

Standard Process Nutrition Protocols

Anemia

1. Ferrofood
2. Folic Acid/B12

Antibiotic

1. Florigen
2. Zymex / Lact-Enz

Asthma

1. Allerplex
2. Drenamin
3. Fish oil

Children

1. Catalyn 1-2/day
2. Fish oil 1/day

Cholesterol

1. 3-4 fish oil
2. 2 T Metamucil
3. AF Betafood 6/day
4. Decrease refined sugar
5. Increase exercise
6. Cellular vitality if high cholesterol with a statin
7. B5 1000 mg

Eczema

1. Dermatrophin
2. Livaplex
3. Fish oil

Hypertension

1. Livaplex
2. Antronex
3. Fish oil

Inflammation

1. Fish oil 3/day
2. Bromelain 10000 mcu
3. Decrease sugars
4. Boswellia for acute

Joint

1. Glucosamine sulfate 1000-1500mg/day
2. Fish oil 2/day
3. Ligaplex 1-2
4. Boswellia/Bromelain for acute injury

Leaky gut/Colitis/IBS/Chron's disease

1. Okra Pepsin
2. Chlorophyll--on empty stomach
3. Zypan
4. Gastrex
5. Lact-Enz

Menopause and Premenopause

1. Symplex F—6/day
2. Cruciferous Complete—3/day

Menstrual cramps/muscle cramps

1. Calcium Lactate
2. Cataplex F
3. Cataplex E2 if during activity

Neuropathy

1. Neuroplex
2. Fish oil
3. Cataplex B
4. Neurotrophin PMG

Osteoporosis

1. Bone packet
2. Osteotropin and calcium wafers if getting cruciferous veggies and Vitamin D

Psoriasis

1. fish oil
2. Zypan
3. Livaplex
4. Dermatotrophin

Ulcers/Acid reflux

1. Zypan 2 with each meal to help aid in digestion use Enzycore if ulcers are present
2. Gastrex 2-- 15 minutes before each meal

Yeast infection

1. Zymex
2. Lact-Enz
3. Florigen