

Notes on Adrenals and Liver Detox

Adrenal Cortical Hypofunction

ADB5-Plus™ - 2 tablets in the am and at noon

Bio-Glycozyme Forte™ - 2 tablets, three times per day- If the systolic blood pressure drops more than 10mm from the recumbent to the standing position increase to 3 three times per day

Sea Salt and vegetables high in natural sodium like green beans, celery, zucchini, tomatoes, etc.

Adrenal Cortical Hyperfunction

ADHS® (Adrenal Hypersecretor) - 3-4 tablets, twice a day for breakfast and lunch

Cytozyme- PT/HPT™ - 1-3 tablets, three times per day

De-Stress™ - one capsule at breakfast and one at bedtime

Bio-CMP™ - 2 tablets, three times per day

Mini Liver Detox

MCS -2® - 2 capsules, three times per day

Beta TCP™ - 2 tablets, three times per day and increase to 3 tablets, three times per day after one week and ultimately 4 tablets, three times per day the third week. Continue until subjective liver symptoms subside or 90 days.

Phosphatidylcholine - 3 capsules, three times per day

Follow diet on Step One of the Three Step Detox

ADB-5 PLUS™ – Two tablets contain 75 mg of vitamin C, 5 mg of B-1, B-6 and B-2 (phosphorylated forms), 25 mg of niacinamide, 200 mcg of folic acid, 6 mcg of vitamin B-12, 75 mg of pantothenic acid, 500 mcg of iron, 35 mg of magnesium malate, 2.5 mg of zinc, 1 mg of manganese and a 635 mg proprietary blend of malic acid, porcine adrenal concentrate, citrus bioflavonoids, choline, SOD and catalase, N-Acetyl-Cysteine, ovine pituitary/hypothalamus, bovine parotid, tyrosine (mushroom source), Rhodiola rosea and copper (less than 2 percent of the blend). Use with adrenal dysfunction (primarily hypofunction), postural hypotension, ligament laxity, reactive hypoglycemia and low blood pressure. 2 tablets in the a.m. and 2 at noon. Product contains a small amount of iron and should be kept out of the reach of children.

ADHS® - Product contains vitamins, minerals and herbs (product contains no glandular material), known to support normal adrenal function. Preliminary studies using the salivary adrenal stress test (ASI) indicate that **ADHS®** is often effective as a supplement to increase DHEA while helping to normalize an increased or decreased cortisol level. Consider **ADHS®** with adrenal cortical hyperfunction (increased cortisol), hypertension due to adrenal hyperfunction, dysinsulinism (Syndrome-X/Metabolic Syndrome) and other cases where cortical hyperfunction is known or suspected. Suggest 2-3 tablets, twice a day with breakfast and lunch. Pregnant or lactating women should not use this product.

BETA-TCP™ - This product is the same as **Beta-Plus™** except it does not contain bile salts but, does contain vitamin C, taurine, and pancrelipase (all known to assist with cholesterol to bile acid conversion). Use with biliary stasis where there is no constipation or light colored stools and the gall bladder has not been removed. Subjective indications for use include - pain over the eyes, pain when pressure is applied to the webbing between the right thumb and forefinger, pain between the shoulder blades, gas, bloating, inability to tolerate fats or fried foods or a history of gall bladder attacks where stones were detected or suspected. 2-4 tablets, 3 times a day with meals. If gall stones are suspected, or known to be present use with **Liquid Iodine Forte™**, **Mg-Zyme™**, **B6 Phosphate**, **Phosphatidylcholine**, and **Super Phosphozyme™**.

BIO-GLYCOZYME FORTE™ - A broad-spectrum product designed to support reactive hypoglycemia, adrenal fatigue, general fatigue, stress, highly refined diets and carbohydrate sensitivity. Contains phosphorylated forms of B-1, B-2 and B-6, neonatal bovine and ovine glandular and organ components, chromium, vanadium, zinc, magnesium and other accessory nutrients. 2-3 tablets, 3 times a day at 10:00 a.m., 3:00 p.m. and 2 hours after supper. If the patient is able to fall asleep but, cannot remain asleep, add 3 tablets just before bedtime. If use of the product on an empty stomach causes distress, dose with meals with 1 **Betaine Plus-HP™**.

CYTOZYME-PT/HPT™ - Source of lamb pituitary and hypothalamus. Use with pituitary/hypothalamus dysfunction, gastric hyperacidity, adrenal hyperfunction, insomnia, epilepsy, anorexia, inability to gain or lose weight (use with **Gammanol Forte w/FRAC™**), thyroid hypofunction secondary to hypofunction of the anterior pituitary, carbohydrate sensitivity, and neuromuscular disorders. 1-5 tablets, 3 times a day with meals.

DE-STRESS™ - Each capsule supplies 150 mg of a bioactive peptide derived from milk, having anxiolytic activity. **De-Stress™** can be used in any case where psychological stress, insomnia or anxiety are present. 1 capsule at bedtime and 1 capsule during the day if needed for periods of high stress. Human studies indicate **De-Stress™** has no known side effects and will generally work within 24-48 hours after the initial dose.

MCS-2™ - A unique dietary supplement designed to balance Phase I and Phase II detoxification pathways. This supplement combines nutritional support (vitamins, sulfur bearing amino acids and parotid glandular) for liver detoxification with herbal adaptogens. **MCS-2®** also contains Folic Acid, Cleavers, Lyceum Berries, Milk Thistle and Alpha Lipoic Acid. **MCS-2®** should always be taken with meals and with **Beta-TCP™** and/or **Beta-Plus™**. 2-4 capsules twice per day with meals.

PHOSPHATIDYLCHOLINE - Each capsule supplies 430 mg of phosphatidyl choline and 36 mg of phosphatidyl inositol. Use with Alzheimer's, Parkinson's, senility, neuromuscular disorders, synaptic dysfunction, elevated blood fats, fatty liver, gall bladder symptoms, gallstones, migraine headaches, and adrenal hypofunction. 1-3 capsules, 3 times a day with meals.