

INDICATION	PRODUCT	DOSE	TIME TO CLINICAL BENEFIT	CLINICAL NOTES
INFLAMMATION ANYWHERE (E.G. BOWEL OR JOINTS OR LUNGS), GOUT PREVENTION	BOSWELLIA COMPLEX	2 - 3 tabs bid with food (maintenance 1 tab tid)	2mo min	CI - ulcers, bile obstruction, nifedipine use Monitor w/ thyroxine, antacids, blood thinners, talinolol
BOWEL FLORA, CANDIDA, CHOLESTEROL, HYPERTENSION	GARLIC	2 tabs bid	6 week min	Monitor w/ blood thinners, HIV protease inhibitors
ACUTE COLDS, H. PYLORI		2 tabs bid	7 - 10d H. pylori - 3 mo min	
MUCUS MEMBRANE LAXITY & ISSUES, SINUSITIS	GOLDEN SEAL	2 - 3 tabs (6 tabs max)	7-10 days	CI - pregnancy and lactation
GASTRITIS, BOWEL FLORA, H. PYLORI		2 tabs bid	6-10 wks	Monitor w/ midazolam
ACUTE INFECTIONS		2 tabs tid	10 d (until bottle finishes)	Add in probiotics after 8wks use
GASTRITIS, CONSTIPATION, BOWEL FLORA ISSUES, DIARRHEA	SLIPPERY ELM CAPSULES	2 caps 2 - 5x/d with ++ H2O	6 weeks min to impact bowel flora	CI - intestinal obstruction, take away from meds
BOWEL FLORA, CAPILLARY AND EYE SUPPORT, CELLULAR ANTIOXIDANT, CANCER PREVENTION, ALLERGIES, HYPERCHOLESTEROLEMIA	VITANOX	2 - 3 tabs with food	2-3 month minimum	CI - sunitinib Caution with talinolol and folate (monitor)

Weed + Feed Protocol: Weekdays (Slippery Elm 3 - 4 caps tid + lots of water & Vitanox 2 - 3 tabs) & Weekends (Golden seal 2 tabs bid & Garlic 2 tabs bid) for 6 - 10 cycles

PROMEDICS BOTANICAL BOOTCAMP GI SUPPORT

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
INFLAMMATORY BOWEL DISEASE, INFLAMMATION (CHRONIC OR ACUTE), RHEUMATOID ARTHRITIS, NEUROLOGICAL PROTECTION & SPORTS INJURY	BCQ	Acute: 3 caps tid - qid with food Maintenance: 2 - 3 caps qd - bid with food	1 mo ongoing	good alternative for Boswellia Complex potential blood thinning effect
INTESTINAL PERMEABILITY, CHEMOTHERAPY-ASSOCIATED GASTRITIS AND DIARRHEA, NSAID OR ANTIBIOTIC-ASSOCIATED DIARRHEA, & GASTRIC OR DUODENAL ULCERS	GI REPAIR	Acute: 2 - 4 caps bid - tid Maintenance: 2 caps qd - bid with food	1 wk 3 - 6mo	possible CI with immunosuppressive meds as Larch may increase immune function

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