

Lists of Possible Nutritional Protocols

This document contains a non-exhaustive list of protocols that may be of interest to properly trained natural health care professionals—other items that this section does not discuss are often helpful. Note that just reading, or relying primarily upon, this document does not qualify anyone as being properly trained. Some of the protocols are based on clinical experience, others are based on research, and still others are based upon extrapolations and equivalents. Items in the protocols are listed alphabetically and not in the order of importance.

These protocols are based on the premise that a qualified health care professional will be implementing them and that they will not be advised if contraindicated, and that health care professionals will consult with appropriate sources to determine this. These protocols are not intended to delay or exclude other appropriate interventions and can generally be considered as ‘complementary’. Nor does/should everyone with the situation listed need all the different supplements listed. These protocols are not intended to be construed as ‘labeling,’ just ideas, based on the view that people with various issues sometimes can benefit with specific nutritional approaches.

Obviously, one should if at all possible avoid recommending any protocol that contains substances that the end-user may be allergic to.

Although the protocols mention a possible dose, dosing itself is more of an art than a science. Size, age, health condition, gender, etc. all play a role. The amounts shown in this document are average amounts for an adult.

Note: These products are only provided as samples of food grade supplements. No claims as to the product usage are intended for the diagnosis, treatment, or cure of any disease or condition. Applications of protocols should be done by trained professionals only. Food Research International LLC and any agents or associated parties take no responsibility for any results of trying any protocol, in whole or in part, listed here. By trying any of protocols, you are agreeing with this disclaimer. No statement in this document has been approved by the World Health Organization, Health Canada, the U.S. Food & Drug Administration, nor other body considered to be a recognized health authority—nor are any statements intended as labeling.

Glandular containing adrenal, cardio/heart, and thyroid products, as well as vegetarian thyroid products should be taken no later than lunch-time for those on a normal day routine. Ovarian glandulars should usually be taken before bed. The product *Para-Dysbio-Zyme* is normally best taken between meals.

Most of the protocols listed are strictly vegetarian. Vegetarian protocols are indicated by “(V)”. Any protocols that are not vegetarian are normally followed, though not always immediately, by one that is, so that there is often a vegetarian alternative for the non-vegetarian protocols listed. If there are no vegetarian protocols listed, looking up the information about the non-vegetarian products normally will provide insight, as these products usually also include herbs or other vegetarian foods that could be of possible benefit. Not all vegetarian protocols work as well as the non-vegetarian protocols, although some do, and some may work better because some vegetarian protocols are simply the closest equivalent food products. All supplements shown are 100% food, food concentrates, and/or food extracts and do not contain any USP vitamins. However, liquid bentonite is a therapeutic clay and is not a food.

Due to individual differences and other factors, people can respond differently to the same protocol. Also some protocols are normally less effective than others. For example, increased energy may occur while following the appropriate fatigue protocols, but only reduced symptomatic severity would be expected, for example, in non-infection related allergies.

General Nutritional Support

Every health professional sees people who could benefit from calcium, magnesium, a multi-vitamin/multi-mineral formula, and/or a joint support product. You might just wish to limit the nutritional aspect of your practice to 6-7 products such as: *Advanced Joint Complex*, *C Complex*, *Cal-Mag Complex*, *Calcium Complex*, *Herbal Antioxidant*, *Magnesium Complex*, *Vitamin-Mineral*.

Cal-Mag Complex is a very good product to recommend to those that have restless legs at night. Four tablets before going to bed will help most. It is possibly the best product to recommend for those concerned about osteoporosis; many with osteoporosis are manganese deficient and *Cal-Mag Complex* contains manganese, vitamin D, and other food nutrients that can be helpful. Three to five tablets per day is good for most.

Calcium Complex is not an antacid like calcium carbonate and even calcium citrate is. Because of this (as it is 100% food), it is better tolerated by people who are interested in calcium supplementation. It will help some calcium-deficient people sleep, so it can be recommended before bed. *Calcium Complex* is a less expensive option for osteoporosis than *Cal-Mag Complex* is, and normally four to six tablets per day would be advised for that. It could be taken with *Vitamin-Mineral* which also contains manganese, vitamin D, etc.

Probably the best product for stiffness or tight muscles is *Magnesium Complex*. Four per day is fine for most people. If they wake up stiff, two or more could be taken before bed. Since it is 100% food, and not an industrial rock, it does not cause diarrhea (though it could contribute to it in certain people) like mineral salt products do. Some with sleeping concerns and/or restless legs find it helps.

Normally, heart and thyroid support products (such as *Cardio-Power*, *Metabolic Thyro*, *Migratrol*, and sometimes *Vegetarian Tyrosine*) should be taken no later than 8 hours before attempting sleep. Everyone is different, however, and what wakes some up, helps others sleep. Do not forget to recommend appropriate dietary changes.

Herbal Antioxidant has many beneficial antioxidants and may be the most comprehensive 100% *FOOD™* antioxidant formula available. Consider *C Complex* for situations where supplemental vitamin C may be indicated. Both *Herbal Antioxidant* and *C Complex* can help the body fight free radicals and deal with some parts of the unnatural environment nearly all of us live in these days.

Vitamin-Mineral is a 100% *FOOD™* multi-vitamin, multi-mineral formula. It contains all known essential nutrients (but has low amounts of macrominerals) and all the nutrients are contained within food. It is generally recommended for most everyone.

Possible Protocols for Attention, Anxiety, and Panic Attacks

There are no universal protocols for people with these concerns, but the following can be helpful.

Note 1: Any products in {} are clays or other substances that are not food.

Note 2: Number in parentheses indicates number of tablets/capsules.

Note 3: (V) signals a strictly vegetarian protocol.

Anger Vegetarian Tyrosine (2), Serious Brain Enhancer (4)
Anger (V) B Stress Complex (2), Vegetarian Tyrosine (4)
Anxiety Anxie-Tone (4), High Stress Adrenal (2)
Anxiety (V) B Stress Complex (1), Vegetarian Tyrosine (6)
Attention/Behavior Vegetarian Tyrosine (3), Calcium Complex (2), Metabolic Thyro (3), Vitamin-Mineral (1)
Attention/Behavior (V) Vegetarian Tyrosine (4), Calcium Complex (2), Vitamin-Mineral (1)
Focus Metabolic Thyro (3), Serious Brain Enhancer (4)
Focus (V) Vegetarian Tyrosine (4), Vitamin B-6, B-12, & Folate (1)
Nervousness Anxie-Tone (4) or Nerve-Chex (3),
Nervousness (V) Magnesium Complex (2)
Panic Attacks Anxie-Tone (4), High Stress Adrenal (1)
Panic Attacks (V) B Stress Complex (2), Vegetarian Tryptophan (4), Vitamin-Mineral (1)

One advantage of *Metabolic Thyro* is that it is small and relatively easy to swallow, making it a good choice for some children with attention deficit disorders. *Vegetarian Tyrosine* helps many people focus, even those without ADD or ADHD. *Serious Brain Enhancer* often helps the memories of those without ADD or ADHD.

Possible Protocols for those with Diabetes

Many have reported good clinical results if they simply take *Vitamin-Mineral* 1 at breakfast and 1 at dinner, especially while avoiding dairy. Otherwise follow a low glycemic food plan. Adding 1/8-1/4 teaspoon of cinnamon per day is helpful, though not advised during pregnancy. If sugar control is still an issue, consider *Gluco-Sugar-Balance* 1 per meal. For non-vegetarians interested in rebuilding their pancreas, add *Simply-Pancreas* 1 per meal.

For type I diabetics, nutritional suggestions related to infections may also be appropriate. Type I diabetics often need to support their livers and gall bladders. A suggestion is *Liva DeTox & Support* 1 per meal and *GB Support* 1 per meal. If there are viral concerns, consider *Vira-Bac-Yst* 1 per meal

Possible Protocols for those with Down Syndrome and Epilepsy

There is no standard protocol, but for some people with epilepsy, a ketogenic diet (which is beyond the scope of this paper) can be helpful. A ketogenic diet is one where the predominance of calories comes from fats, which can be dietary fats and/or medium chain triglycerides (MCT). In a ketogenic diet, the brain uses primarily ketones, and not glucose, for fuel. Those on a ketogenic tend to benefit from a food multiple vitamin/multiple mineral formula, especially one with some iron (*Vitamin-Mineral* could be a good choice). The amino acids carnitine and carnosine can also be needed as part of a ketogenic diet.

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Down Syndrome C Complex (3), Cal-Mag Complex (4), Digesti-Pan (3), GB Support (2), Herbal Antioxidant (2), Migratrol (3), Selenium E (2), Serious Brain Enhancer (3), Vitamin-Mineral (2), Zinc Complex (2) (many also should avoid bovine dairy and wheat)
Down Syndrome (V) Vegetarian Tyrosine (3), C Complex (3), Cal-Mag Complex (4), Herbal Antioxidant (2), Pro-Enzymes (6), Selenium E (2), Vitamin-Mineral (3), Vitamin B-6, B-12 & Folate (1), Zinc Complex (2) (many should also avoid bovine dairy and wheat)
Epilepsy, Intractable Ketogenic diet, plus supplements, plus masking (see other texts)

Epilepsy, Jerk Seizures Calcium Complex (4), Magnesium Complex (1), Metabolic Thyro (2), Vitamin-Mineral (1), Vitamin B-6, B-12, & Folate (3) (many must vary the amounts of calcium and magnesium frequently)
Epilepsy, Jerk Seizures (V) Vegetarian Tyrosine (2), Calcium Complex (4), Magnesium Complex (1), Vitamin-Mineral (1), Vitamin B-6, B-12, & Folate (3) (many must vary the amounts of calcium and magnesium frequently)

Possible Protocols for those with Fibromyalgia

Fibromyalgia is simply too complex to always rely on one or two protocols. For those that are fatigued

or exhausted, see the general protocols below and apply those as indicated. It should be mentioned here that advising 4-8 *Magnesium Complex* for those with muscle aches and stiffness can be helpful for some. For joint complaints consider *Advanced Joint Complex* 3-6 per day. Health professionals who use Reflex Nutritional Assessment (RNA) should always check for possible food sensitivities with this population. Those who do not muscle-test may wish to wean people with fibromyalgia off caffeine while supporting their thyroids with suggestion *Migratrol* 1 at breakfast and 2 at lunch. Those that do not perform a reliable assessment for food sensitivities may also wish to advise avoiding all bovine dairy, including milk, lactaid milk, 2% milk, ice cream, yogurt, and cheeses. Digestive complaints are much more complicated to deal with. For non-infectious indigestion *Digest-Pan* 1 per meal, *GB Support* 1 per meal; Vegetarian suggestion: Pro-Enzymes 1-2 per meal.

Possible Protocols for people with Headaches

Migraine Headaches: Some recommend *Migratrol*, 3-4 per day (with 2 in the morning and 1-2 at lunch) for people who suffer from migraines as well as having them avoid caffeine and bovine dairy. Studies indicate that it takes at least 3 months for migraine sufferers to get the full benefits from riboflavin, magnesium, GLA containing foods, and other nutrients.

Since many people who consume caffeine do so to get an energy boost, nutritional thyroid support seems to help them break the caffeine-headache cycle. This type of support should last at least two months. When the migraine sufferer has been a regular consumer of caffeine, some tend to also recommend *Metabolic Thyro*, 3 per day, for about two months (with 2 in the morning and 1 at lunch). Note: Nutritional thyroid support should be taken at least 8 hours before going to bed or it may keep some people awake.

For migraine sufferers who have a tendency to complain of leg cramps at night or have osteoporosis, then supplementation with calcium and magnesium formulas *Cal-Mag Complex* or *Calcium Complex*, or *Magnesium Complex*, 2-4 just before bed, may be helpful. If the migraine sufferer tends to be moody, prone to anger, and/or suffers from memory loss, some can benefit from *Serious Brain Power* 1-3 per day.

Some people who suffer from migraines suffer from irritable bowel syndrome or other digestive difficulties. Digestive enzymes (*Digesti-Pan*, *Pro-Enzymes*) and glandular tissue (*Intestinal Support*) can be quite helpful in such cases. If other imbalances are suspected that suggest general nutritional support, consider *Vitamin-Mineral* 2 tablets per day.

Menstrual Headaches: Supplements such as *Cal-Mag Complex*, *Simply Thyroid*, and *Magnesium Complex* could be helpful. Clinically, however, many women report relief if they take thyroid support, during or before their menstrual cycle; this varies by woman, though most have their menstrual-related

headaches just prior to menstruation. Some women find that up to 6 *Migratrol* per day around that time can be helpful, while vegetarians may benefit from the same amount of *Vegetarian Tyrosine*.

Sinus Headaches: Some people who suffer from migraine headaches also suffer from sinus headaches which involve allergens. Avoiding allergens, whether food or airborne, is effective in reducing the incidence of sinus headaches. Suggestion: *C Complex* 4-8 per day. Liquid bentonite {Springgreen #77} can also be helpful here, though it causes constipation in some.

Tension Headaches: Some find that *Magnesium Complex* 3-8 per day can help.

Musculo-Skeletal Pain

Probably the best product for people with joint aches of the shoulders, knees, hips, and fingers is *Advanced Joint Complex*. Although no product is for everyone, it could be recommended to most who complain of aches in those joints. Four per day (2 at breakfast, 2 at dinner) is good for many people and at around 6 per day, it sometimes helps those with tailbone complaints. If knee pain is an issue, it is normally advisable to go off of caffeine as well.

Probably the best product for helping people with inflammation is *Inflam-Enzymes*. And it can help with inflammation in nearly every part of the body. Some people take two twice per day, while others take up to triple that amount. It usually works fairly quickly at the higher range of dosage.

Probably the best product for stiffness or tight muscles is *Magnesium Complex*, although in the hands and fingers, *Advanced Joint Complex* combined with *Inflam-Enzymes* might be better. Four per day is fine for most people. If they wake up stiff, two or more could be taken before bed. It does not cause diarrhea, though it could contribute to it in certain people.

For people who have a hard time raising their arms over their head, *Liva DeTox & Support* 3 per day can be helpful, though it is not particularly fast acting. The liver is the enzyme factory of the body, and supporting it can help a variety of concerns.

Note: Be cautious about how you discuss pain and nutritional supplementation as the FDA has not yet accepted much of the scientific research as a basis of making claims. However, people with musculo-skeletal pain can often be helped from nutrition-based interventions. If you figure out the correct deficiency, the proper food supplement should be helpful; it is just that figuring out the correct deficiency that can be complicated.

Protocols for people with Gallbladder Attack (Gallstones)

For some people as a gallstone cleanse; Omega 3/EPA/DHA (5), Simply Orchic (10), GB Support (10), 30 drops of Nutri-West Phos Drops (*in liquid*); consume all products consecutively 4 times, once every 15 minutes for 1 hour.

Protocols for people with Kidney Stones

For some people as a kidney cleanse; Omega 3/EPA/DHA (5), Simply Orchic (10), 30 drops of Nutri-West Phos Drops (*in liquid*); consume all products consecutively 4 times, once every 15 minutes for 1 hour.

Possible Protocols for people with Thyroid Problems

Likely candidates will most often benefit from *Metabolic Thyro*, typically 3 per day for adults, with 1-2 at breakfast and 1-2 at lunch, no later than 1:00 p.m. Some sensitive individuals have reported that nutritional support for the thyroid will keep them up if they take it late in the day.

However, if the answer to any of the following questions was YES, you may find that your clients would do better with *Migratrol*:

- Do you have migraine headaches?
- Are you peri-menopausal?
- Do you have acne?
- Do you have arthritis?
- Are you a male over 40?
- Are you taking "NatureThroid" or "Armour" Rx?

Important note: While nutritional support for the thyroid can even help some who take thyroid medications, it is generally not advisable to discontinue thyroid medicines when nutritionally supporting the thyroid gland. Once a thyroid has been supported nutritionally, various tests should be run to determine when, and if, thyroid medications can be reduced or stopped.

For some people on synthetic thyroid Rx's like Synthroid or Levothyroxin, *Vegetarian Thyro* is a good choice.

Summary of Protocols

Note 1: Any products in {} are clays or other substances that are not food.

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- Aches, Stationary** Advanced Joint Complex (6), Magnesium Complex (3), Omega 3/EPA/DHA (2)
- Aches, Stationary (V)** Cal-Mag Complex (6), Inflam-Enzymes (4), Magnesium Complex (3)
- Aches, Migrating** Advanced Joint Complex (4), Cal-Mag Complex (3), Migratrol (3), Omega 3/EPA/DHA (2)
- Aches, Migrating (V)** Cal-Mag Complex (3), Inflam-Enzymes (6), Magnesium Complex (4)
- Acid Foods Upset, infectious cause** Digesti-Pan (3-6)
- Acid Foods Upset, infectious cause (V)** Vira-Bac-Yst (3-6)
- Acid Foods Upset, non-infectious (V)** Land and Sea Minerals (3), Green Vegetable Alkalizer (3)
- Acne** Vegetarian Tyrosine (3), Migratrol (1), Simply Liver (3), Vitamin-Mineral (1) (also consider reducing iodized salt)
- Acne (V)** Vegetarian Tyrosine (3), Vitamin-Mineral (1) (also consider reducing iodized salt)
- Acne, Due to Toxicity** Vegetarian Tyrosine (3), Liva DeTox & Support (3), Migratrol (1), Vitamin-Mineral (1)
- Acne, Hormonal** Le Feminine Advantage (3), Simply Ovary (2), Vitamin-Mineral (1)
- Acne, Infectious Cause** Thymo-Immune (6)
- Acne, Infectious Cause (V)** Vira-Bac-Yst (6)
- Addiction (General):** Metabolic Thyro (3), Anxie-Tone (3), Vitamin-Mineral (2)
- Adrenal Fatigue** High Stress Adrenal (3) OR Simply Adrenal (3)
- Adrenal Fatigue (V)** Vegetarian Adrenal (3) OR B Stress Complex (1), Vegetarian Tyrosine (3-6), C Complex (3), Vitamin B-6, B-12, & Folate (1)
- Adrenal, Overactive** Anxie-Tone (3-6), Vegetarian Tyrosine (1-3)
- Adrenal Support** High Stress Adrenal (3), Vitamin-Mineral (1)
- Adrenal Support (V)** Vegetarian Tyrosine (1), Vegetarian Adrenal (3)
- Age Spots** C Complex (3), Liva DeTox & Support (3)
- Age Spots (V)** C Complex (3), Herbal Antioxidant (2)
- Aging** C Complex (2), Libida-Life (3), Herbal Antioxidant (2), Migratrol (3), Selenium E (2), Vitamin-Mineral (2)

Aging (V) Libida-Life (3), Vegetarian Tyrosine (3), C Complex (2), Herbal Antioxidant (2), Selenium E (2), Vitamin-Mineral (2)

Agoraphobia, Mild Cal-Mag Complex (2), Restful Mind Support (2), Serious Brain Enhancer (4), Vitamin B-6, B-12, & Folate (2), consider also Anxie-Tine (6)

Agoraphobia, Mild (V) Vegetarian Tyrosine (6), Cal-Mag Complex (2), Vegetarian Tryptophan (2), Vitamin B-6, B-12, & Folate (2)

Agaphia Cal-Mag Complex (2), Complete Ear (3), Serious Brain Enhancer (4), Vitamin B-6, B-12, & Folate (3)

Agaphia (V) Vegetarian Tyrosine (6), Cal-Mag Complex (2), Vitamin B-6, B-12, & Folate (3), Vitamin-Mineral (1)

Air Pollution Detox (V): Aller-Lung-Support (3), C Complex (2), Detox-N-Cleanse (3), Herbal Antioxidant (2)

Albumin Liva DeTox & Support (3), Thymo-Immune (2)

Albumin (V) B Stress (2), C Complex (3), Pro-Enzymes (8)

Alcohol Concerns Digesti-Pan (2), Liva DeTox & Support (3), Vitamin-Mineral (2)

Alcohol Concerns (V) B Stress Complex (1), Gluco-Sugar-Balance (2), Pro-Enzymes (3), Vitamin-Mineral (2)

Alkalizing (V) Green Vegetable Alkalizer (3-6)

Allergies, Airborne (V) Aller-Lung Support (6), C Complex (4) -for many people, if they will suck on C Complex this will get more vitamin C into the sinuses and help breathing, {Liquid bentonite, such as Springgreen #77 or Sonnes #7, 1-2 tbsp, in warm water, 2 times per day on an empty stomach—Note: this is contraindicated for any who tend towards constipation}

Allergies, Not Food or Infection Related (V) Aller-Lung Support (6), C Complex (6), Herbal Antioxidant (8)

Alopecia, Female Le Feminine Advantage (3), Prosta-Power (1), Vitamin-Mineral (2), Zinc Complex (2)

Alopecia, Male Prosta-Power (3), Vitamin-Mineral (2), Zinc Complex (2)

Alopecia (V) Vegetarian Tyrosine (2), Cal-Mag Complex (2), Vitamin-Mineral (2), Zinc Complex (2)

Alopecia, massive (V) Para-Dysbio-Zyme (4), Cal-Mag Complex (2), Vitamin-Mineral (2), Zinc Complex (2)

Aluminum Detox (V): C Complex (2), Cal-Mag Complex (2), Detox-N-Cleanse (3)

Alzheimer's, Family History Selenium E (2), Serious Brain Enhancer (3)

Alzheimer's, Family History (V) Selenium E (2), Herbal Antioxidant (3)

Androgenic Alopecia Prosta-Power (3), Vitamin-Mineral (2), Zinc Complex (2)

Anemia, Iron deficient (V) Hematic Formula (2)

Anemia, Other (V) B Stress Complex (3), Selenium E (1), Vitamin-Mineral (1)

Anemia, Pernicious (V) Vitamin B-6, B-12 & Folate (3)

Anger Vegetarian Tyrosine (2), Restful Mind Support (2), Serious Brain Enhancer (4)

Anger (V) B Stress Complex (2), Vegetarian Tyrosine (4), Vegetarian Tryptophan (2)

Ankles, Swollen Uro-Kid Support (4), Nerve Chex B (4)

Ankles, Swollen (V) Inflam-Enzymes (8), Green Vegetable Alkalizer (3)

Anorexia with Poor Appetite Digesti-Pan (3), Metabolic Thyro (3), Zinc Complex (2), Simply Hypothalamus (3) or Hypothalamus EMG (3)

Anorexia with Poor Appetite (V) Vegetarian Tyrosine (3), Pro-Enzymes (3), Zinc Complex (2)

Antioxidants (V) C Complex (2), Herbal Antioxidant (2), Selenium E (2), Vitamin-Mineral (2), Zinc Complex (2)

Anxiety Anxie-Tone (4), Restful Mind Support (3), Simply Hypothalamus (1) or Hypothalamus EMG (2)

Anxiety (V) B Stress Complex (1), Vegetarian Tryptophan (3), Vegetarian Tyrosine (3)

Anxiety Fatigue Anxie-Tone (2-6), High Stress Adrenal (2)

Anxiety Fatigue (V) B Stress Complex (1-2), Vegetarian Tyrosine (3-6), C Complex (3)

Aorta Support Cardio-Power (6)

Aorta Support (V) CoQ10-Cardio (3), Nattokinase (3)

Aortic Stenosis Cal-Mag Complex (3), Cardio-Power (6), Vitamin B-6, B-12, & Folate (2)

Aortic Stenosis (V) Cal-Mag Complex (3), Magnesium Complex (2), Vitamin-Mineral (2), Vitamin B-6, B-12, & Folate (2)

Appetite Control Metabolic Thyro (4), Vitamin-Mineral (2)

Appetite Control (V) Vegetarian Tyrosine (3), Vegetarian Tryptophan (3), Vitamin-Mineral (2)

Appetite Low Metabolic Thyro (4), Pituitary EMG (3), Simply Hypothalamus (1) or Hypothalamus EMG (1)

Appetite Low (V) Vegetarian Tyrosine (3), Vitamin-Mineral (1), Land and Sea Minerals (1)

Apnea, Sleep B Stress Complex (2), Cal-Mag Complex (3), Restful Mind Support (4)

Apnea, Sleep (V) B Stress Complex (2), Vegetarian Tyrosine (3), Cal-Mag Complex (3), Vegetarian Tryptophan (2)

Arginase Deficiency Arginase Bladder (3-6)

Arsenic Detox (V): Detox-N-Cleanse (3), Herbal Antioxidant (1), Selenium E (2), Vegetarian Thyro (2)

Arthritis Advanced Joint Complex (4), Cal-Mag Complex (2) (consider avoiding dairy and caffeine)
Arthritis, Affected by Weather Advanced Joint Complex (8), Pro-Enzymes (3)
Arthritis (V) Cal-Mag Complex (3), Inflam-Enzymes (4-9), Magnesium Complex (3), Pro-Enzymes (6 between meals) (consider avoiding dairy and caffeine)
Arrhythmias Migratrol (3), Magnesium Complex (3)
Arrhythmias (V) Vegetarian Tyrosine (2), Magnesium Complex (3)
Aspergillus GB Support (6), Probio-Zyme Yst (6), Vira-Bac-Yst (6)
Aspergillus (V) Pro-Enzymes (6), Probio-Zyme Yst (6), Vira-Bac-Yst (3)
Asthma, Exercise Induced Cardio-Power (3), High Stress Adrenal (2), Metabolic Thyro (3), Simply Lung (2)
Asthma, Exercise Induced (V) Vegetarian Tyrosine (6), C Complex (3), Vitamin-Mineral (2)
Asthma, Infection Induced Thymo-Immune (6), Vira-Bac-Yst (3), Probio-Zyme Yst (6) (also avoid dairy)
Asthma Aller-Lung Support (4), C Complex (6), Simply Lung (3)
Asthma (V) Aller-Lung Support (4), C Complex (6), Vira-Bac-Yst (3)
Attention/Behavior Vegetarian Tyrosine (3), Calcium Complex (2), Metabolic Thyro (3), Vitamin-Mineral (1)
Attention/Behavior (V) Vegetarian Tyrosine (4), Calcium Complex (2), Vitamin-Mineral (1)
Atrial Tachyarrhythmia (V) Magnesium Complex (4) Vegetarian Thyro (1), Mineral Tran (2)
Auditory Processing Concerns Complete Ear Health (1-3), Serious Brain Enhancer (1-3)
Autism Digesti-Pan (3), Magnesium Complex (2), Metabolic Thyro (2), Serious Brain Enhancer (4) (many should also avoid all wheat and dairy)
Autism (V) Vegetarian Tyrosine (4), Magnesium Complex (2), Pro-Enzymes (6), Vitamin-Mineral (1) (many should also avoid all wheat and dairy)

B Vitamin Deficiency (V) B Stress Complex (2)
Back Muscle Discomfort, Iron-Deficient Cause (V) Hematic Formula (2)
Back, Stiff (V) Inflam-Enzymes (4-6), Magnesium Complex (6)
Back Support Advanced Joint Complex (6), Cal-Mag Complex (3), Omega 3/EPA/DHA (3)
Back Support (V) Cal-Mag Complex (3), Inflam-Enzymes (4)
Bacterial Concerns Thymo-Immune (6), Vira-Bac-Yst (6), Zinc Complex (2)
Bacterial Concerns (V) C Complex (6), Vira-Bac-Yst (6), Zinc Complex (2)
Baker's Cysts Advanced Joint Complex (4), Cal-Mag Complex (3), Liva DeTox & Support (3), Thymo-Immune (2) (also avoid caffeine)
Baker's Cysts (V) C Complex (6), Cal-Mag Complex (3), Pro-Enzymes (6) (also avoid caffeine)
Beautification (V) C Complex (2), Herbal Antioxidant (2), Selenium E (2), Vitamin-Mineral (1), Vitamin B-6, B-12, & Folate (1), Zinc Complex (2)
Bell's Palsy (V) Vira-Bac-Yst (12)
Beryllium Detox (V): Detox-N-Cleanse (3), Magnesium Complex (3)
Biofilm concerns (V): Biofilm Detox (3-6), Herbal Antioxidant (3)
Bladder Arginase Bladder (3), Uro-Kid Support (3)
Bladder Infections Arginase Bladder (9), Thymo-Immune (3)
Bladder Infections (V) Probio-Zyme-Yst (3), Vira-Bac-Yst (6), also consider cranberry juice and Biofilm Detox (3-6)
Bleeding Gums (V) C Complex (2), CoQ10-Cardio (1)
Blood Pressure Anxie-Tone (3), Calcium Complex (3), Metabolic Thyro (3), Uro-Kid (6)
Blood Pressure (V) Vegetarian Tyrosine (4), Calcium Complex (3), Magnesium Complex (2) Vitamin-Mineral (2)
Bloodshot Eyes (V) C Complex (3), Herbal Antioxidant (1)
Blood Sugar Gluco-Sugar-Balance (3), Turmeric Bosewallia C (3), Vitamin-Mineral (3), Simply Pancreas (3)
Blood Sugar (V) Gluco-Sugar-Balance (3), Turmeric Bosewallia C (3), Vitamin-Mineral (3)
Blood Thinner (V) Nattokinase (2-6)
Bone Density (V) Calcium Complex (4), Cal-Mag Complex (4) or Calcium Lactate + (6)
Bone Fracture (V) Calcium Complex (4), Cal-Mag Complex (8), Magnesium Complex (1)
Bone Health Dento-Gums (3), Cal-Mag Complex (4)

Bowel Digesti-Pan (3), GB Support (3)
Bowel (V) Para-Dysbio-Zyme (3-6), Pro-Enzymes (3-6) or Probio-Zyme-Yst (3-6)
Bowel Detox Digesti-Pan (3), Liva DeTox & Support (3), Pro-Enzymes (1), Thymo-Immune (3), Vira-Bac-Yst (3)
Bowel Detox (V) Para-Dysbio-Zyme or Probio-Zyme-Yst (9), Vira-Bac-Yst (6) {Liquid bentonite, such as

Springgreen #77 or Sonnes #7, 1-2 tbsps, in warm water, 2 times per day on an empty stomach}

Brain Fatigue, Non-Infectious Metabolic Thyro (2), Serious Brain Enhancer (4), Simply Brain (2)

Brain Fatigue, Non-Infectious (V) Vegetarian Tyrosine (4), Vitamin B-6, B-12, & Folate (2)

Brain Support, General Serious Brain Enhancer (4)

Breast Health Simply Mammary (2)

Breast Milk Support (V) Turmeric Bosewallia C (6), Cal-Mag Complex (3), Simply Mammary (2), Vitamin-Mineral (2)

Breast Tenderness Le Feminine Advantage (4)

Breathing Capacity Simply Lung (3)

Bronchitis, Infection-Caused Thymo-Immune (6), Vira-Bac-YST(6)

Bronchitis, Infection-Caused (V) Pro-Enzymes (6), Vira-Bac-YST (6)

Bruising A-C-P Complex (3), Herbal Antioxidant (1)

Bruising (V) C Complex (3), Herbal Antioxidant (1)

Bug Bites, Non-infectious (V) Aller-Lung Support (3), Herbal Antioxidant (9)

Bulimia Digesti-Pan (3), Liva Detox & Support

Bulimia (V) Pro-Enzymes (9), Vira-Bac-YST (6)

Cadmium Detox (V): Calcium Complex (2), Detox-N-Cleanse (3), Herbal Antioxidant (1), Zinc Complex (3)

Calcium, Low (V) Calcium Complex (3-6) or Cal-Mag Complex (3-5)

Calming, Inability (V) Calcium Complex (4-6)

Candida Digesti-Pan (6), Probio-Zyme-YST (6), Thymo-Immune (6)

Candida (V) Probio-Zyme-YST (6), Vira-Bac-YST (6) (strive towards being acidic)

Capillary Fragility A-C-P Complex (3), Herbal Antioxidant (1)

Capillary Fragility (V) C Complex (2), Vitamin-Mineral (1)

Carbohydrate Processing Simply Pancreas (6), Pro-Enzymes (3)

Carbohydrate Processing (V) Pro-Enzymes (6)

Cardiac Asthma Cardio-Power (6), Selenium E (2)

Cardiac Asthma (V) Selenium E (2), Vitamin-Mineral (2)

Cardiomyopathy Cardio-Power (6), Selenium E (2)

Cardiomyopathy (V) Selenium E (2), Vitamin-Mineral (2)

Cardiovascular Health C Complex (2), Calcium Complex (2), Cardio-Power (3), Hematic Formula (1), Magnesium Complex (2), Metabolic Thyro (3), Omega 3/EPA/DHA (2), Selenium E (1), Simply Cardio (1), Vitamin-Mineral (1)

Cardiovascular Health (V) Vegetarian Tyrosine (3), C Complex (2), Calcium Complex (2), Cholester-Right (2), CoQ10-Cardio (2), Hematic Formula (1), Magnesium Complex (2), Selenium E (1), Vitamin-Mineral (2), Nattokinase (2)

Cardiovascular Disease, Recovery Cardio-Power (3), Nattokinase (2-6)

Cardiovascular Disease, Recovery (V) CoQ10-Cardio (2-6), Nattokinase (2-6)

Carpel Tunnel (V) C Complex (2), Inflam-Enzymes (4), Vitamin B-6, B-12, & Folate (2)

Cataracts Complete Eye Health (1-2), Selenium E (1), Vitamin B-6, B-12, & Folate (1)

Cataracts (V) Herbal Antioxidant (2), Selenium E (1), Vitamin B-6, B-12, & Folate (1), Zinc Complex (1)

Celiac Simply Pancreas (2 per meal), Digesti-Pan (3), Probio-Zyme-Yst (3)

Cerebral Spinal Fluid Calcium Complex (1), Uro-Kid Support (2), Serious Brain Enhancer (2), Vitamin-Mineral (1)

Cerebral Spinal Fluid (V) Cal-Mag Complex (2), Vitamin-Mineral (2)

Chemical Exposure (V) Cal-Mag Complex (2), Detox-N-Cleanse (3)

Chemical Sensitivity Liva Detox & Support (3), Detox-N-Cleanse (1), Pro-Enzymes (3), also consider a homeopathic remedy

Chemical Sensitivity, Excessively Multiple Check for mycotic infection and consider related nutrition

Chemotherapy Toxicity Liva-DeTox & Support (3), Selenium E (2)

Chemotherapy Toxicity (V) Herbal Antioxidant (2), Selenium E (2)

Chicken Pox Thymo-Immune (9), Zinc Complex (3)

Chicken Pox (V) Vira-Bac-Yst (9), Zinc Complex (3)

Children's Nutrition Vitamin & Mineral Shake (1/2 scoop)

Cholesterol C Complex (2), Magnesium Complex (2), Metabolic Thyro (3), Vitamin-Mineral (1) {also Cholester-Right (2)}

Cholesterol (V) Cholester-Right (2), CoQ10-Cardio (2)
Chromium, Low (V) Gluco-Sugar-Balance (3)
Chronic Fatigue, Hypoglycemia With No Mycotic Infection (V) Vegetarian Tyrosine (3), Gluco-Sugar-Balance (3), Vitamin-Mineral (2)
Chronic Fatigue, Infectious Cause Only Digesti-Pan (3), Thymo-Immune (6), Vira-Bac-Yst (6)
Chronic Fatigue, Infectious Cause Only (V) Probio-Zyme-Yst (6), Vira-Bac-Yst (6)
Chronic Fatigue, Non-Infectious Cardio-Power (3), Hematic Formula (1), High Stress Adrenal (3), Metabolic Thyro (3), Vitamin-Mineral (2)
Chronic Fatigue, Non-Infectious (V) Vegetarian Tyrosine (6), Hematic Formula (1), High Stress Adrenal (3), Metabolic Thyro (3), Vitamin-Mineral (2)
Chronic Joint Aches Advanced Joint Complex (6), Magnesium Complex (3) (also avoid caffeine)
Chronic Joint Aches (V) Cal-Mag Complex (6), Inflam-Enzymes (4-6), Magnesium Complex (3) (also avoid caffeine)
Cirrhosis Cal-Mag Complex (4), Liva Detox & Support (3), Vitamin-Mineral (2)
Cirrhosis, Infection-Induced Cal-Mag Complex (4), Liva Detox & Support (3), Vira-Bac-Yst (9), Vitamin-Mineral (2)
Cirrhosis (V) Cal-Mag Complex (4), Pro-Enzyme (6), Vitamin-Mineral (2)
Cisplatin Chemotherapy Toxicity Liva-DeTox & Support (3), Selenium E (2)
Cisplatin Chemotherapy Toxicity (V) Herbal Antioxidant (2), Selenium E (2)
Co-Enzyme Q10 Deficiency (V) CoQ10-Cardio (1-5)
Cold, Common C Complex (6), Thymo-Immune (6), Vira-Bac-Yst (6)
Cold, Common (V) C Complex (6), Vira-Bac-Yst (6), Zinc Complex (3)
Cold Extremities, Exhaustion Cardio-Power (3)
Cold Extremities, General Metabolic Thyro (3)
Cold Extremities, Morning Fatigue High Stress Adrenal (3)
Cold Extremities (V) Vegetarian Tyrosine (3), CoQ10-Cardio (2), Vitamin-Mineral (2)
Colitis Intestinal Support (3-6), Para-Dysbio-Zyme (4), Inflam-Enzymes (6)
Collagen Support Advanced Joint Complex (4), C Complex (3), Liga-Complex (3)
Collagen Support (V) C Complex (4), Herbal Antioxidant (1)
Colon Cleanse: Detox-N-Cleanse (6), GB Support (3), Para-Dysbio-Zyme (1), Probio-Zyme-Yst (3)
Colon Cleanse (V): Detox-N-Cleanse (9), Para-Dysbio-Zyme (1), Probio-Zyme-Yst (3)
Colon, Flora (V) Probio-Zyme-Yst (3) or Pro-Enzymes (4)
Congestion Conga-Immune (8), C Complex (3)
Congestion (V) Aller-Lung (8), C Complex (3)
Congestive Heart Failure, Recovery Calcium Complex (1), Cardio-Power (4), Magnesium Complex (4), Vitamin-Mineral (2)
Congestive Heart Failure, Recovery (V) Vegetarian Tyrosine (4), Calcium Complex (2), CoQ10-Cardio (2), Magnesium Complex (4), Vitamin-Mineral (2)
Conjunctivitis Conga-Immune (8), Zinc Complex (3)
Constant Fatigue Cardio-Power (3), Hematic Formula (2)
Constipation Digesti-Pan (3), GB Support (3) or Beetafood (3), Metabolic Thyro (1), Magnesium Complex (4)
Constipation (V) Vegetarian Tyrosine (2), C Complex (2), Magnesium Complex (4), Probio-Zyme-Yst (3)
Constipation, Alternating with Diarrhea GB Support (2), Para-Dysbio-Zyme (6), Probio-Zyme-Yst (6)
Constipation, Alternating with Diarrhea (V) Para-Dysbio-Zyme (6), Probio-Zyme-Yst (6)
Constipation, Difficult GB Support (3), Magnesium Complex (3)
Constipation, Mild Anxie-Tone (2), Magnesium Complex (1)
Copper, Excessive (V) Hematic Formula (2), Zinc Complex (3)
Cortisol Irregular Anxie-Tone (3), Serious Brain Enhancer (3)
Costal Chondritis Advanced Joint Complex (6), Inflam-Enzymes (4),
Costal Chondritis (V) Cal-Mag Complex (4), Inflam-Enzymes (4),
Cough, Chronic Probable Allergy (V) Aller-Lung Support (6)
Cough, Chronic Probable Low Grade Infection Intracellular Cough (2-4), Thymo-Immune (6)
Cough, Chronic Probable Low Grade Infection (V) Vira-Bac-Yst (9)
COVID (V) Vira Bac (6), Vira-Chron (6), D Complex (3), C Complex (3), Zinc Complex (3)
COVID, Recovery or Complications Nattokinase (3), Intracellular Cough (3), Simply Lung (3)
Cravings, Junk Food and Eats Little Fruits or Vegetables Metabolic Thyro (3), Vitamin-Mineral (1)

Cravings, Junk Food and Eats Little Fruits or Vegetables (V) Vegetarian Tyrosine (3), Vitamin-Mineral (2)
Cravings, Sugar (V) Gluco-Sugar-Balance (3), Vitamin-Mineral (1)
Chron's Intestinal Support (3-6), Probio-Zyme-Yst (2); also avoid caffeine for most
Cysts Le Feminine Advantage (3-6), Uro-Kid Support (2)

Dementia Selenium E (2), Serious Brain Enhancer (4), Vitamin B-6, B-12, & Folate (1)
Dementia (V) Vegetarian Tyrosine (3), Selenium E (2), Vitamin B-6, B-12, & Folate (1), Herbal Antioxidant (3)
Dental Concerns Dento-Gums (3) –chew these, Vitamin-Mineral (2)
Depression, Female Metabolic Thyro (3), Serious Brain Enhancer (3), Simply Uterus (3)
Depression, Male Metabolic Thyro (3), Serious Brain Enhancer (3), Simply Orchic or Prosta-Power (3)
Depression, Nonclinical Hematic Formula (1), Metabolic Thyro (3), Omega 3/EPA/DHA (1-2), Serious Brain Enhancer (4)
Depression, Nonclinical (V) B Stress Complex (1), Vegetarian Tyrosine (3), Vitamin B-6, B-12 & Folate (2), Vitamin-Mineral (1), Wheat Germ Oil E (2), Vegetarian Tryptophan (2)
Detox, Non-Infection C Complex (3), Digesti-Pan (6), Liva-DeTox & Support (6), Beetafood (3)
Detox, Non-Infection (V) C Complex (3), Detox-N-Support (4), Probio-Zyme-Yst (6)
Diabetes, Type I Gluco-Sugar-Balance (2), Digesti-Pan (3), Liva DeTox & Support (3), Vira-Bac-Yst or Vira-Chron (6), Vitamin-Mineral (2)
Diabetes, Type I (V) Gluco-Sugar-Balance (3), Pro-Enzymes (2), Vitamin-Mineral (3)
Diabetes, Type II Gluco-Sugar-Balance (3), Turmeric Bosewallia C (3), Vitamin-Mineral (3), Simply Pancreas (3)
Diabetes, Type II (V) C Complex (1), Gluco-Sugar-Balance (3), Turmeric Bosewallia C (3), Vitamin-Mineral (3)
Diarrhea Digesti-Pan (3), Probio-Zyme-Yst (3-9), Vira-Bac-Yst (3) {Liquid bentonite, such as Springgreen #77 or Sonnes #7, 1-2 tbsp, in warm water, 2 times per day on an empty stomach}
Diarrhea (V) Vira-Bac-Yst (8), Probio-Zyme-Yst (3-6), Pro-Enzymes (3) {Liquid bentonite, such as Springgreen #77 or Sonnes #7, 1-2 tbsp, in warm water, 2 times per day on an empty stomach}; sometimes instead Para-Dysbio-Zyme (9)—three, thrice daily between meals, along with 3-6 Probio-Zyme-Yst with meals.
Diastolic Pressure, High Cal-Mag Complex (2), Calcium Complex (4), Metabolic Thyro (1)
Diastolic Pressure, High (V) Vegetarian Tyrosine (3), Cal-Mag Complex (2), Calcium Complex (4), Metabolic Thyro (1)
Diet, Highly Refined Catalyst Complex (3), Vitamin-Mineral (3), Metabolic Thyro (3)
Diet, Highly Refined (V) Gluco-Sugar-Balance (3), Vitamin-Mineral (3), Vegetarian Thyro (3)
Digestive Enzyme Support Digesti-Pan (6), Simply Pancreas (3)
Digestive Enzyme Support (V) Pro-Enzymes (6)
Digestive Support Digesti-Pan (3), GB Support (3), Liva DeTox & Support (2)
Digestive Support (V) Pro-Enzymes (6), Probio-Zyme-Yst (3)
Dislikes Fruits or Vegetables Metabolic Thyro (3), Vitamin-Mineral (1)
Dislikes Fruits or Vegetables (V) Vegetarian Thyro (2), Vitamin-Mineral (2)
Dizziness, Balance Parathyroid Plus (3), Metabolic Thyro (3), High Stress Adrenal (2)
Dizziness, Occasional Metabolic Thyro (3), High Stress Adrenal (2)
Dizziness, Occasional (V) Vegetarian Adrenal (2), Vegetarian Thyro (2)
Down Syndrome C Complex (3), Cal-Mag Complex (4), Digesti-Pan (3), GB Support (2), Herbal Antioxidant (2), Migratrol (3), Restful Mind Support (2), Selenium E (2), Serious Brain Enhancer (3), Vitamin-Mineral (2), Zinc Complex (2) (many also should avoid bovine dairy and wheat)
Down Syndrome (V) Vegetarian Tyrosine (3), C Complex (3), Cal-Mag Complex (4), Herbal Antioxidant (2), Pro-Enzymes (6), Selenium E (2), Vegetarian Tryptophan (2), Vitamin-Mineral (3), Vitamin B-6, B-12 & Folate (1), Zinc Complex (2) (many should also avoid bovine dairy and wheat)
Dry Mouth Complete Smell and Taste
Dry Mouth (V) Land and Sea Minerals (3-6)
Dry Skin Metabolic Thyro (3), Omega 3/EPA/DHA (1), Vitamin-Mineral (2), Zinc Complex (2)
Dry Skin (V) Vegetarian Tyrosine (3), Vitamin-Mineral (2), Wheat Germ Oil E (1), Zinc Complex (2)
Duodenum Digesti-Pan (3), GB Support (3)
Duodenum (V) Pro-Enzymes (3-6)

Ear Fluid Complete Ear Health (3); also possibly avoid oats and/or dairy
Ear Health Complete Ear Health (1-3)
Ear Infections, Bacterial Thymo-Immune (6), Vira-Bac-Yst (3), Complete Ear Health (3)

Ear Infections (V) Vira-Bac-Yst or Vira-Chron (9)
Ear Ringing Complete Ear Health (2-6); also check for allergies or infection
Eats Little Fruits or Vegetables Metabolic Thyro (3), Vitamin-Mineral (1)
Eats Little Fruits or Vegetables (V) Vegetarian Thyro (1-2), Vitamin-Mineral (2)
Eczema Digesti-Pan (6), Probio-Zyme-Yst (6), Thymo-Immune (3), Vira-Bac-Yst (6) (also avoid refined sugars)
Eczema (V) Probio-Zyme-Yst (6), Vira-Bac-Yst or Vira-Chron (6) (also avoid refined sugars)
Edema Uro-Kid Support (4), Nerve Chex B (4)
Electrical Feelings Cardio-Power (3), Vitamin-Mineral (1)
Endocrine Master Control: Simply Hypothalamus (3) or Hypothalamus EMG (2)
Endocrine Therapy Support: Simply Hypothalamus (3) or Hypothalamus EMG (2)
Endurance Cardio-Power (3), High Stress Adrenal (2)
Endurance (V) B Stress Complex (1), Vegetarian Tyrosine (3), Co-Q10 Cardio (3), Vitamin-Mineral (2)
Environmental Digesti-Pan (3), Liva DeTox & Support (3)
Environmental (V) Herbal Antioxidant (3) Pro-Enzymes (3), Detox-N-Cleanse (3)
Environmental Pollution (V) Herbal Antioxidant (3) Libida-Life (3), Detox-N-Cleanse (3), Aller-Lung Support (3)
Enzymes, Digestive Digesti-Pan (3-9)
Enzymes, Digestive (V) Pro-Enzymes (3-9)
Enzymes, Fibrin (V) Nattokinase (1-3)
Enzymes, Inflammation (V) Inflam-Enzymes (2-6)
Enzymes, Liver High Liva DeTox and Support (3), Vira-Bac-Yst (3)
Enzymes, Liver High (V) Pro-Enzymes (9), Vira-Bac-Yst (3)
Epilepsy, Intractable Ketogenic diet, plus supplements, plus masking (see other texts)
Epilepsy, Jerk Seizures Calcium Complex (4), Magnesium Complex (1), Metabolic Thyro (2), Vitamin-Mineral (1), Vitamin B-6, B-12, & Folate (3) (many must vary the amounts of calcium and magnesium)
Epilepsy, Jerk Seizures (V) Vegetarian Tyrosine (2), Cal-Mag Complex (4), Vitamin-Mineral (1), Vitamin B-6, B-12, & Folate (3) (since many must vary the amounts of calcium and magnesium, also consider them individually)
Erectile Dysfunction Prosta-Power (3), Simply Orchic (2), Vitamin-Mineral (1), Zinc Complex (2)
Erectile Dysfunction, Severe Prosta-Power (9), Selenium E (2), Serious Brain Enhancer (3), Simply Orchic (6), Vitamin-Mineral (1), Zinc Complex (2)
Erectile Dysfunction (V) CoQ10-Cardio (3), Selenium E (2), Vitamin-Mineral (2), Vitamin B6, B12 & Folate (1), Zinc Complex (3)
Esophagus Advanced Joint Complex (4)
Essential Fatty Acid Deficiency Omega 3/EPA/DHA (2)
Essential Fatty Acid Deficiency (V) Wheat Germ Oil E (3)
Exhaustion Cardio-Power (3), High Stress Adrenal (3), Migratrol (3)
Exhaustion, After Exertion Cardio-Power (3)
Exhaustion, After Exertion (V) CoQ10-Cardio (4)
Eye Complete Eye Health (1-2)
Eye, Pink (Conjunctivitis) Conga-Immune (8), Zinc Complex (3)
Eye, Pink (Conjunctivitis) (V) Vira-Bac-Yst (8), Zinc Complex (3)
Eye, Redness Nerve Chex B (3)
Eyes, Bloodshot (V) C Complex (3), Herbal Antioxidant (1)
Eyes Hypersensitive to Light Complete Eye Health (1-2), Metabolic Thyro (3)
Eyes Hypersensitive to Light (V) Vegetarian Thyro (3), Vitamin-Mineral (2)
Eyes, Macular Degeneration Complete Eye Health (1-3)
Eyewhites, Blue Cardio-Power (4)
Eyewhites, Gray (V) Hematic Formula (2)
Eyewhites, Yellow Digesti-Pan (3), Complete Eye Health (1), Liva Detox & Support (3)

Fat Burning Gluco-Sugar-Balance (3), Metabolic Thyro (4), Vitamin-Mineral (1)
Fat Burning (V) Vegetarian Tyrosine (6), Gluco-Sugar-Balance (3), Vitamin-Mineral (2)
Fat Intolerance GB Support (3-6) or Beetafood (3-6)
Fatigue, Afternoon Metabolic Thyro (3), Vitamin-Mineral (1)
Fatigue, Afternoon (V) Vegetarian Thyro (3), Vitamin B-6, B-12, & Folate (2)
Fatigue, Brain Non-Infectious Metabolic Thyro (2), Serious Brain Enhancer (4)
Fatigue, Brain, Non-Infectious (V) Vegetarian Tyrosine (4), Vitamin B-6, B-12, & Folate (2)

Fatigue, Constant (V) Hematic Formula (1)
Fatigue, Exhaustion General Cardio-Power (3), High Stress Adrenal (3), Migratrol (3), Vitamin-Mineral (1)
Fatigue, Exhaustion After Exertion Cardio-Power (3)
Fatigue, Iron Hematic Formula (2)
Fatigue, Morning High Stress Adrenal (3)
Fatigue, Morning (V) Vegetarian Adrenal (3)
Fatigue, Pernicious Anemia (V) Vitamin B-6, B-12, & Folate (3)
Fatigue, Periodic Migratrol (3), High Stress Adrenal (1)
Fatigue, Periodic (V) Vegetarian Tyrosine (3), Vitamin-Mineral (2)
Fatigue, Recurring Thymo-Immune (6), Vira-Bac-Yst (1)
Fatigue, Recurring (V) Vira-Bac-Yst and/or Vira-Chron (6)
Fatigue, Sexual Female Metabolic Thyro (3), Prosta-Support (1)
Fatigue, Sexual Female (V) Vegetarian Thyro (3), Vitamin-Mineral (2)
Fatigue, Sexual Male Prosta-Power (3), Simply Orchic (2)
Fatigue, Sleep Deprived (V) Calcium Complex (6 before bed)
Fatigue, Sporadic Metabolic Thyro (3), Vitamin-Mineral (1)
Fatigue, Sporadic (V) Vegetarian Tyrosine (3), Vitamin B-6, B-12, & Folate (2)
Fatigue, Unresponsive to other protocols (V) Wheat Germ Oil E (2-3)
Fear of Impending Doom Nerve Chex B (6), Metabolic Thyro (3), Nerve Chex (3)
Feet, Burning Nerve Chex B (3)
Fertility, Female Simply Ovary (3) before bed, Vitamin-Mineral (2)
Fertility, Male Prosta-Power (4), Simply Orchic (3), Vitamin-Mineral (1), Zinc Complex (2)
Fertility, Male (V) Vitamin-Mineral (2), Zinc Complex (2)
Fever Blisters Thymo-Immune (3), Vira-Bac-Yst (3), Zinc Complex (1)
Fever Blisters (V) Vira-Bac-Yst (6), Zinc Complex (1)
Fiber (V) C Complex (3), Pro-Enzymes (3), Green Vegetable Alkalizer (3)
Fibrin, Excessive (V) Nattokinase (2-6)
Fibroids, Uterine Le Feminine Advantage (3), Simply Uterus (3)
Fibromyalgia With Gastro-Intestinal Concerns Cardio-Power (1), High Stress Adrenal (2), Magnesium Complex (6), Migratrol (3), Probio-Zyme Yst (6), Vitamin-Mineral (1) (also consider reducing or eliminating caffeine and dairy)
Fibromyalgia With Gastro-Intestinal Concerns (V) Vegetarian Tyrosine (6), Magnesium Complex (6), Probio-Zyme Yst (6), Vira-Bac-Yst (3), Vitamin-Mineral (1) (also consider reducing or eliminating caffeine and dairy)
Fibromyalgia Without Gastro-Intestinal Concerns Cardio-Power (1), High Stress Adrenal (2), Magnesium Complex (6), Migratrol (3), Vitamin-Mineral (1) (also consider reducing or eliminating caffeine and dairy)
Fibromyalgia Without Gastro-Intestinal Concerns (V) Vegetarian Tyrosine (6), Magnesium Complex (6), Vitamin-Mineral (1) (also consider reducing or eliminating caffeine and dairy)
Fingers, Stiff Advanced Joint Complex (4), Magnesium Complex (2) (also consider reducing or eliminating caffeine)
Flatulence, Mycotic Cause Digesti-Pan (6), Liva Detox & Support (2), Probio-Zyme Yst (6), Vira-Bac-Yst (6) (also do not consume fruit or fruit juice within 1 ½ hours of consuming vegetables; dairy may also be a problem for some)
Flatulence, Mycotic Cause (V) Probio-Zyme Yst (6), Vira-Bac-Yst (6) (also do not consume fruit or fruit juice within 1 ½ hours of consuming vegetables; dairy may also be a problem for some)
Flatulence, Non-Infectious Digesti-Pan (6) (also do not consume fruit or fruit juice within 1 ½ hours of consuming vegetables; dairy may also be a problem for some), GB Support (3)
Flatulence, Non-Infectious (V) Pro-Enzymes (6) (also do not consume fruit or fruit juice within 1 ½ hours of consuming vegetables; dairy may also be a problem for some)
Fluoride Detox: Complete Ear Health (2), Detox-N-Cleanse (2)
Fluoride Detox (V): Detox-N-Cleanse (3)
Flu C Complex (6), Thymo-Immune (12), Vira-Bac-Yst (6)
Flu (V) C Complex (6), Vira-Bac-Yst (12), Zinc Complex (4)
Flu Shot Reaction Liva Detox & Support (6), Thymo-Immune (6), Vira-Bac-Yst (6)
Flu Shot Reaction (V) C Complex (6), Vira-Bac-Yst (12), Zinc Complex (4)
Focus Metabolic Thyro (3), Serious Brain Enhancer (4)
Focus (V) Vegetarian Tyrosine (4), Vitamin B-6, B-12, & Folate (1)

Food Poisoning, Parasites Digesti-Pan (6), Liva DeTox & Support (3), Para-Dysbio-Zyme (4, 2x between meals)
Food Poisoning, Parasites (V) Para-Dysbio-Zyme (3, 3 times between meals), Probio-Zyme Yst (3)
Food Sensitivity Digesti-Pan (3), GB Support (3)
Food Sensitivity (V) Pro-Enzymes (1-3 per meal)
Fibroids Le Feminine Advantage (3-6)
Fracture Advanced Joint Complex (2), Cal-Mag Complex (4)
Fracture (V) Cal-Mag Complex (6)
Free Radicals (V) C Complex (2), Herbal Antioxidant (2), Selenium E (2), Vitamin-Mineral (2)
Fungal Infections Digesti-Pan (6), Probio-Zyme Yst (6), Vira-Bac-Yst (6)
Fungal Infections (V) Probio-Zyme Yst (6), Vira-Bac-Yst (6)

Gagging Tendencies Land and Sea Minerals (3), Advanced Joint Complex (3)
Gagging Tendencies (V) Land and Sea Minerals (3-6)
Gall Bladder Support GB Support (3) and/or Beetafood (3), Prosta-Power (1), Uro-Kid (3)
Gall Duct GB Support (1-3 per meal)
Gall Fatigue GB Support (1-2 per meal)
Gastric Hyperirritability Pituitary EMG (3-6), Digesti-Pan (3), Intestinal Support (3)
Gastric Hyperirritability (V) Green Vegetable Alkalizer (3-6), Pro-Enzymes (3)
General Fatigue Cardio-Power (2), High Stress Adrenal (3), Migratrol (3), Vitamin-Mineral (2)
General Fatigue (V) B Stress Complex, Vegetarian Tyrosine (3), CoQ10-Cardio (3)
General Nutrition (V) Cal-Mag Complex (3), Pro-Enzymes (1), Vitamin-Mineral (2), Herbal Antioxidant (2)
GERD, Infectious See Yeast protocols
GERD, Non-Infectious Advanced Joint Complex (2), Digesti-Pan (1-2 per meal)
Glandular Support: Simply Adrenal (1), Simply Hypothalamus (2) or Hypothalamus EMG (2), Simply Thyroid (1), Intracellular Cough (1)
Glaucoma Complete Eye Health (6), Complete Smell & Taste (3), Selenium E (2)
Goiter Metabolic Thyro (3), Vitamin-Mineral (1)
Goiter (V) Vegetarian Tyrosine (4), Vitamin-Mineral (2)
Growth, Slow Pituitary EMG (3-6), Vitamin Mineral (3), Cal-Mag Complex (3), Metabolic Thyro (3), Simply Hypothalamus or Hypothalamus EMG (3)
Growth, Slow (V) Vitamin Mineral (3), Cal-Mag Complex (3), Vegetarian Thyro (3)
Gum Health Dento-Gums (3) –chew these, A-C-P Complex (30, Vitamin-Mineral (2)

Hair (V) Vegetarian Thyro (2), Vitamin-Mineral (2), Zinc Complex (1)
Hair Cuts, Extreme Dislike Metabolic Thyro (1-2)
Hair Loss, Female Prosta-Power (1), Simply Ovary (3), Vitamin-Mineral (2), Zinc Complex (2)
Hair Loss, Male Prosta-Power (3), Vitamin-Mineral (2), Zinc Complex (2)
Hair Loss (V) Vegetarian Tyrosine (2), Cal-Mag Complex (2), Vitamin-Mineral (2), Zinc Complex (2), Land and Sea Minerals (3)
Hand, Redness Nerve Chex B (3)
Hands, Cold Metabolic Thyro (3), Cardio Power (3), Simply Adrenal (2)
Hands, Cold (V) Vegetarian Thyro (3), Co-Q10 Cardio (3), Vegetarian Adrenal (3)
Hands, Stiff Advanced Joint Complex (4), Inflam-Enzymes (3), Magnesium Complex (2)
Hands, Stiff (V) Inflam-Enzymes (6), Magnesium Complex (4)
Hay Fever Aller-Lung Support (3-12), Liva-De Tox & Support (3)
Hay Fever (V) Aller-Lung Support (3-12), C Complex (3) (consider sucking on C Complex)
HDL, Low (V) C Complex (2), Cholester-Right (2)
Headaches, General Gluco-Sugar-Balance (1), Migratrol (4), Magnesium Complex (2), Vitamin-Mineral (1) {also avoid caffeine}
Headaches, General (V) Vegetarian Tyrosine (4), Gluco-Sugar-Balance (1), Magnesium Complex (2), Vitamin-Mineral (1) {also avoid caffeine}
Health, General (V) Vitamin-Mineral (1), Cal-Mag Complex (2), C Complex (1), Herbal Antioxidant (2)
Heart Fatigue Cardio-Power (3), Vitamin-Mineral (2)
Heart Fatigue (V) CoQ10-Cardio (3), Vitamin-Mineral (2)
Heart Murmur Cardio-Power (4)

Heart Murmur (V) CoQ10-Cardio (3)
Heart Muscle Weak Cardio-Power (4), Magnesium Complex (2), Selenium E (2)
Heart Muscle Weak (V) CoQ10-Cardio (4), Magnesium Complex (2), Selenium E (2)
Heart Support Cardio-Power (3), Vitamin-Mineral (2)
Heart Support (V) Cardio-Power (3), Magnesium Complex (2), Selenium E (2), Vitamin-Mineral (2)
Heavy Metals C Complex (3), Liva-DeTox & Support (3), Detox-N-Cleanse (3)
Heavy Metals (V) C Complex (3), Detox-N-Cleanse (3), Herbal Antioxidant (4)
Hemoglobin (V) Hematic Formula (2), Vitamin-Mineral (1)
Hemoglobin Fatigue (V) Hematic Formula (1-2), Vitamin B-6, B-12, & Folate (2)
Hemoglobin, But Iron Fine (V) + B Stress Complex (2), Vitamin B-6, B-12, & Folate (1)
Hemorrhoids GB Support (3-9) or Intestinal Support (3-6)
Hemorrhoid, Bleeding GB Support (3-9), C Complex (2), Herbal Antioxidant (2)
Hepatitis Liva DeTox & Support (3), Vira-Bac-Yst (12), Uro-Kid Support (3)
Hepatitis (V) Vira-Bac-Yst and/or Vira-Chron (12), Libida-Life (3)
Herpes Liva DeTox & Support (3), Vira-Bac-Yst and/or Vira-Chron (12)
Hernia, History of Intestinal Support (3-6)
Herpes (V) Vira-Bac-Yst (12) and/or Vira-Chron (12)
Hip Complaints Advanced Joint Complex (4-6) (also avoid caffeine), Inflam-Enzymes (4-6)
Hives (normally an infectious cause worsened by stress) Metabolic Thyro (3), Para-Dysbio-Zyme (6) and/or Probio-Zyme-Yst (6), Vira-Bac-Yst (3) (also consider Thymo-Immune and/or Digesti-Pan)
Hives (V) (normally an infectious caused worsened by stress) Vegetarian Tyrosine (3), Para-Dysbio-Zyme (6) and/or Probio-Zyme-Yst (6), Vira-Bac-Yst (6) (also consider Pro-Enzymes and Vira-Chron)
Hives, Itching (normally an infectious caused worsened by stress) GB Support (3-6), Metabolic Thyro (3), Para-Dysbio-Zyme (6) and/or Probio-Zyme-Yst (6), Vira-Bac-Yst (3-6)
Hives, Itching (V) (normally an infectious caused worsened by stress) Para-Dysbio-Zyme (6) and/or Probio-Zyme-Yst (9), Vegetarian Thyro (3), Vira-Bac-Yst (3-6) (also consider Pro-Enzymes and Vira-Chron)
Homocysteine (V) Vegetarian Tyrosine (2), Vitamin B-6, B-12, & Folate (3)
Hospitalization (V) Magnesium Complex (2), Vitamin-Mineral (2)
Hot Flashes Le Feminine Advantage (6), Simply Uterus (2)
Hyperadrenia Pituitary EMG (3)
Hypoadrenalism High Stress Adrenal (3)
Hypoadrenalism (V) Vegetarian Adrenal (3)
Hypoglycemia With No Mycotic Infection Likely (V) Vegetarian Tyrosine (3), Gluco-Sugar-Balance (3), Vitamin-Mineral (2)
Hypoglycemia With Likely Mycotic Infection (V) Vegetarian Tyrosine (3), Gluco-Sugar-Balance (3), Vira-Bac-Yst (6), Vitamin-Mineral (2)
Hypothalamus Anxie-Tone (1), Simply Hypothalamus (2) or Hypothalamus EMG (2)
Hypertension Anxie-Tone (3) or Nerve Chex (3), Calcium Complex (3), Metabolic Thyro (2), Uro-Kid Support (6)
Hypertension (V) Vegetarian Tyrosine (4), Calcium Complex (3), Magnesium Complex (2) Vitamin-Mineral (2)
Hypotension Migratrol (2), Cardio-Power (3)
Hypotension (V) Vegetarian Tyrosine (3), Vitamin-Mineral (2)
Hyperthyroidism Liva Detox & Support (3), Migratrol (2), Serious Brain Enhancer (2)
Hyperthyroidism (V) Mineral Tran (3)
Hypothyroidism, General Metabolic Thyro (3)
Hypothyroidism, Over 40 Migratrol (3)
Hypothyroidism (V) Vegetarian Thyro (3), Vitamin-Mineral (2)

Ice, Compulsion to Eat (V) Hematic Formula (1)
Infection, Stubborn Bacterial Intracellular Cough (3-6), Thymus EMG (3-9)
Infertility, Female Simply Ovary (3) before bed, Vitamin-Mineral (2)
Infertility, Male Prosta-Power (6), Simply Orchic (3), Vitamin-Mineral (2)
Injury A-C-P Complex (3), Inflam-Enzymes (12), Liga-Complex (6)
Injury (V) Vira-Bac-Yst (3), Inflam-Enzymes (12), C Complex (3)
Immune System Issues, Chronic Thymus EMG (3-6)
Immune Support Thymo-Immune (3), Vitamin-Mineral (2), Zinc Complex (2)
Immune Support (V) C Complex (2), Herbal Antioxidant (1), Vitamin-Mineral (2), Zinc Complex (2)

Indigestion Digest-Pan (3), GB Support (3), Probio-Zyme-Yst (3)
Indigestion (V) Pro-Enzymes (3-6), Probio-Zyme-Yst (3)
Inflammation Inflam-Enzymes (3-12), Advanced Joint Complex (3-6), Turmeric Bosewallia C (3-6)
Inflammation (V) Inflam-Enzymes (3-12), Turmeric Bosewallia C (3-6)
Insect Bites Herbal Antioxidant (5), Liva Detox & Support (3)
Insect Bites (V) Herbal Antioxidant (8)
Insomnia Calcium Complex (3), Le Feminine Advantage (2), Magnesium Complex (3), Restful Mind Support (3)
Insomnia (V) Calcium Complex (4), Magnesium Complex (4), Vegetarian Tryptophan (2), and/or Mineral Tran (3)
Insomnia, Female Hormonal Le Feminine Advantage (3), Simply Ovary (3)
Insomnia Induced Fatigue (V) Calcium Complex (3), Magnesium Complex (3), Vegetarian Tryptophan (2)
Intelligence Omega 3/EPA/DHA (2), Serious Brain Enhancer (3)
Intracellular Bacterial Infections Intracellular Cough (1-4)
Intestinal Issues Intestinal Support (3-6)
Intestinal Issues (V) Pro-Enzymes (3-6)
Irritability Nerve Chex (3), Magnesium Complex (3), Anxie-Tone (3)
Irritable Bowel Digesti-Pan (6), Liva DeTox & Support (3), Para-Dysbio-Zyme (4, 2x between meals), Probio-Zyme-Yst (3), Vira-Bac-Yst or Vira-Chron (3), Intestinal Support (3-6)
Irritable Bowel (V) Para-Dysbio-Zyme (4, 2x between meals), Probio-Zyme-Yst (6), Vira-Bac-Yst or Vira-Chron (9) {Liquid bentonite, such as Springgreen #77 or Sonnes #7, 1-2 tbsp, in warm water, 2 times per day on an empty stomach. Note: Liquid bentonite is normally contraindicated when constipation is present}
Iron Fatigue Hematic Formula (1)
Iron, Low Hematic Formula (1-3)
Itching from Bites (V) Aller-Lung Support (3), Herbal Antioxidant (3-9)
Itching from Infection (V) Probio-Zyme-Yst (3-6), Vira-Chron (3-6)
Itching from Poison Oak/Ivy Aller-Lung Support (6), Herbal Antioxidant (6), GB Support (4); in acute situations, repeat dosage several times per day
Itching from Poison Oak/Ivy (V) Aller-Lung Support (6), Herbal Antioxidant (6), C Complex (4);F in acute situations, repeat dosage several times per day

Jaundice Liva-DeTox & Support (3), Beetafood (3)
Joint Pain Advanced Joint Complex (2-6), Inflam-Enzymes (4), Turmeric Bosewallia C (3),
Joint Paint (V) Cal-Mag Complex (3), Herbal Antioxidant (3), Inflam-Enzymes (2-6)
Joints Advanced Joint Complex (4), Inflam-Enzymes (3), Turmeric Bosewallia C (3)
Joints (V) C Complex (2), Cal-Mag Complex (2), Inflam-Enzymes (6), Turmeric Bosewallia C (3), Vitamin-Mineral (1)
Joints, Stiff (V) Inflam-Enzymes (4), Magnesium Complex (4)

Kidney Arginase Bladder (1), Uro-Kid Support (3)
Kidney Failure Uro-Kid Support (6-9), Arginase Bladder (3)
Kidney Stones Simply Orchic (10), Omega-3 (5), Phos Drops (30)
Knee Complaints Advanced Joint Complex (2-6) (also avoid caffeine)
Knee Complaints (V) Inflam-Enzymes (2-6) (also avoid caffeine)

Lactation Insufficiency Cal-Mag Complex (4), Simply Mammary (2), Vitamin-Mineral (2)
LDL, High (V) C Complex (2), Cholester-Right (2)
Lead Detox (V): C Complex (2), Calcium Complex (1), Detox-N-Cleanse (3), Zinc Complex (1)
Learning Problems Vegetarian Tyrosine (2), Metabolic Thyro (2), Serious Brain Enhancer (4)
Learning Problems (V) Vegetarian Tyrosine (4), Vitamin B-6, B-12, & Folate (2)
Leg Cramps (V) Cal-Mag Complex (2), Calcium Complex (2) (Before bed if nightly)
Lethargy Metabolic Thyro (3), Serious Brain Enhancer (4)
Lethargy (V) Vegetarian Tyrosine (3), Vitamin B-6, B-12, & Folate (1)
Libido Low, Female Libida-Life (3-9), Metabolic Thyro (3), Vitamin-Mineral (1)
Libido Low, Female (V) Vegetarian Thyro (3), Libida-Life (3-9), Vitamin-Mineral (2)
Libido Low, Male Prosta-Power (3-9), Libida-Life (3), Simply Orchic (2), Vitamin-Mineral (1), Zinc Complex (2)
Libido Low, Male (V) Selenium E (2), Libida-Life (6), Vitamin-Mineral (2), Zinc Complex (3)
Libido Poor, Female Metabolic Thyro (3), Prosta-Power (3), Libida-Life (3), Vitamin-Mineral (1)

Libido Poor, Male Prosta-Power (6), Selenium E (2), Simply Orchic (2), Libida-Life (3), Vitamin-Mineral (1), Zinc Complex (2)

Ligaments, Weak Liga-Complex (6), Advanced Joint Complex (3), Simply Liver (1)

Light Hypersensitivity Metabolic Thyro (3)

Light Hypersensitivity (V) Vegetarian Thyro (3), Vitamin-Mineral (2)

Lipid Processing GB Support (3), Choline Complex (3), Inositol Complex (3), Pro-Enzymes (3), Beetafood (3)

Lipid Processing (V) Choline Complex (3), Inositol Complex (3), Pro-Enzymes (3)

Liver Liva Detox & Support (3), Simply Liver (3) Nerve Chex B (3)

Liver Enlarged Liva DeTox and Support (3), Simply Liver (3)

Liver Enzymes, High Liva DeTox and Support (6), Simply Liver (1), Vira-Bac-Yst (3)

Liver Enzymes, High (V) Pro-Enzymes (9), Vira-Bac-Yst (3)

Liver, Fatty Liva-Detox & Support (6), Vitamin-Mineral (2)

Lung Support Simply Lung (3)

Lung Support (V) Aller-Lung Support (3), C Complex (4), Herbal Antioxidant (4) {Springgreen #77, 1-2 tablespoons in warm water}

Lupus Advanced Joint Complex (4), Cal-Mag Complex (4), High Stress Adrenal (3), Magnesium Complex (2), Metabolic Thyro (3), Thymo-Immune (4), Uro-Kid Support (3)

Lupus (V) Vegetarian Tyrosine (4), Cal-Mag Complex (4), Calcium Complex (2), Magnesium Complex (2), Vira-Bac-Yst (6)

Lyme: Biofilm Detox (6), Thymo-Immune (6), Vira-Chron (6)

Lyme (V): Biofilm Detox (6), Vira-Bac-Yst (6), Vira-Chron (6)

Lymph Node Swelling A-C-P Complex (3), Intestinal Support (3), Simply Spleen (3) or Spleen EMG (3)

Macular Degeneration Complete Eye Health (1-2), Omega 3/EPA/DHA (1), Selenium E (1), Zinc Complex (2)

Macular Degeneration (V) Herbal Antioxidant (2), Nattokinase (1), Selenium E (1), Vitamin-Mineral (1), Zinc Complex (2)

Magnesium, Lack of, Fatigue (V) Magnesium Complex (4 before bed)

Master Reproductive Hormone Le Feminine Advantage (3-9) or Prosta-Power (3-6)

Meal Fatigue Digesti-Pan (2 per meal), GB Support (2 per meal)

Meal Fatigue (V) Pro-Enzymes (2-3 per meal)

Medication Detox (V): Detox-N-Cleanse (6), Herbal Antioxidant (6)

Melancholy Nerve Chex (3), Metabolic Thyro (3), if female also consider Simply Uterus (3)

Melancholy (V) Vegetarian Tyrosine (3), Vegetarian Tryptophan (3), Vegetarian Thyro (2), Land and Sea Minerals (2)

Memory Poor Vegetarian Tyrosine (3), Serious Brain Enhancer (4-9)

Memory Poor (V) Vegetarian Tyrosine (4), Vitamin B-6, B-12, & Folate (2)

Menopause Le Feminine Advantage (6), Simply Uterus (2), Simply Ovary (2)

Menstrual Complaints Le Feminine Advantage (3), Simply Thyroid (4), Magnesium Complex (6) (for 10 days per month), Simply Mammary (2)

Menstrual Complaints (V) Vegetarian Thyro (6), Mineral Tran (4), Magnesium Complex (6) (for 10 days per month)

Menstrual Cycle, Long/Heavy Metabolic Thyro (3), Simply Uterus (6)

Menstrual Fatigue Metabolic Thyro (3), Vitamin-Mineral (1)

Menstrual Fatigue (V) Vegetarian Thyro (3), Vitamin-Mineral (2)

Mental Fatigue Metabolic Thyro (2), Serious Brain Enhancer (2-4)

Mental Fatigue (V) Vegetarian Tyrosine (4), Vitamin-Mineral (2)

Mercury Detox (V): C Complex (2), Detox-N-Cleanse (3), Selenium E (2)

Metabolism Low, Without Mycotic Infection Gluco-Sugar-Balance (2), Pro-Enzymes (3), Metabolic Thyro (3), Vitamin-Mineral (3), Catalyst Complex (3) (also determine causes and make other appropriate recommendations)

Metabolism Low, Without Mycotic Infection (V) Vegetarian Tyrosine (4), Gluco-Sugar-Balance (2), Pro-Enzymes (3), Vegetarian Thyro (3), Vitamin-Mineral (2) (also determine cause and make other appropriate recommendations)

Migraines Magnesium Complex (2), Metabolic Thyro (3) or Migratrol (3) (also slowly remove caffeine from diet)

Migraines (V) B Stress Complex (1), Vegetarian Tyrosine (4), Magnesium Complex (4) (also slowly remove caffeine and possibly dairy from diet)

Mold Probio-Zyme-Yst (3), Vira-Chron (4), Thymo-Immune (6), Vira-Bac-Yst (6)

Mold (V) Probio-Zyme-Yst (6), Vira-Chron (4)
Mononucleosis Thymo-Immune (8), Vira-Bac-Yst (3), Zinc Complex (1) (also avoid dairy)
Mononucleosis (V) C Complex (6), Vira-Bac-Yst or Vira-Chron (8), Zinc Complex (2) (also avoid dairy)
Mood Swings Metabolic Thyro (4), Serious Brain Enhancer (4); for females also consider Simply Uterus (3)
Mood Swings (V) Vegetarian Tyrosine (4), Vegetarian Thyro (1), Vegetarian Tryptophan (1), Vitamin-Mineral (1), Vitamin B-6, B-12, & Folate (1)
Morning Fatigue High Stress Adrenal (3)
Morning Fatigue (V) Vegetarian Adrenal (3-6), C Complex (3), Vitamin B-6, B-12, & Folate (2)
Mouth, Dry Complete Smell and Taste (3), Land and Sea Minerals (3)
Mouth, Dry (V) Land and Sea Minerals (3-6)
Muscle Contraction Issues Calcium Lactate + (6)
Muscle Contraction Issues (V) Magnesium Complex (6), Calcium Complex (2)
Muscle Nervousness Parathyroid Plus (3-6)
Muscle Spasms Liga-Complex (4), Cal-Mag Complex (3), Magnesium Complex (2-4)
Muscle Stiffness (V) Magnesium Complex (2-8), Inflam-Enzymes (2-9)
Muscles Tense Magnesium Complex (4), Migratrol (3)
Myasthenia Gravis Thymus EMG (6) or Simply Thymus (6)
Mycotic Infections Digesti-Pan (6), Probio-Zyme-Yst (6), Thymo-Immune (3), Vira-Bac-Yst (6) (also avoid refined sugars)
Mycotic Infections (V) Probio-Zyme-Yst (6), Vira-Bac-Yst or Vira-Chron (6) (also avoid refined sugars)

Nail Strength, Finger/Toe (V) Cal-Mag Complex (2), Parathyroid Plus (3), Vitamin-Mineral (1), Zinc Complex (2)
Narcolepsy Simply Adrenal (3), Simply Cardio (2), Simply Spleen—this is important (3), Simply Thyroid (2)
Nasal Congestion, Acute (V) Aller-Lung Support (6), C Complex (suck on until dissolved, one at a time)
Nerve Conduction Issues Calcium Lactate + (6), Nerve Chex B (3)
Nerve Conduction Issues (V) Cal-Mag Complex (3), Magnesium Complex (6)
Nervous System Anxie-Tone (3), High Stress Adrenal (1), Metabolic Thyro (3), Restful Mind Support (3), Serious Brain Enhancer (3)
Nervous System (V) B Stress Complex (1), Vegetarian Tyrosine (3), Hematic Formula (1), Magnesium Complex (3), Selenium E (1), Vegetarian Tryptophan (2), Vitamin-Mineral (1)
Nickel Detox (V): C Complex (2), Detox-N-Cleanse (3), Selenium E (2)
Night Blindness Complete Eye Health (1-2), Selenium E (1), Vitamin-Mineral (2)
Night Blindness (V) Herbal Antioxidant (2), Selenium E (2), Vitamin-Mineral (2)
Night Sweats Nerve Chex B (6)
Night Sweats, Hormonal Le Feminine Advantage (6)
Nipple Discomfort Omega 3/EPA/DHA (2), Simply Mammary (3)
Nonenzymatic Glycation (V) C Complex (2), Selenium E (2), Vitamin-Mineral (1)
Numbness, General Cardio-Power (3), High Stress Adrenal (3), Migratrol (3)
Numbness, General (V) B Stress Complex (1), Vegetarian Adrenal (3), Vegetarian Thyro (3)

Obesity Gluco-Sugar-Balance (3), Green Vegetable Alkalizer (3), Metabolic Thyro (3), Restful Mind Support (1), Vitamin-Mineral (2) (also determine causes and make other appropriate recommendations)
Obesity (V) Vegetarian Tyrosine (4), Gluco-Sugar-Balance (3), Green Vegetable Alkalizer (3), Vegetarian Tryptophan (1), Vitamin-Mineral (2) (also determine cause and make other appropriate recommendations)
Obsessive-Compulsive (V) Inositol Complex (6), Choline Complex (2)
Osteoarthritis Turmeric Bosewallia C (6), Advanced Joint Complex (4), Cal-Mag Complex (1)
Osteoarthritis (V) Turmeric Bosewallia C (6), Cal-Mag Complex (3)
Osteoporosis (V) Calcium Complex (4), Cal-Mag Complex (4), D Complex (1)
Osteoporosis, Difficult Calcium Complex (4), Cal-Mag Complex (4), D Complex (2), Prosta-Support (2), plus an appropriate walking or other exercise program
Ovary Le Feminine Advantage (3-6) or Simply Ovary (3)

Palpitations Hematic Formula (1), Metabolic Thyro or Migratrol (3)
Palpitations (V) Vegetarian Thyro (4), Hematic Formula (1)
Pancreas Simply Pancreas (3), Vitamin-Mineral (2)
Pancreas (V) Pro-Enzymes (3), Vitamin-Mineral (2)

Pancreatic Fatigue Simply Pancreas (2 per meal)
Pancreatic Fatigue (V) Pro-Enzymes (2 per meal)
Panic Attacks Anxie-Tone (4), Restful Mind Support (2)
Panic Attacks (V) B Stress Complex (1), Vegetarian Tyrosine (3), Vegetarian Tryptophan (3), Vitamin-Mineral (1)
Parasites Digesti-Pan (6), Liva DeTox & Support (3), Para-Dysbio-Zyme (4, 2x between meals)
Parasites (V) Para-Dysbio-Zyme (3, 2 times between meals) or Vira-Bac-Yst (3, 3x between meals)
Parasites, Stubborn Arginase Bladder (6), Para-Dysbio-Zyme (3, 3 times between meals);); sometimes add Probio-Zyme-Yst (3)
Parasites, Stubborn (V): Biofilm Detox (6), Para-Dysbio-Zyme (3, 3 times between meals);); sometimes add Probio-Zyme-Yst (3)
Parathyroid Weak Parathyroid Plus (3-6)
Parkinson's Cal-Mag Complex (2), Migratrol (3), High Stress Adrenal (3), Serious Brain Enhancer (3), Anxie-Tone (6), Magnesium Complex (2)
Pineal Gland Restful Mind Support (3)
Pink Eye (Conjunctivitis) Conga-Immune (8), Zinc Complex (3)
Pituitary Pituitary EMG (3-6), Migratrol (3), Restful Mind Support (3), Serious Brain Enhancer (3),
Pituitary Stimulation Anxie-Tone (3), Restful Mind Support (3)
PMS Simply Thyroid (3)—one week per month, also Magnesium Complex (3)
Pneumonia, Bacterial Thymo-Immune (10+) (no milk, cheese, yogurt, ice cream), Vira-Chron (6), Vira-Bac-Yst (6)
Pollution Detox (V): C Complex (2), Detox-N-Cleanse (3), Herbal Antioxidant (2)
Poison Oak/Ivy Aller-Lung Support (6), Herbal Antioxidant (6), GB Support (4); in acute situations, repeat dosage several times per day
Poison Oak/Ivy (V) Aller-Lung Support (6), Herbal Antioxidant (6), C Complex (4); in acute situations, repeat dosage several times per day
Post Partum Depression Simply Uterus (3)—can/should be started one month prior to delivery
Pre-Natal (V) Calcium Complex (4), Magnesium Complex (4), Vitamin-Mineral (2), may also need Hematic Formula (1)
Pregnancy (V) Calcium Complex (4), Magnesium Complex (4), Vitamin-Mineral (2-3)
Progesterone Support Simply Uterus (4)
Prostate Prosta-Power (3), Selenium E (1), Zinc Complex (2)
Prostate, Swollen Benign Prosta-Power (4), Selenium E (1), Zinc Complex (2)
Protein Processing Digesti-Pan (6), Inflam-Enzymes (6)
Protein Processing (V) Pro-Enzymes (6), Inflam-Enzymes (6)
Psoriasis Digesti-Pan (6), Probio-Zyme-Yst (6), Thymo-Immune (3), Vira-Bac-Yst (6) (also avoid refined sugars)
Psoriasis (V) Probio-Zyme-Yst (6), Vira-Bac-Yst or Vira-Chron (6) (also avoid refined sugars)

Radiation Exposure, Chronic (V) Detox-N-Cleanse (3), Green Vegetable Alkalizer (3), Liva-Detox & Support (3)
Radiation Exposure, Mild (V) Detox-N-Cleanse (6 for two weeks), Green Vegetable Alkalizer (3)
Ramsay Hunt's Syndrome (V) Vira-Bac-Yst or Vira-Chron (12)
Rashes (V) Vira-Chron or Vira-Bac-Yst (3-6), Probio-Zyme-Yst (4) or Para-Dysbio-Zyme (4)
Raynoud's Cardio-Power (4), Metabolic Thyro (3), Vitamin-Mineral (1)
Raynoud's (V) Vegetarian Tyrosine (6), CoQ10-Cardio (3), Vitamin-Mineral (2)
RBC Low (V) Hematic Formula (2)
Renal Issues Uro-Kid Support (3-6) or Arginase Bladder (3-6)
Restive Leg Syndrome (V) Cal-Mag Complex (4), before bed
Restive Leg Syndrome, Stubborn Cal-Mag Complex (4), Magnesium Complex (3), Uro-Kid Support (2) – take all after dinner or right before bed
Restlessness Anxie-Tone (3), Restful Mind Support (3)
Rheumatism Advanced Joint Complex (6), Cal-Mag Complex (3), Herbal Antioxidant (2)
Rheumatism (V) Cal-Mag Complex (3), Inflam-Enzymes (6), Magnesium Complex (3)

Seasonal Affective Disorder Pituitary EMG (3), Restful Mind Support (3)
Sensory Concerns, Sight Complete Eye Health (1-3), Serious Brain Enhancer (1-3)
Sensory Concerns, Smell Complete Smell & Taste (1-3), Serious Brain Enhancer (1)

Sensory Concerns, Sound Complete Ear Health (1-3), Serious Brain Enhancer (1-3)
Sensory Concerns Taste Complete Smell & Taste (1-3), Serious Brain Enhancer (1)
Sensory Integration Concerns Complete Ear Health (1), Complete Eye Health (1), Complete Smell & Taste (1), Serious Brain Enhancer (2)
Sex Drive Poor, Female Libida-Life (3), Metabolic Thyro (3), Prosta-Power (3), Vitamin-Mineral (1)
Sex Drive Poor, Female (V) Libida-Life (3), Vegetarian Thyro (3), Vitamin-Mineral (2)
Sex Drive Poor, Male Prosta-Power (3-6), Simply Orchic (2), Libida-Life (3), Vitamin-Mineral (1), Zinc Complex (2)
Sex Drive Poor, Male (V) Libida-Life (6), Selenium E (2), Vitamin-Mineral (2), Zinc Complex (3)
Shingles Concerns (V) Vira-Bac-Yst (6), Vira-Chron (6)
Shoulder Complaints Advanced Joint Complex (4), Liva DeTox & Support (3), Magnesium Complex (2)
Shoulder Complaints (V) Inflam-Enzymes (6), Magnesium Complex (3)
Shoulders-inability to life arms above Liva-Detox & Support or Simply Liver (6)
Sinus Congestion, Acute (V) Aller-Lung Support (6), C Complex (suck on until dissolved, one at a time)
Sinus Congestion Aller-Lung Support (3), C Complex (3) (can suck on these), Vira-Bac-Yst (3), Thymo-Immune (3)
Sinus Congestion (V) Aller-Lung Support (3), C Complex (3), Probio-Zyme-Yst (3), Vira-Bac-Yst (6)
Skin, Dry Metabolic Thyro (3), Vitamin-Mineral (2), Zinc Complex (2)
Skin, Dry (V) Vegetarian Tyrosine (3), Vitamin-Mineral (2), Wheat Germ Oil E (1), Zinc Complex (2)
Skin Health A-C-P Complex (3), Advanced Joint Complex (3)
Stomach, Low Acid Nerve Chex B (6), Digesti-Pan (6)
Smell, Loss of Complete Smell & Taste (3)
Smell, Loss of (V) Vita-Mineral (1), Zinc Complex (2), Land and Sea Minerals (1)
Sleeplessness (V) Calcium Complex (3), Magnesium Complex (3) (take before bed)
Snoring Simply Liver (6) before bed
Snoring (V) Aller-Lung (6) before bed; also sucking on 1 C Complex when going to bed can be helpful
Sleeplessness, Female Hormonal Le Feminine Advantage (3), Simply Ovary (3) (take before bed)
Sore Throats (V) Zinc Complex (3)
Sore Throats, Bacterial Conga-Immune (6), Zinc Complex (2)
Sore Throats, Infectious (V) Vira-Bac-Yst (6), Zinc Complex (3)
Spider Bites Aller-Lung Support (3), Herbal Antioxidant (6), Liva DeTox & Support (3)
Spider Bites (V) Aller-Lung Support (3), Herbal Antioxidant (6)
Spleen Liva Detox & Support (3), Simply Spleen (3) or Spleen EMG (3)
Staph Concerns Thymo-Immune (6), Vira-Bac-Yst (3), Zinc Complex (1) (also avoid dairy); when stubborn consider also Thymus EMG (3-9), Intracellular Cough (6)
Staph Concerns (V) C Complex (6), Vira-Bac-Yst or Vira-Chron (8), Zinc Complex (2) (also avoid dairy)
Staph Concerns, Infants Simply Thymus (2) or Thymus EMG (2)
STDs Vira-Chron (4-9), Liva-Detox & Support (3), Thymo-Immune (3)
STDs (V) Vira-Chron (4-9)
Stiffness, General Advanced Joint Complex (4), Inflam-Enzymes (3), Liva DeTox & Support (1), Magnesium Complex (4) (consider reducing or eliminating caffeine)
Stiffness, General (V) C Complex (6), Inflam-Enzymes (2-6), Magnesium Complex (4) (consider reducing or eliminating caffeine)
Stomach Support Digesti-Pan (3-9)
Stomach Support (V) Pro-Enzymes (3-9)
Stroke, Family History Cardio-Power (1), Omega 3/EPA/DHA (2)
Stroke, Family History (V) CoQ10-Cardio (2), Wheat Germ Oil E (1), Choline Complex (1)
Strep Concerns Conga-Immune (8), Zinc Complex (3)
Strep Concerns (V) C Complex (6), Vira-Bac-Yst (6), Zinc Complex (6)
Stress High Stress Adrenal (3), Metabolic Thyro (3), Vitamin-Mineral (1)
Stress (V) B Stress Complex (1), Vegetarian Tryptophan (3), Vegetarian Tyrosine (2), Vegetarian Adrenal (2)
Stress Worsens Stomach/Digestion (V) Vegetarian Tyrosine (3), Probio-Zyme-Yst (6)
Stuttering Complete Ear (3), Anxie-Tone (2-6), Magnesium Complex (3), Inositol Complex (3), Advanced Joint Complex (2)
Stuttering (V) Anxie-Tone (6), Magnesium Complex (3), Inositol Complex (6), B Stress Complex (2)
Sugar Cravings Beetafood (3), Vitamin-Mineral (1)

Sugar Cravings (V) Gluco-Sugar-Balance (3), Vitamin-Mineral (1)
Surgery, One Month Prior (V) C Complex (3), Vitamin-Mineral (2), Zinc Complex (2)
Surgery, One Month After C Complex (2), Pro-Enzymes (3), Selenium E (2), Thymo-Immune (3)
Surgery, One Month After (V) C Complex (2), Pro-Enzymes (6), Selenium E (2)
Sweet Cravings Beetafood (3), Vitamin-Mineral (1)
Sweet Cravings (V) Gluco-Sugar-Balance (3), Vitamin-Mineral (1)
Sweating, Excessive Vegetarian Thyro (2), Migratrol (2) (also avoid allergens, like caffeine and dairy)
Sweating, Excessive (V) Vegetarian Thyro (3), (also avoid allergens, like caffeine and dairy)
Systolic Pressure, High Cal-Mag Complex (2), Metabolic Thyro (4), Uro-Kid Support (6)
Systolic Pressure High (V) Cal-Mag Complex (3), Magnesium Complex (3), Vitamin-Mineral
Systolic Pressure, Low Nerve Chex B (3), Cardio-Power (3)

Tailbone, Aches Advanced Joint Complex (6)
Tailbone, Aches (V) Inflam-Enzymes (3-6)
Taste in Mouth, Bad Digesti-Pan (3), Liva DeTox & Support (3)
Taste, Loss of Complete Smell & Taste (3)
Taste, Loss of (V) B Stress Complex (1), Zinc Complex (3), Land and Sea Minerals (2)
Teeth Grinding (Day) Inositol Complex (6), Magnesium (6)
Teeth Grinding (Night) Magnesium (6)
Teeth, Health Dento-Gums (3) –chew these, Vitamin-Mineral (2)
Testicle Simply Orchic (3), Prosta-Power (2-4)
Testicle, Swelling Simply Orchic (4), Prosta-Power (2-4), Uro-Kid Support (3)
Testosterone, Low Simply Orchic (6), Prosta-Power (2-4)
Thromobsis Advanced Joint Complex (2), Nattokinase (2-6)
Thromobsis (V) Nattokinase (2-6), Cholester-Right (1)
Thymus Thymo-Immune (6), Zinc Complex (2)
Thymus (V) C Complex (6), Vira-Bac-Yst (6), Zinc Complex (2)
Thyroid, Overactive Liva Detox & Support (3), Migratrol (2), Serious Brain Enhancer (2)
Thyroid Support, General Metabolic Thyro (3)
Thyroid Support, Over 40 Migratrol (3)
Thyroid Support, Over 66 Thyroid EMG (1-3)
Thyroid Support, T3 Liva Detox & Support (3), Migratrol (3), Thymo-Immune (2), Selenium e (1), Vitamin-Mineral (2)
Thyroid Support (V) Vegetarian Thyro (3), Vitamin-Mineral (2)
Tics Magnesium Complex (4), Metabolic Thyro (2)
Tics (V) Magnesium Complex (4)
Tinnitus Complete Ear Health (4), Aller-Lung Support (6)
Tinnitus (V) Aller-Lung Support (6), Magnesium Complex (3)
Toe Numbness (V) B Stress Complex (1), Vegetarian Tyrosine (3)
Tongue, Dry Complete Smell & Taste (3)
Tongue, Red/Cracked Nerve Chex B (3)
Tooth, Health Dento-Gums (3) –chew these, Vitamin-Mineral (2)
Toxic C Complex (3), Herbal Antioxiant (3), Liva Detox & Support (3)
Toxic (V) C Complex (3), Detox-N-Cleanse (3), Herbal Antioxiant (3), Probio-Zyme-Yst (6)
Trace Minerals, Low (V) Land and Sea Minerals (3), Vitamin-Mineral (3)
Tranquil Feeling Gone Anxie-Tone (3), Simply Hypothalamus (2) or Hypothalamus EMG (2)
Tranquil Feeling Gone (V) B Stress Complex (3), Inositol Complex (6), Vegetarian Tryptophan (2)
Tremors (V) Magnesium Complex (4), Cal-Mag Complex (2)
Triglycerides C Complex (2), Cholester-Right (2), Magnesium Complex (2), Metabolic Thyro (3), Vitamin-Mineral (1)
Triglycerides (V) Vegetarian Tyrosine (3), C Complex (2), Cholester-Right (2), Magnesium Complex (2), Vitamin-Mineral (1)

Unable to Gain Weight Pituitary EMG (3), Metabolic Thyro (3), Simply Hypothalamus (3) or Hypothalamus EMG (3)
Unable to Gain Weight (V) Vegetarian Thyro (3), Vitamin-Mineral (1)

Uric Acid High GB Support (6), Uro-Kid Support (3)
Urinary Tract Infections Arginase Bladder (9)
Urinary Tract Infections (V) Vira-Bac-Yst or Vira-Chron (9)
Urination Incomplete, Male Arginase Bladder (3), Prosta-Support (3), Uro-Kid Support (3)
Urination Incomplete, Female Arginase Bladder (3), Le Feminine Advantage (1), Uro-Kid Support (3)
Uterus Le Feminine Advantage (2), Simply Uterus (3)
Uterine Fibroids Le Feminine Advantage (3), Simply Uterus (3)

Vaginal Atrophy Le Feminine Advantage (5), Simply Uterus (2)
Vaginal Dryness Le Feminine Advantage (3), Omega 3/EPA/DHA (2), Simply Uterus (1)
Vaginal Dryness (V) Wheat Germ Oil E (3)
Vaginal Yeast Infection Probio-Zyme-YST (6)
Vegetable Consumption Low Green Vegetable Alkalizer (3), Metabolic Thyro (3)
Vegetable Consumption Low (V) Green Vegetable Alkalizer (3), Vegetarian Thyro (3)
Vegetarian Adrenal Support (V) C Complex (1), Vegetarian Adrenal (3)
Vegetarian Thyroid Support (V) Vegetarian Thyro (3)
Vertigo, Occasional Metabolic Thyro (3), Simply Adrenal (2)
Vertigo, Occasional (V) Vegetarian Adrenal (2), Vegetarian Thyro (2)
Vertigo, Severe Cardio-Power (3), Metabolic Thyro (3), High Stress Adrenal (2)
Viral Concerns (V) Vira-Bac-Yst (6)
Viral Concerns, Stubborn (V) Vira-Chron (6), Biofilm Detox (6)
Vitamin B Complex, Low (V) B Stress Complex (1-2)
Vitamin B-6, Low (V) Vitamin B-6, B-12, & Folate (2)
Vitamin B-12, Low (V) Vitamin B-6, B-12, & Folate (2)
Vitamin C, Low (V) C Complex (1-4)
Vitamin D, Low (V) D Complex (1-4)
Vitamin E, Low (V) Wheat Germ Oil E (1-2) or Selenium E (1-3)
Vitamin K, Low (V) Nattokinase (2-4), Vitamin-Mineral (4)

Walking Wounded Fatigue Thymo-Immune (6), Vira-Bac-Yst (2) {also avoid dairy}
Walking Wounded Fatigue (V) Vira-Bac-Yst (6) {also avoid dairy}
Warts Vira-Bac-YST (6), Vira-Chron (6) {results inconsistent}
Weight/Metabolism Gluco-Sugar-Balance (3), Green Vegetable Alkalizer (3), Metabolic Thyro (3), Restful Mind Support (1), Vitamin-Mineral (2) (also determine cause and make other appropriate recommendations)
Weight/Metabolism (V) Vegetarian Thyro (2), Gluco-Sugar-Balance (3), Green Vegetable Alkalizer (3), Vegetarian Thyro (3), Vegetarian Tryptophan (1), Vitamin-Mineral (2) (also determine cause and make other appropriate recommendations)
Worms Digesti-Pan (6), Liva DeTox & Support (3), Para-Dysbio-Zyme (4, 2x between meals); if stubborn, add Arginase Bladder (6)
Worms (V) Para-Dysbio-Zyme (3, 3 times between meals), Vira-Bac-Yst (3, 3x between meals)

Xrays (V) Detox-N-Cleanse (6 for two weeks)

Yeast Aspergillus GB Support (6), Thymo-Immune (6), Probio-Zyme-Yst (3), Vira-Bac-Yst (6) (also avoid refined sugars)
Yeast Infections Digesti-Pan (6), Probio-Zyme-Yst (3), Thymo-Immune (6), Vira-Bac-Yst (6) (also avoid refined sugars)
Yeast Infections, (V) Probio-Zyme-Yst (6), Vira-Chron (4), (also avoid refined sugars)

Zinc, Low (V) Zinc Complex (1-3)