Turmeric, Melissa, Maca, Pepper Concentrates)	Capsules	1-2 capsules bid to tid
	Hepacleanse (Milk Thistle, Yarrow, Papaya)	Capsules	2 caps bid to tid
	Vitamin C, Time Released	Capsules	1-2 caps bid
	Quercetin	Powder	2 grams each day
	Digestive Enzymes Plus	Capsules	2 tablets with each 3 meals
	Allergy elimination or rotation diet (limit common allergens to once every 4 days)		

Anxiety	Super Alpha Calm (Passionflower, Hawthorne, Melissa, CA Poppy MTs w/Lavender, Petitgrain, Bergamot EOs)	Tincture Blend or Capsules	2 cc (or 2 capsules) bid to tid
	PhytoCalm (Ca Poppy, Motherwort, Melissa)		2 caps bid to tid
	Tranquility* (5-HTP, Passionflower, Inositol)	Capsules	1 cap bid to tid (100 mg for adults, 50 mg for kids)
	Serenity* (St. Johnswort, Valerian)	Capsules	2 caps bid to tid
	Anxiety diet (see EIMC patient handout)		

Arthritis/ Joint Pain	PhytoFlex Extra (Chondroitin, Glucosamine, Yucca)	Capsules	2 caps bid
	PhytoFlex Treatment (MSM, Arnica, Capsicum, EOs)	Lotion	Apply as needed for pain
	Immunease (Peony, Boswellia Extracts with Ginger, Lavender, Bergamot EOs)	Capsules	2 caps bid to tid
	Radical Resilience (Milk Thistle, Bacopa, Turmeric, Melissa, Maca, Pepper Concentrates)	Capsules	1-2 capsules bid to tid
	Ultra Omega-Linic (Wild Salmon, Black Currant Oils)	Softgels	2 softgels bid
	Inflamease (Whole Grape, Pineapple, Burdock)	Capsules	2 caps bid to tid
	Osteoarthritis, Anti-inflammatory diets (see EIMC patient handouts)		

Asthma	Phytobiotic (House Leek, Knotweed, Black Currant, Thyme, Lavender, Savory, Vit A, B6, Pantothenic Acid, Lysine)	Capsules	2 capsules 3 times per day with meals
	Hepaclease (Milk Thistle, Yarrow, Papaya)	Capsules	2 caps bid to tid
	Ultra Omega-Linic (Wild Salmon, Black Currant Oils)	Capsules	2 softgels bid
	Ultra Preventives or Ultra Vites (high potency multi vit/mineral supplement with methyl B vites)	Capsules	4 (or 2 for Ultra Vites) Capsules with breakfast or lunch
	Tincture Blend	Custom	Include Ribes, Agrimony, Thyme
	Asthma diet (see EIMC patient handout)		

Autoimmune Disease	Immunease (Peony, Boswellia Extracts with Ginger, Lavender, Bergamot EOs)	Capsules	2 caps bid to tid
	Inflamease (Whole Grape, Pineapple, Burdock)	Capsules	2 caps bid to tid
	Hepaclease (Milk Thistle, Yarrow, Papaya)	Capsules	2 caps bid to tid
	Radical Resilience (Milk Thistle, Bacopa, Turmeric, Melissa, Maca, Pepper Concentrates)	Capsules	1-2 capsules bid to tid
	Ultra Omega-Linic (Salmon, Black Currant Oils)	Capsules	2-4 softgels bid
	Anti-inflammatory diet (see EIMC patient handout)		

Bloating/Gas	French Green Clay	Powder	½ tsp stirred into a glass of water as needed
	Ultra 4 x 6 Probiotic	Capsules	2 caps daily between meals
	GI Pro (Ginger, Aloe Barbadosis extracts, Peppermint Oil, Cardamom Seed Oil, Wild Thyme Oil, Chamomile Oil, French Green Clay)	Capsules	1-2 caps daily with each meal

Candida	Phytobiotic (House Leek, Knotweed, Black Currant, Thyme, Lavender, Savory, Vit A, B6, Pantothenic Acid, Lysine)	Capsules	2 capsules 3 times per day with meals
	ImmuPlus (Vit. C, Elderberry, Echinacea, Oregano, Acerola, Reishi, Maitaki)	Capsules	1 cap bid to tid
	Monolaurin	Beads	1 scoop 3 times per day
	Ultra 4 x 6 Probiotic	Capsules	2 caps per day between meals
	Dermacalm Body Butter (lavender, sandalwood, vetiver, cedarwood, spearmint, blue tansy)	Cream	Apply topically and/or intervaginally as needed. Can also add a drop of Tea Tree EO.
	Eliminate simple carbs in diet		

Cholesterolemia (Elevated Cholesterol)	Hepatone (Artichoke, Dandelion, Milk Thistle MTs, Bulpeurum, Fringe Tree Extracts, Rosemary, Helichrysum EOs)	MT Blend	1 cc 3 times per day diluted in a small glass of water.
	Renewal Mega CoQ10 100 mg (+ Turmeric Root, Pine Bark, Turmeric, Milk Thistle, Bilberry, Vit E, Selenium)	Capsules	1 cap bid
	Ultra Omega-Linic (Salmon, Black Currant Oils)	Softgels	2 softgels bid
	Hepacleanse (Milk Thistle, Yarrow, Papaya)	Capsules	2 caps bid to tid
	Loresterol (Policosanol, Hesperidin)	Capsules	1 cap bid

Colds & Flu	Ultra CCF (Ribes, Rosa 1DH, Echinacea MT w/Cypress, Thyme, Ravensara EOs)	Tincture Blend	1 tsp as needed diluted in a small glass of water
	Monolaurin	Beads	1 scoop 3 times per day
	Ultra Elderberry Plus	Capsules	2 caps bid to tid
	Phytobiotic (House Leek, Knotweed, Black Currant, Thyme, Lavender, Savory, Vit A, B6, Pantothenic Acid, Lysine)	Capsules	1-2 caps bid to tid with meals
	ImmuPlus (Vit. C, Elderberry, Echinacea, Oregano, Acerola, Reishi, Maitaki)	Capsules	1 cap bid to tid

Constipation	Ultra Mag Chelate 250 with Slippery Elm	Tablets	To bowel tolerance (start with 1 tablet bid, then adjust pm)
	GI Pro (Ginger, Aloe Barbadosensis extracts, Peppermint Oil, Cardamom Seed Oil, Wild Thyme Oil, Chamomile Oil, French Green Clay)	Capsules	1-2 caps daily with each meal
	Hepacleanse (Milk Thistle, Yarrow, Papaya)	Capsules	2 caps bid

Cough	Ultra CCF (Ribes, Rosa 1DH, Echinacea MT with Cypress, Thyme, Ravensara EOs)	Tincture Blend	1 tsp as needed diluted in a small glass of water
	Breathe Easy (Bergamot, Tea Tree, Lemon)	EO Blend	Inhale, rub on chest (dilute), or use in diffusor as needed
	Inflamease (Whole Grape, Pineapple, Burdock)	Capsules	2 caps bid to tid
	Cypress	EO	Mix 1 drop into a spoon of honey** and take pm

Cystitis UTI	Bladrese (Fennel, Bilberry, Witch Hazel, Burdock)	Capsules	2 caps 3 times per day
	Monolaurin	Beads	1 scoop 3 times per day
	Cranberry Juice (100% juice)	Juice	1 cup bid

Depression	Tranquility* (5-HTP, Passionflower, Inositol)	Capsules	1 cap bid to tid (100 mg for adults, 50 for kids)
	Pro's Edge (DMAE, Rhodiola, Ginkgo, Eleuthero, Passionflower, Active/Methyl B Vites)	Capsules	2 capsules with breakfast and dinner
	Super Alpha Calm (Passionflower, Hawthorne, Melissa, CA Poppy MTs w/Lavender, Petitgrain, Bergamot EOs)	Tincture Blend or Capsules	2 cc (or 2 capsules) bid to tid
	Serenity* (St. Johnswort, Valerian)	Dry Extract Capsules	2 caps bid to tid
	Anxiety diet (see EIMC patient handout)		

Diabetes	Metabo-LIFT (Blackberry, Nettle MT, Bergamot, Cinnamon Bark, Ginger Root, Grapefruit, Lemon, Peppermint EOs)	MT Blend	1 cc 3 times per day along with 1 cap Metabo-Trim
	Metabo-Trim (African Mango, Veld Grape, Guarana, Cardamom, Bergamot, L-Theanine)	Capsules	1 cap with each 3 meals along with 1 cc Metabo-Lift Tincture
	Ultra DM Complex II (Cinnamon, Alpha Lipoic Acid, Chromium, Berberine, Fenugreek, Milk Thistle, MSM, Vit E)	Capsules	2 caps bid
	Ultra Preventives or Ultra Vites (high potency multi vit/mineral supplement with methyl B vites)	Capsules	4 (or 2 for Ultra Vites) Capsules with breakfast or lunch
	Ultra Adrenal Complex (Rhodiola, Eleuthero, Ginseng, Ashwaganda, Active/Methyl B Vites)	Capsules	2 capsules with breakfast and dinner
	Hepacleanse (Milk Thistle, Yarrow, Papaya)	Capsules	2 caps bid to tid
	Ultra Omega-Linic (Salmon, Black Currant Oils)	Capsules	2 softgels bid
	Diabetes diet (see EIMC patient handout)		

Diarrhea	French Green Clay	Powder	Take 1 tsp in water as often as needed
	GI Pro (Ginger, Aloe Barbadosis extracts, Peppermint Oil, Cardamom Seed Oil, Wild Thyme Oil, Chamomile Oil, French Green Clay)	Capsules	1-2 caps daily with each meal
	Phytobiotic (House Leek, Knotweed, Black Currant, Thyme, Lavender, Savory, Vit A, B6, Pantothenic Acid, Lysine)	Capsules	1-2 caps bid to tid with meals
	Ultra 4x6 Probiotic	Capsules	2 capsules daily between meals

<b>Eczema/ Dermatitis</b>	Ultra Preventives or Ultra Vites (high potency multi vit/mineral supplement with methyl B vites)	Capsules	4 (or 2 for Ultra Vites) capsules with breakfast or lunch
	Phyto-Derm (Kelp, Horsetail, Milk Thistle, Rosehip, Pumpkin Seed, Pansy, Marigold)	Capsules	2 caps bid
	Dermaclear (Artichoke, Burdock, Lady's Mantle, Plantain, Pansy, Primrose, Clary Sage)	Capsules	2 caps bid bid to tid
	Immunease (Peony, Boswellia Extracts with Ginger, Lavender, Bergamot EOs)	Capsules	2 caps bid to tid.
	Ultra Omega-Linic (Wild Salmon, Black Currant Oils)	Softgels	4 softgels bid along with vitamins E & C
	Hepacleanse (Milk Thistle, Yarrow, Papaya)	Capsules	2 caps bid to tid
	Digestive Enzymes Plus	Tablets	2 tablets with each 3 meals
	Dermacalm Body Butter (lavender, sandalwood, vetiver, cedarwood, spearmint, blue tansy)	Cream	Apply topically pm
	Agrimony, Plantain, Pansy, Melissa Tea	Tea	Drink 1 Liter throughout the day
	Allergy elimination or Rotation diet (limit common allergens to once every 4 days)		

<b>Edema</b>	Veintonic (Butcher's Broom, Yarrow, Witch Hazel, Horse Chestnut)	Capsules	2 caps bid to tid
	Rutin	Capsules	2 caps bid to tid
	Dandelion, Couchgrass, Meadowsweet Tea	Tea	Drink 1 Liter throughout the day

<b>Eye Health</b>	Ultra Preventives or Ultra Vites (high potency multi vit/mineral supplement with methyl B vites, Lycopene, Spirulina, Zeaxanthin)	Capsules	4 (or 2 for Ultra Vites) capsules with breakfast or lunch
	Ultra Vision (Zeaxanthin, Lutein, Vitamin C)	Capsules	1-2 caps bid

<b>Elevated BMI</b>	Metabo-LIFT (Blackberry, Nettle MT, Bergamot, Cinnamon Bark, Ginger Root, Grapefruit, Lemon, Peppermint EOs)	MT Blend	1 cc bid to tid with meals
	Metabo-Trim (African Mango, Veld Grape, Guarana, Cardamom, Bergamot, L-Theanine)	Capsules	1 cap with each 3 meals along with 1 cc Metabo-Lift Tincture
	Ultra Preventives or Ultra Vites (high potency multi vit/mineral supplement with methyl B vites)	Capsules	4 (or 2 for Ultra Vites) Capsules with breakfast or lunch
	Tranquility* (5-HTP, Passionflower, Inositol)	Capsules	1 cap bid to tid
	Super Alpha Calm (Passionflower, Hawthorne, Melissa, CA Poppy MTs w/Lavender, Petitgrain, Bergamot EOs)	Tincture Blend or Capsules	2 cc (or 2 capsules) bid to tid
	Elevated BMI diet (see EIMC patient handout)		

ENT Upper Respiratory Complaints	Ultra CCF (Ribes, Rosa 1DH, Echinacea MT, Cypress, Thyme, Ravensara EOs)	Tincture Blend	1 tsp as needed diluted in a small glass of water
	Phytobiotic (House Leek, Knotweed, Black Currant, Thyme, Lavender, Savory, Vit A, B6, Pantothenic Acid, Lysine)	Capsules	2 caps 3 times per day with meals (1 cap for children)
	ImmuPlus (Vit. C, Elderberry, Echinacea, Oregano, Acerola, Reishi, Maitaki)	Capsules	1 cap bid to tid
	Monolaurin	Beads	1 scoop 3 times per day
	Immuboost Extra (Thyme, Lavender, Eucalyptus, Balsamea)	EO Blend	Inhale, rub on chest (dilute), or use in diffuser as needed
	Breathe Easy (Bergamot, Tea Tree, Lemon)	EO Blend	Inhale, rub on chest (dilute), or use in diffuser as needed
	Kid's Aroma Oil Concentrate (Tea Tree, Geranium, Clove EOs in Olive Oil)	Ear Drops	Use in ears as needed. Avoid contact with eye area.
	S-T Aroma Spritzer (Echinacea MT with Cinnamon, Thyme, Clove, Lavender EOs)	Throat Spray	Spray on throat as needed.
	Agrimonia eupatoria (Agrimony)	Tea/MT	Drink 1 Liter throughout the day (or add to MT blend)

Fatigue	Ultra Adrenal Complex (Rhodiola, Eleuthero, Ginseng, Ashwaganda, Active/Methyl B Vites)	Capsules	2 capsules with breakfast and dinner
	Pro's Edge (DMAE, Rhodiola, Ginkgo, Eleuthero, Passionflower, Active/Methyl B Vites)	Capsules	2 capsules with breakfast and dinner
	Ultra Preventives or Ultra Vites (high potency multi vit/mineral supplement with methyl B vites)	Capsules	4 (or 2 for Ultra Vites) Capsules with breakfast or lunch
	Ultra Cal Mag Chelate	Capsules	1 cap tid
	Chronic Fatigue diet (see EIMC patient handout)		

Fibromyalgia	Super Alpha Calm (Passionflower, Hawthorne, Melissa, CA Poppy MTs with Lavender, Petitgrain, Bergamot EOs).	Tincture Blend or Capsules	2 cc (or 2 capsules) bid to tid
	Tranquility* (5-HTP, Passionflower, Inositol)	Capsules	1 cap bid to tid
	PhytoCalm (Ca Poppy, Motherwort, Melissa)	Capsules	2 capsules before bed
	Ultra Cal Mag Chelate	Capsules	1-2 caps bid
	Ultra Preventives or Ultra Vites (high potency multi vit/mineral supplement with methyl B vites)	Capsules	4 (or 2 for Ultra Vites) Capsules with breakfast or lunch
	Arnica	MT	Add to tincture blend
	PhytoFlex Treatment Topical	Lotion	Apply as needed for pain.
	Fibromyalgia diet (see EIMC patient handout)		

GERD	French Green Clay	Powder	1 tsp each morning and an additional dose pm
	Digestive Enzymes Plus	Capsules	2 tablets with each 3 meals
	GI Pro (Ginger, Aloe Barbadensis extracts, Peppermint Oil, Cardamom Seed Oil, Wild Thyme Oil, Chamomile Oil, French Green Clay)	Capsules	1-2 caps daily with each meal

Gout Hyperuricemia	Hepatone (Artichoke, Dandelion, Milk Thistle MTs, Bulpeurum, Fringe Tree Extracts, Rosemary, Helichrysum EOs)	MT Blend	1 cc 3 times per day diluted in a small glass of water.
	Veintonic (Butcher's Broom, Yarrow, Witch Hazel, Horse Chestnut)	Capsules	2 caps bid to tid
	Hepacleanse (Milk Thistle, Yarrow, Papaya)	Capsules	2 caps bid to tid
	Cherry Juice (100% juice)	Juice	Drink 1 cup A.M. & P.M.

Hashimoto's Thyroiditis	Immunease (Peony, Boswellia Extracts with Ginger, Lavender, Bergamot EOs)	Capsules	2 caps bid to tid
	Radical Resilience (Milk Thistle, Bacopa, Turmeric, Melissa, Maca, Pepper Concentrates)	Capsules	1-2 capsules bid to tid
	Inflamease (Whole Grape, Pineapple, Burdock)	Capsules	2 caps bid to tid
	Ultra Omega-Linic (Salmon, Black Currant Oils)	Capsules	2 softgels bid

Headache, Chronic	Tranquility* (5-HTP, Passionflower, Inositol)	Capsules	1-2 caps bid (100 mg for adults, 50 mg for children)
	Super Alpha Calm (Passionflower, Hawthorne, Melissa, CA Poppy MTs with Lavender, Petitgrain, Bergamot EOs)	Tincture Blend or Capsules	2 cc (or 2 capsules) bid to tid
	PhytoCalm (Ca Poppy, Motherwort, Melissa)	Capsules	2 caps bid
	Ultra Preventives or Ultra Vites (high potency multi vit/mineral supplement with methyl B vites)	Capsules	4 (or 2 for Ultra Vites) Capsules with breakfast or lunch
	Ultra Cal Mag Chelate	Capsules	1-2 caps bid

Hemorrhoids	Veintonic (Butcher's Broom, Yarrow, Witch Hazel, Horse Chestnut)	Capsules	2 caps bid
	Rutin	Capsules	2 caps bid
	Cupressus sempervirens (Cypress)	EO	Use 2 drops on a Witch Hazel pad and apply as a compress as needed.

Hepatitis	Hepacleanse (Milk Thistle, Yarrow, Papaya)	Capsules	2 caps tid
	Hepatone (Artichoke, Dandelion, Milk Thistle MTs, Bulpeurum, Fringe Tree Extracts, Rosemary, Helichrysum EOs)	MT Blend	1 cc 3 times per day diluted in a small glass of water
	Inflamease (Whole Grape, Pineapple, Burdock)	Capsules	2 caps tid
	Immunease (Peony, Boswellia Extracts with Ginger, Lavender, Bergamot EOs)	Capsules	2 caps tid
	Radical Resilience (Milk Thistle, Bacopa, Turmeric, Melissa, Maca, Pepper Concentrates)	Capsules	1-2 capsules bid to tid
	ImmuPlus (Vit. C, Elderberry, Echinacea, Oregano, Acerola, Reishi, Maitake)	Capsules	1 cap tid with meals

HSV1 & HSV2 (cold sores, shingles, genital herpes)	Phytobiotic (House Leek, Knotweed, Black Currant, Thyme, Lavender, Savory, Vit A, B6, Pantothenic Acid, Lysine)	Capsules	2 capsules 3 times per day with meals
	L-Lysine 500 mg	Tablets	2 tablets 3 times per day
	ImmuPlus (Vit. C, Elderberry, Echinacea, Oregano, Acerola, Reishi, Maitaki)	Capsules	1 cap bid to tid
	Phytobiotic Topical (Echinacea, House Leek, Lysine, Savory, Clove, Geranium, Trace Minerals)	Spray	Apply to lesions (cold sores/shingles only) as needed.
	Monolaurin	Beads	1 scoop 3 times per day

Hypertension	PhytoCalm (Ca Poppy, Motherwort, Melissa)	Capsules	2 caps bid to tid
	Super Alpha Calm (Passionflower, Hawthorne, Melissa, CA Poppy MTs with Lavender, Petitgrain, Bergamot EOs).	Tincture Blend or Capsules	2 cc (or 2 capsules) bid to tid
	Ultra Cal Mag Chelate	Capsules	1-2 caps bid
	Ultra Omega-Linic (Salmon, Black Currant Oils)	Capsules	2 softgels bid
	Hypertension diet (see EIMC patient handout)		

Hypothyroidism	Thyro-Support (Oat, Goji, Kelp MTs, Lavender, Ginger, Frankincense EOs)	MT Blend	2 cc bid to tid
	Zinc 30 Plus (Zinc Chelate, Kelp, Goji, Ginger)	Capsules	1 cap bid
	Ultra Preventives or Ultra Vites (high potency multi vit/mineral supplement with methyl B vites)	Capsules	4 (or 2 for Ultra Vites) Capsules with breakfast or lunch

Infections - all types	Phytobiotic (House Leek, Knotweed, Black Currant, Thyme, Lavender, Savory, Vit A, B6, Pantothenic Acid, Lysine)	Capsules	2 caps 3 times per day with meals
	Ultra Elderberry Plus	Capsules	2 caps bid to tid
	ImmuPlus (Vit. C, Elderberry, Echinacea, Oregano, Acerola, Reishi, Maitaki)	Capsules	1-2 caps bid to tid with meals
	Monolaurin	Beads	1 scoop 3 times per day

Inflammation	Inflamease (Whole Grape, Pineapple, Burdock)	Capsules	2 caps bid to tid
	Immunease (Peony, Boswellia Extract with Ginger, Lavender, Bergamot EOs)	Capsules	2 caps bid to tid
	Radical Resilience (Milk Thistle, Bacopa, Turmeric, Melissa, Maca, Pepper Concentrates)	Capsules	1-2 capsules bid to tid
	Ultra Omega-Linic (Salmon, Black Currant Oils)	Capsules	2-4 softgels bid
	Renewal Mega CoQ10 100 mg (+ Turmeric Root, Pine Bark, Turmeric, Milk Thistle, Bilberry, Vit E, Selenium)	Capsules	1 cap bid
	Ultra Turmeric Plus (Organic Turmeric Root Curcumin C3 Complex® & BioPerine®)	Capsules	1-2 caps bid
	Anti-inflammatory diet (see EIMC patient handout)		



Irritable Bowel Syndrome (IBS)	Immunease (Peony, Boswellia Extracts with Ginger, Lavender, Bergamot EOs)	Capsules	2 caps bid to tid
	Radical Resilience (Milk Thistle, Bacopa, Turmeric, Melissa, Maca, Pepper Concentrates)	Capsules	2 capsules bid to tid
	French Green Clay (for diarrhea)	Powder	To bowel tolerance (start with 1 tsp, then adjust pm)
	Ultra Mag Chelate 250 with Slippery Elm (for cramping and constipation)	Tablets	To bowel tolerance (start with 1 tablet bid, then adjust pm)
	Limit or eliminate dairy and gluten in diet, rotation diet (limit common allergens to once every 4 days)		

Inflammatory Bowel Disease (Crohn's, Ulcerative Colitis)	GI Blend (Ribes, Rosa 1DH, Lavender, Boswellia, Fennel, Ginger EOs)	GM Blend	2 cc 3 times per day
	GI Pro (Ginger, Aloe Barbadensis extracts, Peppermint Oil, Cardamom Seed Oil, Wild Thyme Oil, Chamomile Oil, French Green Clay)	Capsules	1-2 caps daily with each meal
	Immunease (Peony, Boswellia Extract with Ginger, Lavender, Bergamot EOs)	Capsules	2 caps bid to tid.
	Radical Resilience (Milk Thistle, Bacopa, Turmeric, Melissa, Maca, Pepper Concentrates)	Capsules	1-2 capsules bid to tid
	Inflamease (Whole Grape, Pineapple, Burdock)	Capsules	1-2 capsules 3 times per day
	French Green Clay	Powder	1 tsp bid in a glass of water
	Ultra Omega-Linic (Salmon, Black Currant Oils)	Capsules	2 softgels bid
	Ultra Mag Chelate 250	Tablets	1 tablet bid
Anti-inflammatory diet (see EIMC patient handout)			

Insulin Resistance/ Metabolic Syndrome	Metabo-LIFT (Blackberry, Nettle MT, Bergamot, Cinnamon Bark, Ginger Root, Grapefruit, Lemon, Peppermint EOs)	MT Blend	1 cc 3 times per day along with 1 cap Metabo-Trim
	Metabo-Trim (African Mango, Veld Grape, Guarana, Cardamom, Bergamot, L-Theanine)	Capsules	1 cap with each 3 meals along with 1 cc Metabo-Lift Tincture
	Ultra DM Complex II (Cinnamon, Alpha Lipoic Acid, Chromium, Berberine, Fenugreek, Milk Thistle, MSM, Vit E)	Capsules	2 caps bid
	Ultra Preventives or Ultra Vites (high potency multi vit/mineral supplement with methyl B vites)	Capsules	4 (or 2 for Ultra Vites) Capsules with breakfast or lunch
	Insulin Resistance diet (see EIMC patient handout)		

Insomnia	Super Alpha Calm (Passionflower, Hawthorne, Melissa, CA Poppy MTs with Lavender, Petitgrain, Bergamot EOs)	Tincture Blend or Capsules	2 cc (or 2 capsules) bid to tid
	Rest Easy (Passionflower, Valerian, CA Poppy, Lavender, Inositol, L-Theanine)	Capsules	2 Capsules before bed
	Tranquility* (5-HTP, Passionflower, Inositol)	Capsules	1-2 capsules before bed (100 mg adults, 50 mg children)
	Serenity* (St. Johnswort, Valerian)	Capsules	2 Capsules before bed
	PhytoCalm (Ca Poppy, Motherwort, Melissa)	Capsules	2 capsules before bed

Memory Dysfunction	Ultra Preventives or Ultra Vites (high potency multi vit/mineral supplement with methyl B vites)	Capsules	4 capsules with breakfast or lunch
	Pro's Edge (DMAE, Rhodiola, Ginkgo, Eleuthero, Passionflower, Active/Methyl B Vites)	Capsules	2 capsules with breakfast and dinner
	Radical Resilience (Milk Thistle, Bacopa, Turmeric, Melissa, Maca, Pepper Concentrates)	Capsules	1-2 capsules bid to tid
	Ultra Omega-Linic (Salmon, Black Currant Oils)	Softgels	2 softgels bid

Menopause Symptoms	Feminease (Sage, Sarsaparilla, Alfalfa, Wild Yam, Primrose)	Capsules	2 caps bid to tid
	Vitex agnus castus (Chaste Tree)	Caps or MT	2 caps bid or add to MT blend
	Clary Sage	EO	Add to custom tincture blend
	Menopause diet (see EIMC patient handout)		

Menstrual pain	Vitex agnus castus (Chaste Tree)	Capsules or MT	2 caps bid or add to MT blend
	Ultra Cal Mag Chelate	Capsules	2 caps bid

Menorrhagia (Heavy, prolonged menstrual bleeding)	Vitex agnus castus (Chaste Tree)	Caps or MT	2 caps bid or add to MT Blend
	Ultra Preventive Capsules with Iron (high potency multi vitamin/mineral supplement)	Capsules	4 Capsules with breakfast or lunch

Nausea	GI Pro (Ginger, Aloe Barbadosensis extracts, Peppermint Oil, Cardamom Seed Oil, Wild Thyme Oil, Chamomile Oil, French Green Clay)	Capsules	1-2 caps pm
	French Green Clay	Powder	1 tsp in water pm
	Immunease (Peony, Boswellia Extracts with Ginger, Lavender, Bergamot EOs)	Capsules	2 caps bid to tid

Osteoporosis, Osteopenia, Degenerative Bone Disease	Ultra Preventives or Ultra Vites (high potency multi vit/mineral supplement with methyl B vites)	Capsules	4 (or 2 for Ultra Vites) Capsules with breakfast or lunch
	Horsetail Extract	Capsules	2 caps bid
	Vitamin D 5,000 + K	Capsules	1 cap each day
	Ultra Cal Mag Chelate	Capsules	2 caps bid
	French Green Clay	Powder	1 tsp each morning
	Osteoporosis diet (see EIMC patient handout)		

PMS Premenstrual Syndrome	Vitex agnus castus (Chaste Tree)	Capsules	1-2 caps bid or add to MT Blend
	Ultra Cal Mag Chelate	Capsules	1-2 capsules bid
	Super Alpha Calm (Passionflower, Hawthorne, Melissa, CA Poppy MTs with Lavender, Petitgrain, Bergamot EOs).	Tincture Blend or Capsules	2 cc (or 2 capsules) bid to tid
	PhytoCalm (Ca Poppy, Motherwort, Melissa)	Capsules	1 cap A.M. and 2 P.M.
	Ultra Preventives or Ultra Vites (high potency multi vit/mineral supplement with methyl B vites)	Capsules	4 (or 2 for Ultra Vites) capsules with breakfast or lunch
	PMS diet (see EIMC patient handout)		

PCOS Polycystic Ovary Syndrome	Vitex agnus castus (Chaste Tree)	Caps or MT	1-2 caps bid or add to MT Blend
	Pygeum (African Prune)	Caps or MT	1-2 caps bid or add to MT Blend
	Serenoa (Saw Palmetto)	Caps or MT	1-2 caps bid or add to MT Blend
	Glycyrrhiza (Licorice - <i>do not use if HTN</i> )	Caps or MT	1-2 caps bid or add to MT Blend
	Spearmint & Chamomile	EOs or Tea	Add to MT or use tea
	Hepacleans (Milk Thistle, Yarrow, Papaya)	Capsules	2 caps bid
	Ultra Turmeric Plus (Organic Turmeric Root Curcumin C3 Complex® & BioPerine®)	Capsules	1-2 caps bid to tid
	Ultra DM Complex II (Cinnamon, Alpha Lipoic Acid, Chromium, Berberine, Fenugreek, Milk Thistle, MSM, Vit E)	Capsules	1-2 cap with each meal
Concentrate diet on veggies, fruits, whole grains (especially brown rice & oats), fish & poultry			

Prostatitis	Protease (Alfalfa, Eleuthero, Pygeum, Witch Hazel)	Capsules	2 caps bid to tid
	Inflamease (Whole Grape, Pineapple, Burdock)	Capsules	2 caps bid to tid
	Saw Palmetto	Capsules	2 caps bid to tid
	Ultra Omega-Linic (Salmon, Black Currant Oils)	Capsules	2 softgels bid
	Radical Resilience (Milk Thistle, Bacopa, Turmeric, Melissa, Maca, Pepper Concentrates)	Capsules	2 caps bid to tid

Rheumatoid Arthritis	Immunease (Peony, Boswellia Extracts with Ginger, Lavender, Bergamot EOs)	Capsules	2 Capsules 3 times per day.
	Radical Resilience (Milk Thistle, Bacopa, Turmeric, Melissa, Maca, Pepper Concentrates)	Capsules	1-2 capsules bid to tid
	Inflamease (Whole Grape, Pineapple, Burdock)	Capsules	2 Capsules 3 times per day
	PhytoFlex Extra (Chondroitin, Glucosamine, Yucca)	Capsules	2 caps bid
	PhytoFlex Treatment Topical (MSM, Arnica, Capsicum, EOs)	Lotion	Apply as needed for pain.
	Ultra Omega-Linic (Salmon, Black Currant Oils)	Capsules	4 softgels bid
	Ultra Preventives or Ultra Vites (high potency multi vit/mineral supplement with methyl B vites)	Capsules	4 (or 2 for Ultra Vites) Capsules with breakfast or lunch

***\*5-HTP and St. Johnswort should not be taken in combination with prescription medications unless the patient is being monitored by a qualified health professional.***

***\*\*Do not give honey to babies under 1 year of age.***

**These statements have not been evaluated by the FDA. These supplements are not intended to diagnose, cure, prevent or treat any disease.**