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Nutritional Support for Allergies

The purpose of this protocol is to help prevent and alleviate acute and chronic allergy symptoms, accelerate the rate of recovery and inhibit secondary infections. This regimen complements homeopathic medicine and other integrative CAM therapies very well.

- 1) **Allergy Modulator with Tinofend**: 1 to 2 capsule(s) twice daily.
- 2) **Aller-7**: 2 capsules twice daily with meals for 6 to 12 weeks, then 1 capsule twice daily.
- 3) **C-1000 Plus**: 2 to 3 capsules twice daily for prevention, and 1 to 2 capsule(s) every 2 hours with 4 ounces of pure water for acute care of allergies.
- 4) **QB-Zyme Pro**: 2 to 3 vegi-caps 2, 3 or 4 times daily for prevention, and increase to every 3 to 4 hours for acute care of allergies.
- 5) **Toco-Q**: 1 to 2 softgel(s) every morning.
- 6) **Pantothenic 500 mg**: 1 capsule twice daily for prevention, and acute relief of nasal and sinus congestion.
- 7) **Pro-Antho Forte**: 1 to 2 capsule(s) twice daily.
- 8) **Superba Krill Oil**: 1 to 2 capsule(s) twice daily.
- 9) **ProBoost Thymic Protein A 4 mcg**: 1 packet dissolved under tongue once or twice daily.
- 10) **Bio-FCTS**: 1 to 2 capsule(s) once or twice daily for prevention of allergies.
- 11) **Bio-C Plus 1000**: 2 to 3 tablets twice daily for prevention, and 1 to 2 tablet(s) every 2 hours with 4 ounces of pure water for acute care of allergies.
- 12) **HistoPlex-AB**: 2 capsules twice daily for balancing immune response and calming allergic inflammation.
- 13) **Mucolyxir**: 2 drops under the tongue every 15 minutes for 4 doses, then 2 drops every 1 to 2 hours for acute care and 2 drops under tongue 2, 3 or 4 times daily for prevention of allergies.
- 14) **ImmunoBerry Liquid** (#IBL4Z): 1 ml. (35 drops) on tongue twice daily for prevention, and four times daily for acute care of allergies.
- 15) **XLEAR nasal spray**: 2 sprays in each nostril four or more times daily for prevention, and increase to every ½ hour for acute care of allergies.

Children's dosage: give ½ of the above recommended adult dosages.

Resources:

- ❖ Obtain above nutraceutical agents #1 through #9 from **PGL** at (800) 527-9512, use #7876 to order.
- ❖ Obtain above nutraceutical agents #10 through #12 from **Biotics Research** at (800) 524-5183, use #VA1896 to order.
- ❖ Obtain above nutraceutical agents #13 through #15 from **Emerson Ecologics** at (800) 654-4432, state Dr. Fleisher's name to place order.