

CLINICAL PROTOCOLS

SKIN/ECZEMA

A Suggested Nutritional Protocol for Skin/Eczema Support

Wobenzym® N

Wobenzym® N is a combination of plant and animal based enzymes that assist the body in balancing Th1 and Th2 cytokines, which helps balance the body's immune system.

Suggested usage: *Three to four tablets, three times daily, 45 minutes before a meal or 1.5hrs after.*

Livdetox™

Contains several dietary constituents that have been shown to support against various toxic environmental stresses that affect the function and structure of the liver.

Suggested usage: *One tablet three times daily.*

OR

Liver-G.I. Detox (Pure Encapsulations)

Liver-G.I. Detox supports hepatic and gastrointestinal detoxification by providing nutrients and botanical extracts that enhance toxin elimination, digestion, intestinal motility, gut integrity and cell function.

Suggested usage: *Two capsules daily in divided doses, with meals.*

Multi-Probiotic 4000

This product contains a synergistic blend of beneficial probiotic bacteria to supplement the intestinal system with natural healthy flora. This product requires refrigeration to maintain culture viability.

Suggested usage: *Two capsules daily.*

OR

Probiotic 5 (Pure Encapsulations)

This dairy-free, multi-strain formula contains 10 billion CFU of beneficial bacteria that are key to help support immune and gastrointestinal health. This product requires refrigeration to maintain culture viability.

Suggested usage: *One to two capsules daily, in divided doses, with or between meals.*

OR

Probiotic 50B (soy and dairy free) [acid resistant capsules]

Probiotic 50B provides 50 billion CFU of the beneficial bacteria *Lactobacillus acidophilus*, *Lactobacillus rhamnosus*, *Lactobacillus plantarum*, *Bifidobacterium longum* and *Bifidobacterium lactis* offered in acid-resistant capsules with pH targeted release to deliver maximal viable organisms to the digestive tract. These five researched strains promote healthy intestinal ecology to support gastrointestinal and immune health.

Suggested usage: *Take 1 capsule daily, with or between meals.*

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Opti-Zinc 30

Human zinc deficiency indicates that zinc has important functions in maintaining immune function, reproduction, healthy skin and growth.

Suggested usage: *One capsule daily.*

Opti-EPA™

A very high potency marine lipid concentrate providing high amounts of omega-3 EPA and DHA fatty acids per softgel compared to other fatty acid supplements.

Suggested usage: *One to three soft gels daily.*

OR

EPA/DHA Essentials (Pure Encapsulations)

An ultra-pure, molecularly distilled fish oil concentrate; provides 1000mg of fish oil per serving. The consumption of omega-3 fatty acids from fish has been associated with numerous benefits, including support for joint health.

Suggested usage: *Two capsules daily, in divided doses, with meals.*

