

# Head-to-Toe Biocidin Botanicals® Applications

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## NOT FOR DISTRIBUTION – PRACTITIONER USE ONLY

The purpose of this document is to provide Biocidin Botanicals® practitioners with a quick reference guide for protocols and product applications as nutritional support. Biocidin Botanicals® will always defer to practitioner discretion and experience in the prescribing of any supplements. These protocols should be customized by the practitioner for individualized care based on clinical presentation and patient sensitivity.

**Disclaimer:** This information is not intended as a substitute for professional medical advice, diagnosis, or treatment. We make no health claims regarding our product lines. Statements about our products have not been evaluated by the Food and Drug Administration. Our products are not intended to diagnose, treat, cure, or prevent any disease.

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# How to Use this Document

The purpose of this document is to provide Biocidin Botanicals® practitioners with a quick reference guide for protocols and product applications as nutritional support. Biocidin Botanicals always defers to practitioner discretion and experience in the prescribing of any supplements. We recommend the practitioner customize these protocols for individualized care based on clinical presentation and patient sensitivity.

For each condition, the “Core Protocol” indicates essential product combinations. Products in the “Additional Support” columns can be added based on a practitioner’s assessment and discretion.

Unless otherwise specified, see the [Practitioner Usage Guide](#) for suggested Beginning, Moderate, Maximum, and Pediatric servings.

## Product Use Instructions

### Usage Considerations

#### **Biocidin®:**

- **1 capsule of Biocidin® = 7.5 drops of Biocidin® Liquid.**
- **1 pump of Biocidin® LSF has equivalent activity to 5 drops of Biocidin® Liquid.**
- When adding Biocidin® to a liquid solution, Biocidin® LSF emulsifies more readily and is recommended over Biocidin® Liquid.

**G.I. Detox™+:** G.I. Detox™+ is a binder and is a critical addition to any protocol with Biocidin® or Olivirex® to reduce the likelihood of die-off (also known as “Herxheimer”) reactions. Must be taken 1-2 hours away from food, supplements, and medications. 1 hour after dinner or at bedtime is recommended. For children who are unable to swallow pills, the capsule can be opened and mixed into water or applesauce.

**Chronic:** Titrate products slowly (as tolerated) to reach maximum levels. Protocols for chronic conditions are typically 2-3 months in length at maximum levels. More difficult presentations may require 6-12 months, depending on immune status and whether multiple pathogens are present. Confirm clearance (condition-specific) by retesting as needed.

**Acute:** Increase serving size quickly to maximum level (as tolerated). Acute condition protocols are typically 1-2 weeks or until symptoms resolve.

# How to Use This Document, continued

## Adult Titration Instructions

**Biocidin® Liquid:** Begin with 1 drop of Biocidin® twice daily and gradually increase up to 15 drops twice a day. Best if taken on an empty stomach (at least 20 minutes before or 2 hours after a meal).

**Biocidin® Capsules:** It is ideal to titrate using Biocidin® Liquid before switching to capsules. However, if beginning with capsules, take 1 capsule daily and gradually increase to 2 capsules twice daily. Best if taken on an empty stomach (at least 20 minutes before or 2 hours after a meal).

**Biocidin® LSF:** Start with 1 pump per day and gradually increase to 3 pumps twice daily. Hold under tongue for 30 seconds before swallowing. May be added to water. Best if taken on an empty stomach (at least 20 minutes before or 2 hours after a meal). For sensitive patients, mix 1 pump with 4 oz of water. Hold 2 oz in the mouth for 60 seconds and swallow. Cover and refrigerate the remainder of the solution. Consume the remaining 2 oz the following day. Increase as tolerated.

**Olivirex®:** Take 1 capsule daily, increasing to 2 capsules twice daily as tolerated. Best if taken on an empty stomach (at least 20 minutes before or 2 hours after a meal). Take with food if digestive upset is experienced. Can be taken with Biocidin®.

## Pediatric Titration Instructions

**Biocidin® Liquid:** Begin with 1 drop of Biocidin® twice daily and gradually increase to 1 drop per 10 lbs of body weight twice daily. Best if taken on an empty stomach (at least 20 minutes before or 2 hours after a meal).

**Biocidin® LSF:** Dilute 1 pump into 4 oz of water and sip throughout the day. Increase as tolerated. Best if taken on an empty stomach (at least 20 minutes before or 2 hours after a meal).

**Olivirex®:** For children under 12, start with 1 capsule daily and increase as tolerated to serving size recommended in the [Practitioner Usage Guide](#). Best if taken on an empty stomach (at least 20 minutes before or two hours after a meal). Take with food if digestive upset is experienced. Can be taken with Biocidin®.

## Clinical Resources

After reviewing this document, if you still have questions please contact our Clinical Team.

Phone: NZ Phone: 09 425 4250, Australia Phone: 0011 649 425 4250

Email: [info@nutritionalmedicinenz.com](mailto:info@nutritionalmedicinenz.com)

Online training is available to practitioners with a professional account. Use the following link to schedule a 30 minute appointment. [Book a 30-minute appointment here.](#)

Disclaimer: This information is not intended to be a substitute for professional medical advice, diagnosis, or treatment.

We make no health claims regarding our product lines. Statements about our products have not been evaluated by the Food and Drug Administration.

Our products are not intended to diagnose, treat, cure, or prevent any disease.

# Categories of Functional Activity



## REMOVE



CLEAR AWAY  
OBSTACLES



## BIND



INTERCEPT AND  
ELIMINATE TOXINS



## RESTORE



BRING BALANCE  
AND HEALING



## DEFEND



OPTIMIZE  
RESILIENCE



## SMILE



PROMOTE  
ORAL HEALTH

Our product portfolio is organized according to Categories of Functional Activity. The support programs that follow generally combine products from several categories based on therapeutic targets.

## Clinical Pearls for Optimal Outcomes

**Encourage patients/clients to adopt a healthy diet and lifestyle for lasting results.**

For patient support, refer to the diet and lifestyle recommendations in this [booklet](#) that accompanies our Bioclear™ Microbiome Detox Program.

**Address the oral cavity in any microbiome protocol for long-term effect.** Oral dysbiosis can lead to the translocation of pathogens from the mouth to the gut and other microbial niches in the sinuses, ears, throat, skin, and lungs. Although Dentalcidin® toothpaste and Dentalcidin® LS oral rinse are noted as “optional” in certain protocols, both products are highly recommended for daily use to support a healthy oral microbiome.

**Treat the gut, even for systemic conditions!** The gastrointestinal (GI) tract is the main reservoir of microorganisms in the body. If there is an imbalance there, it can be an obstacle to complete or extended resolution of illness in the rest of the body. Additionally, clearing GI dysbiosis can reduce the likelihood of Herxing for systemic conditions (e.g., Lyme, mold, MARCoNs).

**Topical Use:** It is highly recommended to add at least one month of the Bioclear™ Microbiome Detox Program (see [Detoxification Support](#)) to address imbalances in the gut microbiome while continuing topical application. Also, see [General Dysbiosis Support](#).

# Biofilm Support

Gastrointestinal Biofilm Support		
CORE PROTOCOL		
Biocidin® Liquid or Capsules	Titrate to 15 drops 2x/day	Titrate to 2 capsules 2x/day
G.I. Detox™+	2 capsules at bedtime. 1 hour away from food, supplements, and medications. Temporarily increase dose to 2 capsules 2-3x/day if <a href="#">Herxheimer reaction</a> observed/worsens.	
Olivirex®	Titrate to 2 capsules 2-3x/day	
ADDITIONAL SUPPORT		
Proflora™ 4R	1 capsule any time	
Dentalcidin®	2x/day	
Dentalcidin® LS	2 pumps 2x/day	
For additional information, see <a href="#">Biofilm Protocol Sheet</a> .		

Oral Biofilm Support		
CORE PROTOCOL		
Dentalcidin®	1-3x/day	
Dentalcidin® LS	1-2 pumps 3x/day	
ADDITIONAL SUPPORT		
Proflora™ 4R	1 capsule any time	
For additional information, see <a href="#">Oral Health Protocol Sheet</a> .		

## Biofilm Support, continued

Systemic Biofilm Support		
THIS PROTOCOL COMBINES THE GASTROINTESTINAL AND ORAL BIOFILM PROTOCOLS		
CORE PROTOCOL		
Biocidin® Liquid or Capsules	Titrate to 15 drops 2x/day	Titrate to 2 capsules 2x/day
Biocidin® LSF	Titrate to 3 pumps 2x/day	
G.I. Detox™+	2 capsules at bedtime. 1 hour away from food, supplements, and medications. Temporarily increase dose to 2 capsules 2-3x/day if <a href="#">Herxheimer reaction</a> observed/worsens.	
Olivirex®	Titrate to 2 capsules 2x/day	
Proflora™ 4R	1 capsule any time	
Dentalcidin®	2x/day	
Dentalcidin® LS	3 pumps 2x/day	

## Detoxification Support

Bioclear™ Microbiome Detox Program		
CHOOSE EITHER BIOCIDIN® LIQUID, CAPSULES, OR LSF		
Biocidin® Liquid or Capsules	Titrate to 10 drops 2x/day per instructions in the <a href="#">Lifestyle Guide</a> included with each program	Titrate to 2 capsules 2x/day per instructions in the <a href="#">Lifestyle Guide</a> included with each program
Biocidin® LSF	Titrate to 2 pumps 2x/day per instructions in the <a href="#">Lifestyle Guide</a> included with each program	
G.I. Detox™+	2 capsules at bedtime. 1 hour away from food, supplements, and medications. Temporarily increase dose to 2 capsules 2-3x/day if <a href="#">Herxheimer reaction</a> observed/worsens.	
Proflora™ 4R	1 capsule any time	
Each program comes with a <a href="#">Lifestyle Guide</a> with instructions and diet and lifestyle recommendations.		

# Gastrointestinal System Support

Candida and Other Fungi/Yeast Support		
CORE PROTOCOL		
Biocidin® Liquid or Capsules	Titrate to 15 drops 2x/day	Titrate to 2 capsules 2x/day
Olivirex®	Titrate slowly to 2 capsules 2x/day	
G.I. Detox™+	2 capsules at bedtime. 1 hour away from food, supplements, and medications. Temporarily increase dose to 2 capsules 2-3x/day if <a href="#">Herxheimer reaction</a> observed/worsens.	
ADDITIONAL SUPPORT		
Proflora™ 4R	1 capsule any time	
Biocidin® LSF	Titrate to 3 pumps 2x/day when treating systemic Candida after 1 bottle of drops/capsules is done.	
Biotonic™	20 drops 2x/day May help prevent conversion of yeast to hyphal form	
G.I. InnerCalm™	1 stick pack mixed in water, 1-2 times daily, taken any time	
<p>Candidiasis patients often need gradual titration to avoid die-off reactions. See <a href="#">Candida Protocol Sheet</a> for more information. For information regarding addressing Candida in specific body systems, see links below:</p> <ul style="list-style-type: none"> <li>• <a href="#">Vaginal Dysbiosis</a></li> <li>• <a href="#">Sinuses and MARCoNS</a></li> <li>• <a href="#">Oral Health Protocol</a></li> </ul>		

Clostridioides difficile Support		
CORE PROTOCOL		
Biocidin® Liquid or Capsules	Titrate to 15 drops 2x/day	Titrate to 2 capsules 2x/day
G.I. Detox™+	2 capsules at bedtime. 1 hour away from food, supplements, and medications. Temporarily increase dose to 2 capsules 2-3x/day if <a href="#">Herxheimer reaction</a> observed/worsens.	
ADDITIONAL SUPPORT		
Proflora™ 4R	1 capsule any time	



## Gastrointestinal System Support, continued

<b>Persistent <i>Clostridioides difficile</i> Support</b>	
If testing after 2-3 months shows persistent infection, use the following:	
<b>CORE PROTOCOL</b>	
Biocidin® Liquid or Capsules	After initial protocol, change to 15 drops or 2 capsules every third day for 3 weeks. Consider 1 capsule of Biocidin/day as rectal suppository at bedtime.
G.I. Detox™+	Continue as before
Olivirex®	Titrate to 2 capsules 2-3x/day
<b>ADDITIONAL SUPPORT</b>	
Proflora™ 4R	1 capsule any time

<b>Colitis/Crohn's/IBD Support</b>			
<b>CORE PROTOCOL</b>			
Biocidin® Liquid or Capsules	<table border="1"> <tr> <td>Titrate to 15 drops 2x/day</td> <td>Titrate to 2 capsules 2x/day. Plus, 1 capsule 1x/day as rectal suppository at bedtime.</td> </tr> </table>	Titrate to 15 drops 2x/day	Titrate to 2 capsules 2x/day. Plus, 1 capsule 1x/day as rectal suppository at bedtime.
Titrate to 15 drops 2x/day	Titrate to 2 capsules 2x/day. Plus, 1 capsule 1x/day as rectal suppository at bedtime.		
G.I. Detox™+	2 capsules at bedtime. 1 hour away from food, supplements, and medications. Temporarily increase dose to 2 capsules 2-3x/day if <a href="#">Herxheimer reaction</a> observed/worsens.		
Proflora™ 4R	1 capsule any time		
<b>ADDITIONAL SUPPORT</b>			
Olivirex®	Titrate to 2 capsules 2-3x/day		
Biotonic™	20 drops 2x/day		
G.I. InnerCalm™	1 stick pack mixed in water, 1-2 times daily, taken any time		

# Gastrointestinal System Support, continued

Diverticulitis Support		
CORE PROTOCOL		
Biocidin® Liquid or Capsules	Titrate to 15 drops 2x/day	Titrate to 2 capsules 2x/day. Plus, 1 capsule 1x/day as rectal suppository at bedtime.
G.I. Detox™+	2 capsules at bedtime. 1 hour away from food, supplements, and medications. Temporarily increase dose to 2 capsules 2-3x/day if <a href="#">Herxheimer reaction</a> observed/worsens.	
Olivirex®	Titrate to 2 capsules 2-3x/day	
ADDITIONAL SUPPORT		
Proflora™ 4R	1 capsule any time	
Biotonic™	20 drops 2x/day	
G.I. InnerCalm™	1 stick pack mixed in water, 1-2 times daily, taken any time	

Food Poisoning – Acute Support		
CORE PROTOCOL		
Biocidin® Liquid or Capsules	15 drops 2x/day. Take 3-7 days beyond symptoms resolution.	2 capsules 2x/day. Take 3-7 days beyond symptoms resolution.
G.I. Detox™+	2 capsules every hour until symptoms resolve. If vomiting, then take capsules immediately after vomiting.	
Proflora™ 4R	1 capsule daily until bottle is consumed	
If symptoms persist, and do not improve/resolve within 48-72 hours, testing for individual pathogens is highly recommended.		

Food Poisoning/Exposure When Traveling – Prevention Support		
CORE PROTOCOL		
Biocidin® Liquid or Capsules	2 drops per glass of drinking water	1 capsule with each meal
G.I. Detox™+	1 capsule 1 hour after each meal	
Proflora™ 4R	1 capsule any time	
ADDITIONAL SUPPORT		
Olivirex®	1 capsule with each meal	

# Gastrointestinal System Support, continued

General Dysbiosis Support		
CORE PROTOCOL – Bioclear™ Microbiome Detox Program		
Biocidin® Liquid or Capsules	Titrate to 15 drops 2x/day	Titrate to 2 capsules 2x/day
G.I. Detox™+	2 capsules at bedtime. 1 hour away from food, supplements, and medications. Temporarily increase dose to 2 capsules 2-3x/day if <a href="#">Herxheimer reaction</a> observed/worsens.	
Proflora™ 4R	1 capsule any time	
G.I. InnerCalm™	1 stick pack mixed in water, 1-2 times daily, taken any time.	
ADDITIONAL SUPPORT		
Olivirex®	Titrate to 2 capsules 2x/day	
In the case of long-standing dysbiosis, testing for presence of pathogenic strains is highly recommended.		

Helicobacter pylori Support		
CORE PROTOCOL		
Biocidin® Liquid or Capsules	Titrate to 15 drops 2x/day	Titrate to 2 capsules 2x/day
G.I. Detox™+	2 capsules at bedtime. 1 hour away from food, supplements, and medications. Temporarily increase dose to 2 capsules 2-3x/day if <a href="#">Herxheimer reaction</a> observed/worsens.	
Proflora™ 4R	1 capsule any time	
G.I. InnerCalm™	1 stick pack mixed in water, 1-2 times daily, taken any time.	
ADDITIONAL SUPPORT		
Olivirex®	Titrate to 2 capsules 2x/day	
Biotonic™	20 drops 2x/day	
Add Olivirex® and Biotonic™ for difficult or multi-pathogen infection.		

## Gastrointestinal System Support, continued

Protozoans and Parasite Support		
CORE PROTOCOL		
Biocidin® Liquid or Capsules	Titrate to 15 drops 2x/day	Titrate to 2 capsules 2x/day
G.I. Detox™+	2 capsules at bedtime. 1 hour away from food, supplements, and medications. Temporarily increase dose to 2 capsules 2-3x/day if <a href="#">Herxheimer reaction</a> observed/worsens.	
Proflora™ 4R	1 capsule any time	
Olivirex®	1 capsule 2x/day. Increase to 2 capsules 2x/day for complex cases.	
Biotonic™	20 drops 2x/day	
ADDITIONAL SUPPORT		
Biocidin® LSF	Can be applied TOPICALLY for anal itching	
G.I. InnerCalm™	1 stick pack mixed in water, 1-2 times daily, taken any time.	
<p>For resistance after 6 months, pulse at maximum servings for 3 days before, during, and after full moon. Continue pulsing for additional 6 months. Can be applied for <i>Blastocystis hominis</i>, <i>Cryptosporidium</i>, and other cyst-forming parasites.</p>		

SIBO/SIFO Support		
CORE PROTOCOL		
Biocidin® Liquid or Capsules	Titrate to 15 drops 2x/day	Titrate to 2 capsules 2x/day
G.I. Detox™+	2 capsules at bedtime. 1 hour away from food, supplements, and medications. Temporarily increase dose to 2 capsules 2-3x/day if <a href="#">Herxheimer reaction</a> observed/worsens.	
Olivirex®	Titrate to 2 capsules 2x/day (including for methane-dominant SIBO, SIFO, or persistent cases).	
ADDITIONAL SUPPORT		
Proflora™ 4R	1 capsule any time	
Biotonic™	20 drops 2x/day	
G.I. InnerCalm™	1 stick pack mixed in water, 1-2 times daily, taken any time	
<p>Treatment period can vary between 8-12 weeks depending on severity. For additional information, see the <a href="#">SIBO/SIFO Protocol Sheet</a>.</p>		

# Eye, Ear, Nose, and Throat (EENT) Support

## Conjunctivitis & Stye Support

Topical	Biocidin® LSF	Apply to the tissue around the eye (NOT directly in the eye)
Oral	Biocidin® LSF	3 pumps 2x/day for 5 days

## Ear Infection Support – Acute or Recurrent

### Middle Ear

OPTION 1	Biocidin® LSF	DIRECTLY IN THE EAR: ½ pump 1-2x/day. Massage tragus for 10-20 seconds; repeat every day until symptoms resolve.
OPTION 2	Biocidin® LSF	ADULT: Up to 3 pumps 3-4x/day PEDIATRIC: One pump per 50 lbs of body weight twice daily

### External Ear

OPTION 1	Biocidin® TS Throat Spray	INTO EAR CANAL: 1-2 sprays Hold head in place for several minutes
OPTION 2	Biocidin® LSF	DIRECTLY IN THE EAR: 1 pump. Hold head in place for several minutes, drain. Follow with hydrogen peroxide rinse (if needed) to thin and clear out Biocidin® LSF.

## Eye, Ear, Nose, and Throat (EENT) Support, continued

Sinus Infections and MARCoNS Support		
ACUTE	<b>CORE PROTOCOL</b>	
	Biocidin® LSF	3 pumps 2-3x/day
	G.I. Detox™+	2 capsules at bedtime. 1 hour away from food, supplements, and medications. Temporarily increase dose to 2 capsules 2-3x/day if <a href="#">Herxheimer reaction</a> observed/worsens.
	Olivirex®	2 capsules 2-3x/day
CHRONIC	<b>CORE PROTOCOL</b>	
	Biocidin® LSF	Titrate to 2 pumps 2-3x/day
	G.I. Detox™+	2 capsules at bedtime. 1 hour away from food, supplements, and medications. Temporarily increase dose to 2 capsules 2-3x/day if <a href="#">Herxheimer reaction</a> observed/worsens.
	Olivirex®	1-2 capsules 2-3x/day
	<b>ADDITIONAL SUPPORT</b>	
Proflora™ 4R	1 capsule any time	
<b>Nebulizer</b> with mask or nasal cannula attachment ( <b>preferred administration</b> )	Add 5-10 drops of Biocidin® Liquid to prepared solution to the fill line (depending on manufacturer). Use 1-3x/day until symptoms resolve or up to 4-6 weeks if a chronic case.	
<b>Neti Pot</b>	1-2 pumps of Biocidin® LSF (ideal) <b>OR</b> 5-10 drops of Biocidin® Liquid in saline solution. Use 1-3 times daily until improvement is seen.	
<b>Saline Nasal Bottle</b> (choose a brand with a removable top)	Spray into each nostril 3-4x/day for 6 weeks. Preparation: 1-2 pumps of Biocidin® LSF (ideal) or 5-10 drops of Biocidin® Liquid in a 1 oz bottle of prepared saline solution. Discard any remaining solution after 2 weeks. Thoroughly clean and refill. Discard bottle upon completion of protocol.	
Reminder: It is essential to support the oral and gut microbiome in chronic cases.		

## Eye, Ear, Nose, and Throat (EENT) Support, continued

Sore Throat Support		
CORE PROTOCOL		
Biocidin® TS Throat Spray	3 sprays every hour until resolved, then decrease to 3 sprays 2-3x/day as needed	
Olivirex®	Titrate to 2 capsules 2-3x/day	
ADDITIONAL SUPPORT		
Biocidin® LSF or Biocidin® Liquid	3 pumps 2x/day	15 drops 2x/day
Proflora™ 4R	1 capsule any time	
Biotonic™	20 drops 2x/day	
For additional information, see the <a href="#">Seasonal Support Protocol Sheet</a> .		

## Urogenital System Support

Estrogen/Hormone Imbalance (resulting from gut dysbiosis) Support		
CORE PROTOCOL		
Biocidin® Liquid or Capsules	Titrate to 15 drops 2x/day	Titrate to 2 capsules 2x/day
G.I. Detox™ +	2 capsules at bedtime. 1 hour away from food, supplements, and medications. Temporarily increase dose to 2 capsules 2-3x/day if <a href="#">Herxheimer reaction</a> observed/worsens.	
ADDITIONAL SUPPORT		
Proflora™ 4R	1 capsule any time	
Olivirex®	2 capsules 3x/day	
Biotonic™	20 drops 2x/day	
For additional information, see the <a href="#">Estrogen Metabolism Protocol Sheet</a> . It is essential to maintain a healthy oral and gut microbiome for hormonal balance in the body. Along with supporting the microbiome, the practitioner can support other systems that may be contributing to hormonal imbalance, such as thyroid health.		

Kidney/Gall Stones Support
See <a href="#">Biofilm Support</a> for more information.

## Urogenital System Support, continued

Prostatitis Support		
ACUTE	CORE PROTOCOL	
	Biocidin® LSF	3 pumps 4x/day until symptoms resolve
	G.I. Detox™+	1-3 capsules 2x/day as needed for die-off
	Olivirex®	2 capsules 2-3x/day
CHRONIC	CORE PROTOCOL	
	Biocidin® Capsules	1 capsule as rectal suppository at bedtime
	Biocidin® LSF	Titrate to 2 pumps 2-3x/day
	G.I. Detox™+	2 capsules at bedtime. 1 hour away from food, supplements, and medications. Temporarily increase dose to 2 capsules 2-3x/day if <a href="#">Herxheimer reaction</a> observed/worsens.
Urinary Tract Infections/Interstitial Cystitis Support		
ACUTE	CORE PROTOCOL	
	Biocidin® LSF	3 pumps 4x/day until symptoms resolve. Can also be applied TOPICALLY post urination.
	G.I. Detox™+	1-3 capsules 2x/day as needed. 1 hour away from food, supplements, and medications.
	Olivirex®	2 capsules 2-3x/day. Take with food if nausea occurs.
CHRONIC	ADDITIONAL SUPPORT	
	G.I. InnerCalm™	1 stick pack mixed in water, 1-2 times daily, taken any time
	CORE PROTOCOL	
	Biocidin® LSF	Titrate to 2 pumps 2-3x/day
CHRONIC	G.I. Detox™+	2 capsules at bedtime. 1 hour away from food, supplements, and medications. Temporarily increase dose to 2 capsules 2-3x/day if <a href="#">Herxheimer reaction</a> observed/worsens.
	Olivirex®	Titrate to 2 capsules 2x/day
	ADDITIONAL SUPPORT	
	G.I. InnerCalm™	1 stick pack mixed in water, 1-2 times daily, taken any time

For recurrent UTIs, consider 2 additional pumps of LSF orally or 2 capsules of Biocidin as a suppository following sexual intercourse or after the last day of menses.



# Urogenital System Support, continued

Vaginal Dysbiosis Support				
OPTION 1: VAGINAL DOUCHE	<b>CORE PROTOCOL</b>			
	1 tsp apple cider vinegar with 1 cup water and 2 pumps Biocidin® LSF or 10 drops of Biocidin® Liquid. Apply 2x/day.			
	<b>ADDITIONAL SUPPORT</b>			
	<table border="1"> <tr> <td><b>G.I. Detox™ +</b></td> <td>2 capsules at bedtime. 1 hour away from food, supplements, and medications. Temporarily increase dose to 2 capsules 2-3x/day if <a href="#">Herxheimer reaction</a> observed/worsens.</td> </tr> <tr> <td><b>Proflora™ 4R</b></td> <td>1 capsule any time</td> </tr> </table>	<b>G.I. Detox™ +</b>	2 capsules at bedtime. 1 hour away from food, supplements, and medications. Temporarily increase dose to 2 capsules 2-3x/day if <a href="#">Herxheimer reaction</a> observed/worsens.	<b>Proflora™ 4R</b>
<b>G.I. Detox™ +</b>	2 capsules at bedtime. 1 hour away from food, supplements, and medications. Temporarily increase dose to 2 capsules 2-3x/day if <a href="#">Herxheimer reaction</a> observed/worsens.			
<b>Proflora™ 4R</b>	1 capsule any time			
OPTION 2: VAGINAL SUPPOSITORY	<b>CORE PROTOCOL</b>			
	<table border="1"> <tr> <td><b>Biocidin® Capsules</b></td> <td>1 capsule as vaginal suppository. Apply 1-2x/day.</td> </tr> </table>	<b>Biocidin® Capsules</b>	1 capsule as vaginal suppository. Apply 1-2x/day.	
	<b>Biocidin® Capsules</b>	1 capsule as vaginal suppository. Apply 1-2x/day.		
	<b>ADDITIONAL SUPPORT</b>			
<table border="1"> <tr> <td><b>G.I. Detox™ +</b></td> <td>2 capsules at bedtime. 1 hour away from food, supplements, and medications. Temporarily increase dose to 2 capsules 2-3x/day if <a href="#">Herxheimer reaction</a> observed/worsens.</td> </tr> <tr> <td><b>Proflora™ 4R</b></td> <td>1 capsule any time</td> </tr> </table>	<b>G.I. Detox™ +</b>	2 capsules at bedtime. 1 hour away from food, supplements, and medications. Temporarily increase dose to 2 capsules 2-3x/day if <a href="#">Herxheimer reaction</a> observed/worsens.	<b>Proflora™ 4R</b>	1 capsule any time
<b>G.I. Detox™ +</b>	2 capsules at bedtime. 1 hour away from food, supplements, and medications. Temporarily increase dose to 2 capsules 2-3x/day if <a href="#">Herxheimer reaction</a> observed/worsens.			
<b>Proflora™ 4R</b>	1 capsule any time			
<p>For external itching, mix one pump of Biocidin® LSF in 1/8 cup of water. Use a cotton ball to apply the solution to the affected area as needed.</p> <p>With antimicrobial use, consider repopulating the vaginal tract with <i>Lactobacillus rhamnosus</i> and <i>Lactobacillus reuteri</i>. For additional information, see <a href="#">Candida Support</a>.</p>				

# Dermatological Conditions Support

Acne Support			
CORE PROTOCOL			
ORAL	Biocidin® Liquid or Capsules	Titrate to 15 drops 2x/day	Titrate to 2 capsules 2x/day
	G.I. Detox™+	2 capsules at bedtime. 1 hour away from food, supplements, and medications. Temporarily increase dose to 2 capsules 2-3x/day if <a href="#">Herxheimer reaction</a> observed/worsens.	
	Proflora™ 4R	1 capsule any time	
ADDITIONAL SUPPORT			
ORAL	Olivirex®	For complex cases, titrate to 2 capsules 2x/day	
	G.I. InnerCalm™	1 stick pack mixed in water, 1-2 times daily, taken any time	
TOPICAL	Apply Biocidin® LSF directly to affected skin and allow for absorption before covering.		
	<b>Spot Treatment:</b> Apply Biocidin® LSF topically overnight to the affected area.		
	<b>Mask:</b> Apply 2 pumps of Biocidin® LSF for 20 minutes before rinsing off 2x/week or as needed. Can be combined with a small amount of clay as a mask or poultice.		
Reminder: Due to the proximity of the oral microbiome to facial skin, it is highly recommended that support for oral dysbiosis/biofilms be considered. For further information, see the <a href="#">Gut/Skin Axis protocol sheet</a> .			

Cradle Cap Support		
ORAL	Biocidin® Liquid	1-2 drops Biocidin® Liquid per 10 lbs of body weight 2x/day.
TOPICAL	Biocidin® LSF	Apply 1-2 pumps directly to the scalp and let sit for 20 minutes prior to washing hair.
For further information, see the <a href="#">Gut/Skin Axis protocol sheet</a> .		

Dandruff Support		
ORAL	Complete the 30-day Bioclear™ Microbiome Detox Program per the instruction booklet. Choose between Biocidin® Liquid, Biocidin® Capsules, or Biocidin® LSF.	
TOPICAL	Biocidin® LSF	Apply 1-2 pumps directly to the scalp and let sit for 20 minutes prior to washing hair.
	Biocidin® Liquid or Biocidin® LSF	Mix 5 drops/1 pump into conditioner with each use. Let sit for 3-5 minutes and rinse. Use every day until resolved.
For further information, see the <a href="#">Gut/Skin Axis protocol sheet</a> .		

## Dermatological Conditions Support, continued

MRSA/Topical Infection Support		
ORAL/ TOPICAL	Biocidin® LSF	<b>Oral:</b> Titrate to 3 pumps 4x/day <b>Topical:</b> Apply topically 2-3x/day to the affected area and allow it to absorb.
	G.I. Detox™+	2 capsules at bedtime. 1 hour away from food, supplements, and medications. Temporarily increase dose to 2 capsules 2-3x/day if <a href="#">Herxheimer reaction</a> observed/worsens.
	Proflora™ 4R	1 capsule any time
For additional information, see the <a href="#">Gut/Skin Axis protocol sheet</a> .		

Viral Warts/ Rash Support		
ACUTE	CORE PROTOCOL	
	Biocidin® LSF	<b>Oral:</b> Titrate to 3 pumps 4x/day <b>Topical:</b> Apply topically to the affected area and allow it to absorb.
	G.I. Detox™+	1-2 capsules at bedtime. 1 hour away from food, supplements, and medications. Temporarily increase dose to 2 capsules 2-3x/day if <a href="#">Herxheimer reaction</a> observed/worsens.
	Olivirex®	Titrate to 3 capsules 2x/day for suspected co-infections.
CHRONIC	CORE PROTOCOL	
	Biocidin® LSF	<b>Oral:</b> Titrate to 3 pumps 2-3x/day <b>Topical:</b> Apply topically to the affected area and allow it to absorb.
	G.I. Detox™+	1-2 capsules at bedtime. 1 hour away from food, supplements, and medications. Temporarily increase dose to 2 capsules 2-3x/day if <a href="#">Herxheimer reaction</a> observed/worsens.
	Olivirex®	Titrate to 2 capsules 2x/day. Increase to 3 capsules 2x/day for complex cases.
	Proflora™ 4R	1 capsule any time
	Biotonic™	20 drops 2x/day
For additional information, see the <a href="#">Gut/Skin Axis protocol sheet</a> .		

## Dermatological Conditions Support, continued

Nail Fungus Support			
ORAL + TOPICAL	CORE PROTOCOL		
	Biocidin® Liquid or Capsules	Titrate to 15 drops 2x/day	Titrate to 2 capsules 2x/day
	Biocidin® LSF	<b>Topical:</b> Apply directly to the affected area 2x/day for 2-3 months. May require 6+ months. <b>Oral:</b> Titrate to 3 pumps 2x/day	
	Olivirex®	Titrate to 2 capsules 2-3x/day	
	G.I. Detox™+	2 capsules at bedtime. 1 hour away from food, supplements, and medications. Temporarily increase dose to 2 capsules 2-3x/day if <a href="#">Herxheimer reaction</a> observed/worsens.	
	ADDITIONAL SUPPORT		
	Proflora™ 4R	1 capsule any time	
Biotonic™	20 drops 2x/day. May help prevent conversion of yeast to hyphal form.		
For additional information, see <a href="#">Candida Support</a> .			

## Lyme and Co-infections Support

Lyme and Co-infections – Acute Support			
CORE PROTOCOL			
Biocidin® LSF, Biocidin® Liquid, or Biocidin® Capsules	Titrate to 3 pumps 4x/day	Titrate to 15 drops 4x/day	Titrate to 2 capsules 4x/day
G.I. Detox™+	2 capsules at bedtime. 1 hour away from food, supplements, and medications. Temporarily increase dose to 2 capsules 2-3x/day if <a href="#">Herxheimer reaction</a> observed/worsens.		
Olivirex®	Titrate to 2 capsules 2-3x/day for suspected co-infections		
ADDITIONAL SUPPORT			
Proflora™ 4R	1 capsule any time		

# Lyme and Co-infections Support, continued

Lyme and Co-infections – Chronic Support			
PROTOCOL INCLUDES 2 PHASES			
PHASE I: USE <a href="#">BIOCLEAR™ MICROBIOME DETOX PROGRAM</a> FOR 1-2 MONTHS FOR GUT SUPPORT			
CORE PROTOCOL			
Biocidin® LSF, Biocidin® Liquid, or Biocidin® Capsules	Titrate to 2-3 pumps 2x/day	Titrate to 10 drops 2x/day	Titrate to 2 capsules 2x/day
G.I. Detox™+	2 capsules at bedtime. 1 hour away from food, supplements, and medications. Temporarily increase dose to 2 capsules 2-3x/day if <a href="#">Herxheimer reaction</a> observed/worsens.		
Proflora™ 4R	1 capsule any time		
ADDITIONAL SUPPORT			
Dentalcidin®	2-3x/day		

PHASE II: USE <a href="#">COMPREHENSIVE CLEANSING PROGRAM™</a> FOR APPROPRIATE DURATION	
CORE PROTOCOL	
Biocidin® LSF	Titrate to 2 pumps 2x/day
G.I. Detox™+	2 capsules at bedtime. 1 hour away from food, supplements, and medications. Temporarily increase dose to 2 capsules 2-3x/day if <a href="#">Herxheimer reaction</a> observed/worsens.
Proflora™ 4R	1 capsule any time
G.I. InnerCalm™	1 stick pack mixed in water, 1-2 times daily, taken any time
Olivirex®	Titrate to 2 capsules 2x/day
Biotonic™	20 drops 2x/day
Dentalcidin®	2-3x/day
For additional information, see the <a href="#">Lyme Protocol Sheet</a> .	

# Immune System Support

## Autoimmune Support

PROTOCOL INCLUDES 2 PHASES

PHASE I: USE BIOCLEAR™ MICROBIOME DETOX PROGRAM FOR 1-2 MONTHS FOR GUT SUPPORT

### CORE PROTOCOL

Biocidin® Liquid or Capsules	Titrate to 10 drops 2x/day	Titrate to 2 capsules 2x/day
G.I. Detox™+	2 capsules at bedtime. 1 hour away from food, supplements, and medications. Temporarily increase dose to 2 capsules 2-3x/day if <a href="#">Herxheimer reaction</a> observed/worsens.	
Proflora™ 4R	1 capsule any time	
G.I. InnerCalm™	1 stick pack mixed in water, 1-2 times daily, taken any time	

### ADDITIONAL SUPPORT

Dentalcidin®	2-3x/day
Dentalcidin® LS	3 pumps 2x/day

PHASE II: USE COMPREHENSIVE CLEANSING PROGRAM™ FOR APPROPRIATE DURATION

### CORE PROTOCOL

Biocidin® LSF	Titrate to 2-3 pumps 2x/day
G.I. Detox™+	2 capsules at bedtime. 1 hour away from food, supplements, and medications. Temporarily increase dose to 2 capsules 2-3x/day if <a href="#">Herxheimer reaction</a> observed/worsens.
Proflora™ 4R	1 capsule any time
Olivirex®	Titrate to 2 capsules 2x/day
Biotonic™	20 drops 2x/day
Dentalcidin®	2-3x/day

## Immune System Support, continued

### Cold & Flu Support

Biocidin® LSF should be included when you suspect influenza or other severe illness (based on symptoms such as fever and joint pain).

#### CORE PROTOCOL

Biocidin® TS Throat Spray	3 sprays every 1-4 hours until symptoms resolve <b>Pediatric:</b> 1 spray 3-4x/day
Biocidin® LSF	Titrate to 3 pumps 3-4x/day. Pediatric: Refer to <a href="#">Practitioner Usage Guide</a>
G.I. Detox™+	Up to 2 capsules three times a day to support body comfort. 1 hour away from food, supplements, and medications.
Olivirex®	2 capsules 2-3x/day. Take with food if nausea occurs.
<b>ADDITIONAL SUPPORT</b>	
Biotonic™	20 drops 3x/day
Proflora™ 4R	1 capsule any time

### Viral/Post-Viral Illness – Chronic Support

PROTOCOL INCLUDES 2 PHASES

PHASE I: USE [BIOCLEAR™ MICROBIOME DETOX PROGRAM](#) FOR 1-2 MONTHS FOR GUT SUPPORT

#### CORE PROTOCOL

Biocidin® LSF, Biocidin® Liquid, or Biocidin® Capsules	Titrate to 2-3 pumps 2x/day	Titrate to 10 drops 2x/day	Titrate to 2 capsules 2x/day
G.I. Detox™+	2 capsules at bedtime. 1 hour away from food, supplements, and medications. Temporarily increase dose to 2 capsules 2-3x/day if <a href="#">Herxheimer reaction</a> observed/worsens.		
Proflora™ 4R	1 capsule any time		
<b>ADDITIONAL SUPPORT</b>			
Dentalcidin®	2-3x/day		

## Immune System Support, continued

PHASE II: USE <u>COMPREHENSIVE CLEANSING PROGRAM™</u> FOR APPROPRIATE DURATION	
CORE PROTOCOL	
Biocidin® LSF	Titrate to 2 pumps 2x/day
G.I. Detox™ +	2 capsules at bedtime. 1 hour away from food, supplements, and medications. Temporarily increase dose to 2 capsules 2-3x/day if <a href="#">Herxheimer reaction</a> observed/worsens.
Proflora™ 4R	1 capsule any time
G.I. InnerCalm™	1 stick pack mixed in water, 1-2 times daily, taken any time
Olivirex®	Titrate to 2 capsules 2x/day
Biotonic™	20 drops 2x/day
Dentalcidin®	2-3x/day
For additional information, see the <a href="#">Lyme Protocol Sheet</a>	

Histamine Intolerance		
CORE PROTOCOL		
Biocidin® Liquid or Capsules	Titrate to 15 drops 2x/day	Titrate to 2 capsules 2x/day
G.I. Detox™ +	1-4 capsules daily. 1 hour away from food, supplements, and medications. Temporarily increase dose to 2 capsules 2-3x/day if <a href="#">Herxheimer reaction</a> observed/worsens.	
Proflora™ 4R	1 capsule any time	
G.I. InnerCalm™	1 stick pack mixed in water, 1-2 times daily, taken any time	
ADDITIONAL SUPPORT		
Biotonic™	20 drops 2x/day	
See the <a href="#">Histamine Protocol Sheet</a> for more information.		



# Immune System Support, continued

Mast Cell Activation Syndrome (MCAS) Support		
PROTOCOL INCLUDES 2 PHASES		
PHASE I: USE <u>BIOCLEAR™ MICROBIOME DETOX PROGRAM</u> FOR 1-2 MONTHS FOR GUT SUPPORT		
CORE PROTOCOL		
Biocidin® Liquid or Capsules	Titrate to 10 drops 2x/day	Titrate to 2 capsules 2x/day
G.I. Detox™+	2 capsules at bedtime. 1 hour away from food, supplements, and medications. Increase dose temporarily to 2 capsules 2-3x/day if <a href="#">Herxheimer reaction</a> observed/worsens.	
Proflora™ 4R	1 capsule any time	
ADDITIONAL SUPPORT		
Dentalcidin®	2-3x/day	
Dentalcidin® LS	2 pumps 2x/day	

PHASE II: USE <u>COMPREHENSIVE CLEANSING PROGRAM™</u> FOR APPROPRIATE DURATION		
CORE PROTOCOL		
Biocidin® LSF	Titrate to 2 pumps 2x/day	
G.I. Detox™+	2 capsules at bedtime. 1 hour away from food, supplements, and medications. Increase dose temporarily to 2 capsules 2-3x/day if <a href="#">Herxheimer reaction</a> observed/worsens.	
Proflora™ 4R	1 capsule any time	
G.I. InnerCalm™	1 stick pack mixed in water, 1-2 times daily, taken any time	
Olivirex®	Titrate to 2 capsules 2x/day	
Biotonic™	20 drops 2x/day	
Dentalcidin®	2-3x/day	

## Immune System Support, continued

Mold and Mycotoxin Clearance Support		
PROTOCOL INCLUDES 2 PHASES		
PHASE I: USE <u>BIOCLEAR™ MICROBIOME DETOX PROGRAM</u> FOR 1-2 MONTHS FOR GUT SUPPORT		
CORE PROTOCOL		
Biocidin® Liquid or Capsules	Titrate to 10 drops 2x/day	Titrate to 2 capsules 2x/day
G.I. Detox™+	2 capsules at bedtime. 1 hour away from food, supplements, and medications. Temporarily increase dose to 2 capsules 2-3x/day if <a href="#">Herxheimer reaction</a> observed/worsens.	
Proflora™ 4R	1 capsule any time	
G.I. InnerCalm™	1 stick pack mixed in water, 1-2 times daily, taken any time	
ADDITIONAL SUPPORT		
Dentalcidin®	2-3x/day	

PHASE II: USE <u>COMPREHENSIVE CLEANSING PROGRAM™</u> FOR APPROPRIATE DURATION		
CORE PROTOCOL		
Biocidin® LSF	Titrate to 2 pumps 2x/day	
G.I. Detox™+	2 capsules at bedtime. 1 hour away from food, supplements, and medications. Temporarily increase dose to 2 capsules 2-3x/day if <a href="#">Herxheimer reaction</a> observed/worsens.	
Proflora™ 4R	1 capsule any time	
G.I. InnerCalm™	1 stick pack mixed in water, 1-2 times daily, taken any time	
Olivirex®	Titrate to 2 capsules 2x/day	
Biotonic™	20 drops 2x/day	
Dentalcidin®	2-3x/day	

# Oral Health

## Amalgam Removal Support

### CORE PROTOCOL

1 DAY PRIOR TO REMOVAL, ON THE DAY OF REMOVAL, AND 3 DAYS POST REMOVAL

G.I. Detox™+	2 capsules at bedtime. 1 hour away from food, supplements, and medications.
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FOLLOWING FOUR WEEKS

G.I. Detox™+	1-2 capsules at bedtime. 1 hour away from food, supplements, and medications.
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## Oil Pulling and Oral Irrigation

Dentalcidin® LS	Add 2-3 pumps to oil for oil pulling or in the last ¼ tank in an oral irrigator.
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## Oral Health Therapeutic and Daily Use

### CORE PROTOCOL

Dentalcidin®	Brush 2-3x/day
Dentalcidin® LS	Swish with 2 pumps for 1-2 minutes, then spit. Use 2-3x/day after brushing and flossing.

### ADDITIONAL SUPPORT

Proflora™ 4R	1 capsule any time for added microbial support
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Gut Dysbiosis can be a root cause for Oral Dysbiosis. See [General Dysbiosis Support](#).  
For additional information, see the [Oral Health Protocol Sheet](#).

# Metabolic Support

Metabolic Syndrome/Insulin Resistance/Weight Loss Support:		
CORE PROTOCOL		
Biocidin® Liquid or Capsules	Titrate to 15 drops 2x/day	Titrate to 2 capsules 2x/day
G.I. Detox™+	2 capsules at bedtime. 1 hour away from food, supplements, and medications. Temporarily increase dose to 2 capsules 2-3x/day if <a href="#">Herxheimer reaction</a> observed/worsens.	
Proflora™ 4R	1 capsule any time	
G.I. InnerCalm™	1 stick pack mixed in water, 1-2 times daily, taken any time	
ADDITIONAL SUPPORT		
Olivirex®	Titrate to 2 capsules 2x/day	
Biotonic™	20 drops 2x/day	
Dentalcidin®	2x/day	
Dentalcidin® LS	2 pumps 2x/day	
See the <a href="#">Metabolic Syndrome/Insulin Resistance Protocol Sheet</a> for more information.		

# Neurological Support

Autism Spectrum Disorder Support	
CORE PROTOCOL	
Biocidin® Liquid	1 drop per 10 lbs of body weight 2x/day
G.I. Detox™+	<b>Ages 2+:</b> 1-2 capsules daily as needed
Olivirex®	<b>Ages 7-12+:</b> 1-2 capsules daily <b>Ages 12+:</b> Adult serving (3 capsules AM and PM) as tolerated
ADDITIONAL SUPPORT	
Proflora™ 4R	<b>Ages 2-7:</b> 0.5-1 capsule daily <b>Ages 7+:</b> 1 capsule daily
G.I. InnerCalm™	<b>Ages 2-5:</b> 1/3 stick (approximately 1/2 tsp) <b>Ages 5-12:</b> 2/3 stick (approximately 1 tsp) <b>Ages 12+:</b> 1 full stick
Dentalcidin®	1-2x daily

# Neurological Support, continued

## Neuroinflammation/Dementia/Mood Disorder Support

### CORE PROTOCOL

Biocidin® Liquid or Capsules	Titrate to 15 drops 2x/day	Titrate to 2 caps 2x/day
G.I. Detox™+	2 capsules at bedtime. 1 hour away from food, supplements, and medications. Temporarily increase dose to 2 capsules 2-3x/day if <a href="#">Herxheimer reaction</a> observed/worsens.	
Proflora™ 4R	1 capsule any time	
G.I. InnerCalm™	1 stick pack mixed in water, 1-2 times daily, taken any time	
Dentalcidin®	2x/day	
Dentalcidin® LS	2 pumps 2x/day (oral pathogens are closely linked to neuroinflammation)	

### ADDITIONAL SUPPORT

Biocidin® LSF	May be required in addition to the liquid/capsules. Titrate to 3 pumps 2x/day	
Biotonic™	20 drops 2x/day	
Olivirex®	Titrate to 3 capsules 2x/day for fungal/yeast presence	
May require 6+ months of care. See the <a href="#">Gut-Brain Axis Protocol Sheet</a> for more information.		

## PANS and PANDAS

### CORE PROTOCOL

Biocidin® LSF	Refer to Pediatric Titration Guidelines under <a href="#">Product Use Instructions</a>
G.I. Detox™+	1 capsule at bedtime. 1 hour away from food, supplements, and medications. Capsule may be opened and mixed with some applesauce.
Biocidin® TS	3 sprays 2x/day. Recommended timing is before and after school.
G.I. InnerCalm™	<b>Ages 2-5:</b> 1/3 stick (approximately 1/2 tsp) <b>Ages 5-12:</b> 2/3 stick (approximately 1 tsp) <b>Ages 12+:</b> 1 full stick

### ADDITIONAL SUPPORT

Biocidin® Liquid	Refer to Pediatric Titration Guidelines under <a href="#">Product Use Instructions</a> if GI symptoms are present or if PANDAS recurs.
Proflora™ 4R	1 capsule any time. For ages 2 and up.
Olivirex®	Refer to Pediatric Titration Guidelines under <a href="#">Product Use Instructions</a> . For ages 7 and up.
Dentalcidin®	2x/day for ages 2 and up

Start low and slowly titrate Biocidin® LSF and Olivirex® (if using) as tolerated. In this population, Herxheimer symptoms are common and can be complex to manage. Adjust the serving size as needed and increase G.I. Detox™+. To troubleshoot Herxheimer reactions, please contact our Clinical Team for additional support.

# Microbiome Program

<b>Bioclear™ Microbiome Detox Program</b> CHOOSE EITHER BIOCIDIN® LIQUID, CAPSULES, OR LSF		
Biocidin® Liquid or Capsules	Titrate to 10 drops 2x/day per instructions in the <a href="#">Lifestyle Guide</a> included with each program	Titrate to 2 capsules 2x/day per instructions in the <a href="#">Lifestyle Guide</a> included with each program
Biocidin® LSF	Titrate to 2 pumps 2x/day per instructions in the <a href="#">Lifestyle Guide</a> included with each program	
G.I. Detox™+	2 capsules at bedtime. 1 hour away from food, supplements, and medications. Temporarily increase dose to 2 capsules 2-3x/day if <a href="#">Herxheimer reaction</a> observed/worsens.	
Proflora™ 4R	1 capsule any time	
ADDITIONAL SUPPORT (Sold Separately)		
G.I. InnerCalm™	1 stick pack mixed with water, 1-2x/day, taken any time	
Each program comes with a <a href="#">Lifestyle Guide</a> with instructions and diet and lifestyle recommendations.		

<b>Comprehensive Cleansing Program™</b> CHOOSE EITHER BIOCIDIN® LIQUID, CAPSULES, OR LSF		
Biocidin® Liquid or Capsules	Titrate slowly to 15 drops 2x/day	Titrate to 2 capsules 2x/day
Biocidin® LSF	Titrate slowly to 3 pumps 2x/day	
G.I. Detox™+	2 capsules at bedtime. 1 hour away from food, supplements, and medications. Temporarily increase dose to 2 capsules 2-3x/day if <a href="#">Herxheimer reaction</a> observed/worsens.	
Proflora™ 4R	1 capsule any time	
Olivirex®	Titrate to 2 capsules 2x/day	
Biotonic™	15 drops 2x/day before meals	
Dentalcidin®	2x/day	
ADDITIONAL SUPPORT (Sold Separately)		
G.I. InnerCalm™	1 stick pack mixed with water, 1-2x/day, taken any time	



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