

Summary of Supplement Recommendations- Fundamentals

The contents contained here within are based upon the opinions and research of Bruce Bond DC, unless otherwise noted.

Please be advised that any nutritional information or dietary advice is not intended as treatment or therapy for any disease or particular bodily symptom.

Nutritional counseling, food recommendations, nutritional advice, and vitamin, mineral, and/or phytochemical support is provided solely to upgrade the quality of foods in the patient's diet in order to support the physiological and bio-mechanical processes of the human body.

I make no warranties or representations, expressed or implied, as to the accuracy or completeness, timeliness or usefulness of any opinions, advice, or other information contained or referenced in this material. I also do not assume any risk for your use of this information.

Any statements made have not been evaluated by the Food and Drug Administration.

The following are simply recommendations. Clinicians should always recommend what they feel is in their patient's best interest and depending on the case products may have to be removed or added to what is listed.

Catalyn® (Whole Food Based Multivitamin)

Catalyn was the first product developed by Dr. Royal Lee in 1929. The production of this multivitamin also marked the beginning of the company which is now known as Standard Process Inc. Dr. Lee spent many years researching a whole food based supplement, using vitamins and minerals in their natural state, as parts of a whole food complex. Dr. Lee knew there was a need for Catalyn because of the modern diet and over consumption of processed and nutritionally deficient foods.

The reason for considering Catalyn is to ensure that the baseline nutritional status of the patient is adequate for optimal health. For example, let's assume you were giving adrenal gland support and utilizing only the products under the primary support in the adrenal section. The patient may now have excellent adrenal support and the glands may be functioning better, but what about the nutritional status of the other organs? Perhaps there is some missing nutrient(s) not supplied by the adrenal support, or by the patient's diet. Catalyn is the best general support available. With its known micronutrients only found in whole food complexes, Catalyn is truly the complete multivitamin. By providing your patients with Catalyn and the

essential fatty acids (essential because the body cannot manufacture them) found in other products like Tuna Omega-3 Oil, you can be sure your patient has the best chance for a positive clinical response.

Think of Catalyn as the catalyst of healing. Like any catalyst, it promotes a normal process that might otherwise move ahead at a much slower pace.

Essential Fatty Acids:

- Tuna Omega-3 Oil: 4/day or Calamari Omega-3 Liquid: 1 tsp/day
- Black Currant Seed Oil: 2/day
- Note: I always recommended the above two products as a default with my patients

Liver Support (90 day protocol)

- Livaplex®: 6/day
- Cruciferous Complete™: 3/day
- Garlic: 2/day
- Spanish Black Radish: 3/day
- Silymarin (MediHerb): 3/day
- Consider Cataplex® A-C-P: 6/day

Gastrointestinal Support (6 month protocol)

- Cataplex® A-C-P: 6/day
- Chlorophyll Complex™: 2/day
- Dermatrophin PMG®: 3/day
- Gastro-Fiber®: 3 capsules, 2x/day
- Enzycore: 6/day
- ProSynbiotic: 3/day

Indigestion

- Zypan: 2/meal (contraindicated with gastric ulcer). For those with a gastric ulcer consider Enzycore 2/meal
- Enzycore: Consider using with those on proton pump inhibitors or histamine blockers

Bile Production (minimum 90 days)

- A-F Betafood®: 6/day with Choline: 3/day

Enteral Challenges

- Wormwood Complex (MediHerb): 2/meal, 2x/day
- OPC Synergy®: 1/meal along with the Wormwood Complex for a total of 2/day
- Golden Seal 500mg (MediHerb): 1 tablet, 2x/day
- Garlic 5000mg (MediHerb): 2-3/day
- ProSynbiotic: 3/day
- Gastro-Fiber®: 3 capsules, 2x/day (In some patients, psyllium may cause constipation. If this occurs, switch to Whole Food Fiber 2 scoops 2x/day in a glass of juice or in a smoothie.)

General Endocrine Support with Thyroid and Adrenal (90 day minimum)

- Symplex® F or Symplex® M: 3-6/day
 - Consider Hypothalamus PMG® 3/day along with Symplex F or Symplex M
- Adrenal *Desiccated* 3/day for 90 days then Drenamin® 6/day for nine months
- Trace Minerals-B₁₂™: 3/day
- Cataplex® E: 6/day
- Check zinc status as discussed with Zinc Test™: If positive, then Zinc Liver Chelate™ 3/day. Check every 30 days. Once Zinc Test is negative, continue with Trace Minerals-B₁₂ 3/day.

Adrenal Gland

- Adrenal *Desiccated* 3/day for 90 days then Drenamin 6/day for nine months

Thyroid Support

- Symplex F or Symplex M: 3-6/day
 - *Consider Hypothalamus PMG 3/day along with Symplex F or Symplex M
- Trace Minerals-B₁₂: 3/day
- Cataplex E: 6/day
- Check zinc status as discussed with Zinc Test: If positive, then Zinc Liver Chelate 3/day. Check every 30 days. Once Zinc Test is negative, continue with Trace Minerals-B₁₂ 3/day.

Pancreas and Glucose Handling

- Pancreatrophin PMG®: 3/day or Paraplex®: 6/day
- Cataplex® B: 6/day or Cellular Vitality: 6/day
- Cataplex® GTF: 3/day
- Cataplex A-C-P: 6/day
- Gymnema 4g (MediHerb): 3/day

Prebiotic (i.e., soluble and insoluble fiber)

- Gastro-Fiber: 2/meal (In some patients, psyllium may cause constipation. If this occurs, switch to Whole Food Fiber 2 scoops 2x/day in a glass of juice or in a smoothie.)
- Whole Food Fiber: 2 scoops/serving

Probiotic

- ProSynbiotic: 1/meal = 3/day

Premenstrual Syndrome

- Chaste Tree (MediHerb): 2 in a.m. (If on hormones of any type, use Ovex®: 6/day instead)
- Symplex F: 6/day
- Black Currant Seed Oil: 2/day
- Tuna Omega-3 Oil: 4/day or Calamari Omega-3 Liquid: 1 tsp/day
- Protocol is for six months. After six months, reduce to one Chaste Tree and keep all else the same. Continue for another six months (Note: if any symptoms worsen after reducing to one Chaste Tree resume dosage of 2/day.) After one year, stop Chaste Tree and Symplex F. If symptoms should return then resume full protocol until completely in menopause.

Premenstrual Syndrome (i.e., cycling, with hot flashes)

- Chaste Tree: 2 in a.m. (If on hormones of any type, use Ovex: 6/day instead)
- Symplex F: 6/day
- Black Currant Seed Oil: 2/day
- Tuna Omega-3 Oil: 4/day or Calamari Omega-3 Liquid: 1 tsp/day
- Tribulus (MediHerb): 4/day. As hot flashes subside, reduce by one tablet every 30 days. The goal is to find the minimum amount of Tribulus needed to keep symptoms to a minimum.
- Adrenal *Desiccated* 3/day for 90 days then Drenamin 6/day for nine months
- The protocol can be used until she is in true menopause at which time stop the Chaste Tree.

Hot Flashes (but not cycling)

- Symplex F: 6/day
- Black Currant Seed Oil: 2/day
- Tuna Omega-3 Oil: 4/day or Calamari Omega-3 Liquid: 1tsp/day
- Tribulus (MediHerb): 4/day. As hot flashes subside, reduce by one tablet every 30 days. The goal is to find the minimum amount of Tribulus needed to keep symptoms to a minimum.

- Adrenal *Desiccated* 3/day for 90 days then Drenamin 6/day for nine months
- Protocol may be needed for quite some time.

Menstrual Cramping

- Cramplex (MediHerb): 2 tablets, 4x/day. Once cramps subside, stop taking and resume next month on an as needed basis.
- Note: Cramplex can be used along with the PMS protocol as the case dictates.

Musculoskeletal Support Including Disc, Ligament, Cartilage, Meniscus

- Glucosamine Synergy®: 3/day
- Ligaplex® I: 3/day
- Boswellia Complex (MediHerb): 3- 4/day (Use if indicated for post-exercise related pain and natural inflammatory response.)
- Consider Collagen C™, 3/day for additional vitamin C to support collagen synthesis
- Protocol usage minimum of 90 days, however; can be used long-term.

Circulation

- Cyruta®: 6/day
- Garlic: 2/day
- Cayenne Pepper: 3/day
- Horsechestnut Complex (MediHerb): 3/day
- Minimum 90 days, but duration on protocol will depend on each particular case.

Acute Immune Support

- Andrographis Complex (MediHerb): 2 tablets, 4x/day (may need two bottles) for an immune tonic (i.e., stimulates immune function) and/or
- Congaplex®: 6 capsules, 3x/day, finish bottle. This feeds vs. stimulates the immune system during the acute phase.

General Overall Immune Support (i.e., multivitamin for the immune system)

- Immuplex®: 6/day

Pregnancy (General Support)

- Catalyn: 6/day
- Folic Acid B₁₂: 3/day
- Calcium Lactate: 12/day
- Trace Minerals-B₁₂: 3/day
- Cruciferous Complete: 3/day
- Ferrofood®: 3/day
- Tuna Omega-3 Oil: 4/day or Calamari Omega-3 Liquid: 1 tsp/day
- Cellular Vitality: 3-6/day

Morning Sickness

- Phosfood® Liquid: 30 drops in water. Repeat if not better in 45 minutes

Immune Bolstering

- **Bone (90 days)**
 - Calcifood® (Wafers): 6/day
 - Ostrophin PMG®: 3/day
 - Sesame Seed Oil: 2/day

- Cataplex A-C-P: 6/day
 - Tuna Omega-3 Oil: 4/day or Calamari Omega-3 Liquid: 1 tsp/day
 - Black Currant Seed Oil: 2/day
- **Thymus (90 days)**
 - Thymus PMG®: 3/day
 - Cataplex A-C-P: 6/day
 - Trace Minerals-B₁₂: 3/day
 - Check zinc status as discussed with Zinc Test: If positive, then Zinc Liver Chelate 3/day. Check every 30 days. Once Zinc Test is negative, continue with Trace Minerals-B₁₂, 3/day
 - Cataplex E: 6/day
 - Tuna Omega-3 Oil: 4/day or Calamari Omega-3 Liquid: 1 tsp/day
 - Black Currant Seed Oil: 2/day
- **Spleen (90 days)**
 - Spleen *Desiccated* : 3/day
 - Spleen PMG®: 3-6/day
 - Immuplex: 6/day
 - Cataplex A-C-P: 6/day
 - Tuna Omega-3 Oil: 4/day or Calamari Omega-3 Liquid: 1tsp/day
 - Black Currant Seed Oil: 2/day

Attention and Focus (minimum 4-6 months)

- Catalyn: 6/day
- Tuna Omega-3 Oil: 4/day or Calamari Omega-3 Liquid: 1 tsp/day
- Symplex F or Symplex M: 3/day
- OPC Synergy: 2/day

Heart Support

- Cardio-Plus®: 6/day
- Vasculin®: 6/day
- Magnesium Lactate: 3/day
- Tuna Omega-3 Oil: 4/day or Calamari Omega-3 Liquid: 1 tsp/day
- Black Currant Seed Oil: 2/day
- Hawthorn (MediHerb): 2-4/day
- Consider Ginkgo Synergy®, but check cautions and contraindications

Renal Support

- Albaplex®: 6/day
- Renafood®: 6-9/day
- Cataplex A-C-P: 6/day
- Tuna Omega-3 Oil: 4/day or Calamari Omega-3 Liquid: 1tsp/day
- Black Currant Seed Oil: 2/day

Urinary Function

- Urico Phytosynergist® (MediHerb): 5ml,3xday, finish bottle
or
- Cranberry Complex (MediHerb): 6-8day in acute situation, 3/day maintenance

Lung Support – General

- Allerplex®: 6-9/day
- Cataplex A-C-P: 6/day
- Fen-Gre®: 3 capsules, 2x/day with a glass of water for additional thinning of natural mucus function secretions