

RONDA'S TOP 25 FOOD RESEARCH PROTOCOLS

If you're looking for alternative whole-food-based supplements, here are a few of my favorite protocols from Food Research compared with Standard Process. Notice the difference in pill count and total cost.

Upper Digestive Support

Sample SP Protocol	SP Dose Per Day	Cost Per Day
Digest Forte	3	\$2.35
Zypan	6	\$1.20
A-F Betafood	6	\$0.93

TOTAL PILL COUNT = 18 \$9.61

Sample FR Protocol	FR Dose Per Day	Cost Per Day
Digesti-Pan	3	\$1.10
GB Support	3	\$0.89

 **TOTAL PILL COUNT = 6  \$1.99**

Dysbiosis/Yeast

Sample SP Protocol	SP Dose Per Day	Cost Per Day
Lactic Acid Wafers	6	\$1.44
Berberine Active	4	\$3.63
Garlic Forte	2	\$1.26

TOTAL PILL COUNT = 12 \$6.33

Sample FR Protocol	FR Dose Per Day	Cost Per Day
Digesti-Pan	6	\$2.20
Probio-Zyme-YST	6	\$1.99
Thymo-Immune	6	\$1.99
Biofilm Detox*	3	[\$1.93]

 **TOTAL PILL COUNT = 18  \$6.18**

Parasites

Sample SP Protocol	SP Dose Per Day	Cost Per Day
Wormwood Complex	6	\$2.85
Zymex II	9	\$3.49
Artemisinin Forte	2	\$1.33
Stealth Pathogen Protocol*	varies	[varies]

TOTAL PILL COUNT = 17 \$7.67

Sample FR Protocol	FR Dose Per Day	Cost Per Day
Para-Dysbio-Zyme	9	\$2.97
Intestinal Support	3	\$1.20
Arginase Bladder	4	\$1.42

 **TOTAL PILL COUNT = 16  \$5.59**

*Optional

Prostate Support

Sample SP Protocol	SP Dose Per Day	Cost Per Day
ProstaCo	3	\$2.73
Prostate PMG	4	\$1.55
Calcium Lactate	6	\$1.39

TOTAL PILL COUNT = 13 \$5.67

Sample FR Protocol	FR Dose Per Day	Cost Per Day
Prosta-Power	3	\$0.96
Selenium E	1	\$0.37
Zinc Complex	2	\$0.53

 **TOTAL PILL COUNT = 6  \$1.86**

Stress

Sample SP Protocol	SP Dose Per Day	Cost Per Day
Ashwaganda Forte/	4	\$2.20
Ashwaganda Complex		
Drenamin	6	\$3.00
Trace Minerals	4	\$0.80
Cataplex B2**	4	\$0.66

TOTAL PILL COUNT = 18 \$6.66

Sample FR Protocol	FR Dose Per Day	Cost Per Day
High Stress Adrenal	3	\$1.43
Metabolic Thyro	3	\$0.87
Anxi-Tone*	3	[\$0.87]

 **TOTAL PILL COUNT = 9  \$2.30**

Arthritis

Sample SP Protocol	SP Dose Per Day	Cost Per Day
Ostarplex	9	\$3.69
Boswellia Complex	4	\$3.45
Tuna Omega 3 Oil	4	\$0.91
Betacol	4	\$1.17

TOTAL PILL COUNT = 21 \$9.22

Sample FR Protocol	FR Dose Per Day	Cost Per Day
Advanced Joint Complex	4	\$1.77
Cal-Mag Complex	2	\$0.71
Turmeric-Boswellia C	3	\$1.32

 **TOTAL PILL COUNT = 9  \$3.80**

*Optional

**Formerly Cataplex G

Urinary Tract Infection

Sample SP Protocol	SP Dose Per Day	Cost Per Day
UriCo	15 mL	\$8.15
Cranberry Complex	6	\$7.14
Arginex	9	\$3.24

TOTAL PILL COUNT = 15 \$18.53

Sample FR Protocol	FR Dose Per Day	Cost Per Day
Arginase Bladder	9	\$3.15
Thymo-Immune	3	\$0.99
Uro-Kid	3	\$0.87
Vira-Bac-Yst*	9	[\$2.49]

 **TOTAL PILL COUNT = 15**  **\$5.01**

Kidney Stones

Sample SP Protocol	SP Dose Per Day	Cost Per Day
Phosfood Liquid	40 drops	\$0.76
Arginex	9	\$3.24
Renatrophin PMG	6	\$1.73
Cataplex ACP	9	\$1.29

TOTAL PILL COUNT = 24 \$7.02

Sample FR Protocol	FR Dose Per Day	Cost Per Day
Simply Orchic	8	\$2.88
Omega 3 / EPA / DHA	4	\$1.91
Phosfood Drops (SP)	30	\$0.57
Uro-Kid	3	\$1.33

 **TOTAL PILL COUNT = 15**  **\$6.69**

Common Cold/Flu

Sample SP Protocol	SP Dose Per Day	Cost Per Day
Viranon	4	\$2.67
Congaplex	12	\$3.40
Andrographis Complex	4	\$3.60
Thymex	6	\$1.43

TOTAL PILL COUNT = 26 \$11.10

Sample FR Protocol	FR Dose Per Day	Cost Per Day
C Complex	6	\$2.26
Thymo-Immune	6	\$2.97
Vira-Bac-Yeast	6	\$1.74

 **TOTAL PILL COUNT = 18**  **\$6.97**

*Optional

Heavy Menstrual Bleeding

Sample SP Protocol	SP Dose Per Day	Cost Per Day
Capsella Complex	15 mL	\$9.46
Phytosynergist		
Ovex	6	\$2.60
Utrophin PMG	6	\$1.53

TOTAL PILL COUNT = 12 \$13.59

Sample FR Protocol	FR Dose Per Day	Cost Per Day
Metabolic Thyro	3	\$0.87
Simply Uterus	3	\$0.96

 **TOTAL PILL COUNT = 6**  **\$1.83**

Liver Detox

Sample SP Protocol	SP Dose Per Day	Cost Per Day
21-Day Purification (3 weeks)	19-30	\$13.47

TOTAL PILL COUNT = N/A \$13.47

Sample FR Protocol	FR Dose Per Day	Cost Per Day
Detox-n-Cleanse	3	\$1.06
Liva-DeTox & Support	3	\$1.06
Vitamin & Mineral Shake	1	\$7.49

TOTAL PILL COUNT = 7  **\$9.61**

Constipation

Sample SP Protocol	SP Dose Per Day	Cost Per Day
Colax	3	\$2.10
GI Stability	6	\$4.26

TOTAL PILL COUNT = 9 \$6.36

Sample FR Protocol	FR Dose Per Day	Cost Per Day
Digesti-Pan	3	\$1.08
GB Support	3	\$0.87
Metabolic Thyro	1	\$0.29
Magnesium Complex	4	\$1.46

 **TOTAL PILL COUNT = 11**  **\$3.70**

Decreased Libido, Female

Sample SP Protocol	SP Dose Per Day	Cost Per Day
Symplex F	6	\$1.30
Wheat Germ Oil	6	\$0.80
Rhodiola & Ginseng	3	\$2.75
Tribulus	3	\$4.76

TOTAL PILL COUNT = 18 \$9.61

Sample FR Protocol	FR Dose Per Day	Cost Per Day
Libida Life	6	\$2.16
Metabolic Thyro	3	\$0.87
Prosta-Power*	3	[\$0.96]

 **TOTAL PILL COUNT = 12**  **\$3.03**

Blood Sugar/Glucose Handling

Sample SP Protocol	SP Dose Per Day	Cost Per Day
Diaplex	6	\$1.82
Gymnema	6	\$3.90
Cataplex GTF	6	\$1.05
Metabol Complex*	6	\$5.46

TOTAL PILL COUNT = 24 \$12.23

Sample FR Protocol	FR Dose Per Day	Cost Per Day
Gluco-Sugar Balance	3	\$0.99
Simply Pancreas	3	\$1.09

 **TOTAL PILL COUNT = 6**  **\$2.08**

Gall Stones

Sample SP Protocol	SP Dose Per Day	Cost Per Day
A-F Betafood	12	\$1.86
Phosfood Liquid	90 drops	\$1.77
Choline	3	\$0.52

TOTAL PILL COUNT = 15 \$4.15

Sample FR Protocol	FR Dose Per Day	Cost Per Day
GB Support	6	\$1.74
Simply Orchic	3	\$1.08
Choline Complex	4	\$0.86

 **TOTAL PILL COUNT = 13**  **\$3.68**

*Optional

GI Flora Balance (per week)

Sample SP Protocol	SP Dose Per Day	Cost Per Week
-----------------------	--------------------	------------------

Zypan	6	\$8.40
Berberine Active (2 days)	4	\$7.26
Garlic Forte (2 days)	2	\$2.53
ProSynbiotic (5 days)	3	\$7.25
Lactic Acid Yeast (5 days)	4	\$4.80
GI Stability (5 days)	3	\$10.66

TOTAL PILL COUNT = 22 \$40.90

Sample FR Protocol	FR Dose Per Day	Cost Per Week
-----------------------	--------------------	------------------

Intestinal Support (2 days)	3	\$2.34
Detox-N-Cleanse (2 days)	3	\$2.10
Biofilm Detox (2 days)	3	\$3.84
Probio-Zyme-YST (5 days)	3	\$4.95
Vitamin & Mineral Shake*	1	[7.49]

↓ TOTAL PILL COUNT = 12 ↓ \$13.23

Hemorrhoids

Sample SP Protocol	SP Dose Per Day	Cost Per Day
-----------------------	--------------------	-----------------

Collinsonia Root	6	\$1.26
Vascular Care Complex	4	\$3.63

TOTAL PILL COUNT = 10 \$4.89

Sample FR Protocol	FR Dose Per Day	Cost Per Day
-----------------------	--------------------	-----------------

GB Support	3	\$0.87
Vascular Care Complex (SP)	4	\$3.63

↓ TOTAL PILL COUNT = 7 ↓ \$4.50

Thyroid Support, low T3

Sample SP Protocol	SP Dose Per Day	Cost Per Day
-----------------------	--------------------	-----------------

21-Day Purification	N/A	\$13.47
Cataplex E	6	\$1.43
Zinc Chelate	3	\$0.45
Cataplex B-Core	4	\$1.35

TOTAL PILL COUNT = 13 \$16.70

Sample FR Protocol	FR Dose Per Day	Cost Per Day
-----------------------	--------------------	-----------------

Migratrol	3	\$0.99
Liva Detox & Support	3	\$1.05
Selenium E	1	\$0.37
Thymo-Immune	2	\$0.66

↓ TOTAL PILL COUNT = 9 ↓ \$3.07

*Optional

Cardiovascular Health

Sample SP Protocol	SP Dose Per Day	Cost Per Day
Cardio Plus	6	\$1.23
Cardiotrophin PMG	6	\$1.60
Tuna Omega-3 Oil	4	\$0.92
Cataplex G	6	\$1.00

TOTAL PILL COUNT = 22 \$4.75

Sample FR Protocol	FR Dose Per Day	Cost Per Day
Cardio Power	3	\$0.89
B Stress	2	\$0.78
Simply Cardio	2	\$0.72
CoQ10 Cardio*	3	\$0.93

↓ TOTAL PILL COUNT = 10 ↓ \$3.32

Elevated Cholesterol

Sample SP Protocol	SP Dose Per Day	Cost Per Day
Cyruta	6	\$1.16
Soy Bean Lecithin	6	\$0.97
Betafood	6	\$1.23
Cholaplex	6	\$1.82

TOTAL PILL COUNT = 24 \$5.18

Sample FR Protocol	FR Dose Per Day	Cost Per Day
Cholester-Right	2	\$1.33
C Complex	2	\$0.74
Metabolic Thyro	3	\$0.87
Omega 3 / EPA / DHA***	3	[\$1.41]

↓ TOTAL PILL COUNT = 10 ↓ \$2.94

Hot Flashes

Sample SP Protocol	SP Dose Per Day	Cost Per Day
Wild Yam Complex	3	\$3.26
Tribulus	4	\$6.35
Drenamin	6	\$3.03

TOTAL PILL COUNT = 13 \$12.64

Sample FR Protocol	FR Dose Per Day	Cost Per Day
Feminine Advantage	3	\$0.99
Simply Uterus	3	\$1.08

↓ TOTAL PILL COUNT = 6 ↓ \$2.07

*Optional
***If triglycerides are high

Memory

Sample SP Protocol	SP Dose Per Day	Cost Per Day
Bacopa Complex	4	\$3.06
Ginkgo Forte	6	\$2.79
RNA	6	\$1.73

TOTAL PILL COUNT = 16 \$7.58

Sample FR Protocol	FR Dose Per Day	Cost Per Day
Serious Brain Enhancer	6	\$3.13
Omega 3/DHA/EPA	2	\$0.94
Simply Hypothalamus	2	\$0.72

 **TOTAL PILL COUNT = 10**  **\$4.79**

Insomnia

Sample SP Protocol	SP Dose Per Day	Cost Per Day
Kava Forte ⁺	2	\$2.77
Valerian Complex ⁺	3	\$2.70
E-Z Mg	6	\$1.88
Orchex	4	\$1.51

TOTAL PILL COUNT = 15 \$8.86

Sample FR Protocol	FR Dose Per Day	Cost Per Day
Land and Sea Minerals ⁺	3	\$0.05
Restless Mind ⁺	2	\$0.86
Simply Ovary (females); 2 before bed	2	\$0.72

 **TOTAL PILL COUNT = 7**  **\$1.63**

COVID Recovery

Sample SP Protocol	SP Dose Per Day	Cost Per Day
Viranon	4	\$2.67
Pneumotrophin PMG	6	\$1.53
Echinacea	3	\$3.37
Rhodiola Ginseng	3	\$2.72

TOTAL PILL COUNT = 16 \$10.29

Sample FR Protocol	FR Dose Per Day	Cost Per Day
Nattokinase	3	\$1.35
Intracellular Cough	3	\$1.33
Simply Lung	3	\$1.08
Complete Smell & Taste	3	\$1.20

 **TOTAL PILL COUNT = 12**  **\$4.96**

⁺Taken 1 hr before bed

Erectile Dysfunction

Sample SP Protocol	SP Dose Per Day	Cost Per Day
Symplex M	6	\$1.37
Tongkat-Ali	2	\$2.65
Prost-X	4	\$1.20
Ginkgo Forte	3	\$1.40

TOTAL PILL COUNT = 15 \$6.62

Sample FR Protocol	FR Dose Per Day	Cost Per Day
Prosta-Power	9	\$2.88
Simply Orchic	2	\$0.72
Zinc Complex	2	\$0.52

↓ TOTAL PILL COUNT = 13 ↓ \$4.12

And there you have it!

Only you know what is best for your patients to fit their lifestyle and budget, so I hope this resource helps you make informed decisions when it comes to choosing Standard Process or Food Research products.

If you'd like even more clinical protocols, concise clinical trainings, "ready-to-use" resources, and a community of other like-minded practitioners, join me inside [Clinical Academy!](#)

Ronda Nelson

www.rondanelson.com

Call: 530.245.0880

Email: support@rondanelson.com

