

INDICATION	PRODUCT	ADULT DOSE	TIME TO CLINICAL BENEFIT	CLINICAL NOTES
ENVELOPED VIRAL INFECTION-HERPES, CHICKEN POX, SHINGLES, HEPATITIS, POOR SLEEP REGULATION, ANXIETY, MOOD, NEURALGIA	ST. JOHN'S WORT	2 tab tid	180 min for neuropathic pain, 4 wks min for low mood.	CI - check interactions list (never give with MAOIs, SSRI, SNRI, OCPs) Acute use should slow viral replication and speed healing
MUCOUS MEMBRANE LAXITY & ISSUES, SINUSITIS	GOLDENSEAL	2 - 3 tabs (6 tabs max)	6 wks min	CI - pregnancy Monitor w/ midazolam Add in probiotics after 8wks use
GASTRITIS, BOWEL FLORA, H. PYLORI		2 tabs bid	6 - 10 wks	
ACUTE INFECTION		2 tab tid	10 d	
BOWEL FLORA, CANDIDA, CHOLESTEROL, HYPERTENSION	GARLIC	2 tabs	6 - 10 wks min	Monitor w/ blood thinners, HIV protease inhibitors
ACUTE INFECTION, H. PYLORI		2 tabs bid	7 - 10 days H. pylori - 3 mo min	
INFECTION PREVENTION	ECHINACEA PREMIUM	1 tab bid	Sept - April	CI - Asteraceae/Compositae/Daisy family (ragweed) allergy
ACUTE INFECTION		2 tab tid - qid	3 - 4 d	
AUTOIMMUNE, CHRONIC INFECTION		1 tab bid-tid	3 mo min	
ACUTE + CHRONIC INFECTION	ANDROGRAPHIS COMPLEX	2 tab qid	7 - 10 d	CI - Asteraceae/Compositae/Daisy family (ragweed) allergy, pregnancy
POST-INFECTION TO SUPPORT CONVALESCENCE FIBROMYALGIA, CHRONIC FATIGUE	ASTRAGALUS COMPLEX	1 tab bid tid	For ongoing support, take min of 2 mo	CI - acute infxn, Asteraceae/Compositae/Daisy family (ragweed) allergy Especially for cold and flu Sept-Apr

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AUTOIMMUNE, HYPORESPONSIVE ADRENALS; - FLARE/ACUTE	REHMANNIA COMPLEX	3 tabs bid	Relief in 2mo use, but takes 6-9mo to ↓ Abs	CI - Asteraceae/Compositae/Daisy family (ragweed) allergy
AUTOIMMUNE, PAIN, CHRONIC FATIGUE, FIBROMYALGIA - CHRONIC		2 tabs bid (maintenance: 1 tid)		
INFLAMMATION ANYWHERE (E.G. BOWEL OR JOINTS OR LUNGS), AUTOIMMUNE INFLAMMATION, GOUT PREVENTION	BOSWELLIA COMPLEX	2 - 3 tabs bid with food (maintenance 1 tab tid)	2mo, then lower to maintenance dose for 4 - 6mo	CI - ulcers, bile obstruction, nifedipine use Monitor w/ thyroxine, antacids, blood thinners, talinlol
LACK OF APPETITE, DYSPEPSIA, FLATULENCE, CONSTIPATION, GB STONES, CHOLECYSTITIS, OBESITY, METABOLIC SYNDROME	DIGEST FORTE	1 tab 15min pre-meal for dyspepsia, 1 tab post meal for GERD	For GI symptoms can be used prn, for metabolic symptoms 1 month min	CI - ulcers, bile obstruction, Asteraceae/Compositae/Daisy family (ragweed) allergy, pregnancy
POOR CIRCULATION, OXIDATIVE STRESS AND INFLAMMATION, HIGH BLOOD VISCOSITY.	GINKGO BILOBA	1 tab bid	6 wks min to see improvement	Caution with several drugs (anticonvulsants, antipsychotics, antiretrovirals, nifedipine, statins, etc). Increase B6 with anticonvulsants. Antipsychotics & Hypoglycemics may require possible dose reduction. Contraindicated in high doses of nifedipine.
HEAVY TOXIC LOAD, LOW PERFORMANCE & ENERGY, SORE MUSCLES, PAIN, LOW MELATONIN LEVELS, BLOOD SUGAR REGULATION ISSUES	MAGNESIUM SRT	2 tabs bid	8 hours	Monitor levels if poor renal function, pregnancy (Class D*), and neuromuscular disease (i.e. myasthenia gravis).

*** Category D:**

There is positive evidence of human fetal risk based on adverse reaction data from investigational or marketing experience or studies in humans, but potential benefits may warrant use of the drug in pregnant women despite potential risks.