

PROMEDICS BOTANICAL BOOTCAMP

DR SAUNDERS' HERBAL ESSENTIALS

INDICATION	PRODUCT	ADULT DOSE	TIME TO CLINICAL BENEFIT	CLINICAL NOTES
MEMORY LOSS, COGNITIVE DECLINE, VASCULAR DEMENTIA, PAD, & ALZHEIMER'S	GINKGO FORTE	1 - 3 tabs bid	2 mo min for vascular effects	CI with products that affect blood coagulation (eg blood thinners, clotting factor replacements, acetylsalicylic acid, ibuprofen fish oils, vitamin E) as this may increase the risk of spontaneous bleeding
DM	SILYMARIN	2 tabs bid	4 - 5 mo	Take away from iron supplements
HEPATITIS, NAFLD, CHEMICAL EXPOSURE, DYSPEPSIA, GB ISSUE & STONE PREVENTION, HEPATOPROTECTIVE, IRON CHELATION, HIGH LV ENZYMES & CHOLESTEROL		2 - 4 tabs qd	2 mo min (up to 3mo with hypercholesterolemia)	
HYPERTENSION	HAWTHORN 1:2	5 - 7 ml qd	1 wk	Caution with Digitalis, digoxin, thiamine, alkaloids meds
ANGINA PECTORIS			3 wks	
CONGESTIVE HEART FAILURE		2 - 7 ml qd	1 mo min and up to 4 mo	
ARRYTHMIA, MITRAL REGURGITATION, VIRAL MYOCARDITIS, & HYPERCHOLESTEROLEMIA		3 - 7 mls qd	1 wk - 1 mo	
HYPERPROLACTINEMIA	CHASTE TREE TABLET OR 1:2 LIQUID	2 tabs bid (4ml)	1 mo, then decrease dose	Complimentary formulas: Withania Complex or AdrenoCo
PMS		2 tabs bid (4ml)	3 - 6 mo	May aggravate primary spasmodic dysmenorrhea in the absence of other PMS sxs (Use FemCo instead)
FERTILITY - LOW PROGESTERONE		2 tabs (2ml) qd	Until pregnant	CI - OCP
PCOS - TO DECREASE ANDROGENS		2-5 tabs (2 - 5ml) qd	6 mo	
INSOMNIA		2-5 tabs (2 - 5ml) qd	4 wks (takes 2 wks to regulate melatonin)	
ACNE		3-4 tabs (3 - 4ml) qd	3 mo	
PREVENTION AND ACUTE INFECTION (FUNGAL, BACTERIAL, PARASITIC)	GRAPEFRUIT SEED EXTRACT	GSE Liquid - 10 drops qd - tid	2 - 4wks	Caution: may affect CYP3A4 pathway
		Tablet or Capsules - 2 caps/tabs qd - qid	2 - 4wks	