

Para-Gard® Protocol – Phase 1 (Weeks 1-2)*

Protocols

www.itiprotocols.integrativeinc.com

Product & Ingredient	Dosage	Features	Reference
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Para-Gard may be used alone or in combination with other supportive measures depending on the degree of intestinal support required. When comprehensive support for intestinal defense is required, the following two-phase protocol should be utilized.*

Phase I – Rebuild & Restore (Weeks 1-2): Provides nutrients to help protect and rebuild intestinal mucosa, enhance gut barrier function and optimize intestinal permeability, and promote a healthy balance of microflora.*

Phase II – Defend & Re-establish (Weeks 3-5): Includes nutrients that exhibit activity against a variety of intestinal organisms, enhance healthy hepatic function, promote effective detoxification of microbial byproducts, and restore healthy intestinal flora balance.*

Include **Similase®** enzymes listed in the “**Optimal Digestion and Absorption**” category, and add the following:

<p>Permeability Factors™ dietary supplement 136013 – 90 softgels</p> <p>L-Glutamine NAG (N-acetyl-D-glucosamine) Gamma-Oryzanol Phosphatidylcholine Gamma-Linolenic Acid (GLA)</p>	<p>Take 2 softgels three times daily with or between meals.</p> <p>Two softgels contain: 500 mg 250 mg</p> <p>66 mg 56 mg 133 mg</p>	<ul style="list-style-type: none"> • Promotes healthy intestinal permeability*^{1,2} • Provides “targeted” nutritional support of gastrointestinal health and normal barrier function of the intestinal mucosa*^{3,4} 	<ol style="list-style-type: none"> 1. Foitzik T, et al. Glutamine stabilized intestinal permeability and reduces pancreatic infection in acute experimental pancreatitis. <i>J Gastrointest Surg.</i> 1997 Jan;1(1):40-47. 2. Usami M, et al. Effect of gamma-linolenic acid or docosahexaenoic acid on tight junction permeability in intestinal monolayer cells and their mechanism by protein kinase C activation an/or eicosanoid formation. <i>Nutrition.</i> 2003 Feb;19(2):150-6. 3. Fabia R, et al. Effects of phosphatidylcholine and phosphatidylinositol on acetic acid induced colitis in the rat. <i>Digestion.</i> 1992;53(1-2):35-44. 4. Minakuchi C, et al. Clinical effectiveness of gamma-oryzanol on gastric system complaints. <i>Shinyaku to Rinsho.</i> 1976;25(10):29.
<p>Oxyperm™ dietary supplement 236008 – 90 capsules</p> <p>Quercetin NAC (N-acetyl-cysteine) Ginkgo biloba (24% ginkgoflavone-glycosides)</p>	<p>Take 2 capsules three times daily with meals.</p> <p>Two capsules contain: 267 mg 100 mg</p> <p>28 mg</p>	<ul style="list-style-type: none"> • “Targeted” antioxidant support for the intestinal mucosa*¹⁻³ • Promotes normal mast cell function in the intestinal mucosa*² • Helps replenish intracellular glutathione in the intestinal mucosa*¹ 	<ol style="list-style-type: none"> 1. Sun Z, et al. Gut barrier permeability, reticuloendothelial system function and protease inhibitor levels following intestinal ischaemia and reperfusion – effects of pretreatment with N-acetyl-L-cysteine and indomethacin. <i>Dig Liver Dis.</i> 2002 Aug;34(8):560-9. 2. Szabo A, et al. Mucosal permeability changes during intestinal reperfusion injury. The role of mast cells. <i>Acta Chir Hung.</i> 1997;36(1-4):334-6. 3. Otamiri T, et al. Ginkgo biloba extract prevents mucosal damage associated with small intestinal ischaemia. <i>Scand J Gastroenterol.</i> 1989 Aug;24(6):666-70.



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<p>Probiotic Pearls™ active cultures 136001 – 30 pearls 136002 – 90 pearls</p> <p>Stable, Gastric-Protected Probiotic Blend of: <i>Lactobacillus acidophilus</i> and <i>Bifidobacterium longum</i></p>	<p>Take 1-2 Pearl capsules daily, with water. May be taken with or without food. Each Pearl capsule contains: 1 billion CFU</p>	<ul style="list-style-type: none"> Increases healthy intestinal flora* 1-3 Patented “True Delivery” system Delivers up to 900% more intact microflora to the intestine than leading competitors*2 Unique form; easy to swallow Shelf-stable – no need to refrigerate 	<ol style="list-style-type: none"> Goossens D, et al. Probiotics in gastroenterology: indications and future perspectives. <i>Scand J Gastroenterol Suppl.</i> 2003(239):15-23. Probiotic Comparison Testing. Unpublished data. June 3, 2002.† Fleming T, ed. Probiotics. In: <i>PDR for Nutritional Supplements</i>. Montvale, NJ: Medical Economics Company; 2001:381.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Para-Gard® Protocol – Phase 2 (Weeks 3-5)*

Protocols

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Product & Ingredient	Dosage	Features	Reference
Include Similase® enzymes listed in the “ Optimal Digestion and Absorption ” category, and add the following:			
Para-Gard® dietary supplement 136008 – 60 UltraCaps™ 136009 – 120 UltraCaps Berberine Sulfate Grapefruit (<i>Citrus x paradis</i>) Jamaica Quassia (<i>Picrasma excelsa</i>) Sweet wormwood (<i>Artemisia annua</i>) Garlic (<i>Allium sativum</i>) (0.8% allicin)	Take 2-4 UltraCaps three times daily, between meals. Three UltraCaps contain: 300 mg 300 mg 150 mg 150 mg 150 mg	<ul style="list-style-type: none"> Contains botanical concentrates and standardized extracts show to exhibit activity against a variety of intestinal organisms in in vitro and in vivo studies*¹⁻³ Provides effective intestinal support with excellent tolerance* 	<ol style="list-style-type: none"> Randomized controlled trial of a traditional preparation of <i>Artemisia annua</i> L. (annual wormwood) in the treatment of malaria. <i>Trans R Soc Trop Med Hyg.</i> 2004 May;98(5):318-21. Amin AH, et al. Berberine sulfate: antimicrobial activity, bioassay, and mode of action. <i>Can J Microbiol.</i> 1969 Sep;15(9):1067-76. Hughs BG, et al. Antimicrobial effects of <i>Allium sativum</i> L. (garlic), <i>Allium ampeloprasum</i> L. (elephant garlic), and <i>Allium cepa</i> (onion), garlic compounds and commercial garlic supplement products. <i>Phytother Res.</i> 1991;5:154-8.
Detoxication Factors™* dietary supplement 146003 – 60 capsules 146004 – 120 capsules Vitamin C Vitamin B12 Folic acid Choline NAC (N-acetyl L-cysteine) L-Methionine Calcium D-Glucarate GSH (L-Glutathione, Reduced) <i>This product contains calcium D-glucarate, the use of which is licensed from Applied Food Sciences, LLC</i>	Take 2 capsules three times daily, between meals. May be repeated at needed. Two capsules contain: 167 mg 44 mcg 200 mcg 66 mg 66 mg 66 mg 66 mg 16 mg	<ul style="list-style-type: none"> Nutritional support for Phase I and Phase II detoxification pathways of the liver*^{1,2} Supports healthy detoxification and microbial byproducts*^{1,2} 	<ol style="list-style-type: none"> Corcoran GB, et al. Role of glutathione in prevention of acetaminophen-induced hepatotoxicity by N-acetyl-L-cysteine in vivo: Studies with N-acetyl-D-cysteine in mice. <i>J Pharm Exp Ther.</i> 1986;238:54-61. Dwivedi C, et al. Effect of calcium glucarate on beta-glucuronidase activity and glucarate content of certain vegetables and fruits. <i>Biochem Med Metabol Biol.</i> 1990;21(2):83-92.
Probiotic Pearls™ active cultures 136001 – 30 pearls 136002 – 90 pearls Stable, Gastric-Protected Probiotic Blend of: <i>Lactobacillus acidophilus</i> <i>and Bifidobacterium longum</i>	Take 1-2 Pearl capsule daily, with water. May be taken with or without food. Each Pearl capsule contains: 1 billion CFU	<ul style="list-style-type: none"> Increases healthy intestinal flora*¹⁻³ Patented “True Delivery” system Delivers up to 900% more intact microflora to the intestine than leading competitors*² Unique form; easy to swallow Shelf-stable – no need to refrigerate 	<ol style="list-style-type: none"> Goossens D, et al. Probiotics in gastroenterology: indications and future perspectives. <i>Scand J Gastroenterol Suppl.</i> 2003(239):15-23. Probiotic Comparison Testing. Unpublished data. June 3, 2002.† Fleming T, ed. Probiotics. In: <i>PDR for Nutritional Supplements</i>. Montvale, NJ: Medical Economics Company; 2001:381.