

# 2-Part Program & Usage Guide

A Superior, Broad-Spectrum Herbal Program  
by Bio-Botanical Research & Michelle Moore

*Bio-Botanical Research formulas meet the highest professional standards of quality and potency and have been used by doctors and leading alternative medicine professionals since 1987.*

[EmbraceHealthNaturals.com](http://EmbraceHealthNaturals.com)

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## Contents

2-Part Protocol	1
Daily Supplement Schedule	4
Frequently Asked Questions	5
Biocidin®	8
Olivirex®	9
Precautions	10

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# 2-Part Protocol

The 2-Part Protocol includes the daily use of two medicinal grade herbal supplements from Bio-Botanical Research, Inc. (Biocidin® and Olivirex®) for a typical two month period of use. For best results include a probiotic and make specific diet changes outlined in Michelle Moore's book.

Usage	Biocidin® Liquid	Olivirex®
<p><b>Beginning</b></p> <p><b>Adults:</b> start with the beginning usage before increasing to moderate or maximum usage</p>	<p>1-2 drops three times a day, directly on the tongue or diluted in a ¼ cup of water or juice. Use ½ hour before meals.</p> <p> X 3 <del>Food</del></p>	<p>1 capsule twice a day. May be used at the same time as Biocidin.</p> <p> X 2</p>
<p><b>Moderate</b></p> <p><b>Adults:</b> gradually work up to the Moderate usage for active challenges</p>	<p>5-8 drops three times a day, ½ hour before meals.</p> <p> X 3 <del>Food</del></p>	<p>2 capsules twice a day. May be used at the same time as Biocidin.</p> <p> X 2</p>
<p><b>Maximum</b></p> <p><b>Adults:</b> if needed and well tolerated, gradually* work up to the Maximum usage and maintain until challenges improve</p>	<p>10 drops three times a day, ½ hour before meals. Maintain until challenges improve.</p> <p> X 3 <del>Food</del></p>	<p>2 capsules three times a day in stubborn cases until challenges improve. May be used at the same time as Biocidin.</p> <p> X 3</p>



Usage	Biocidin® Liquid	Olivirex®
<p><b>Maintenance</b></p> <p><b>Adults:</b> for long-term support, after all challenges resolve</p>	<p>5 drops once a day, ½ hour before meals.</p> <p> X 1</p> <p><del>Food</del></p>	<p>1 capsule once a day. May be used at the same time as Biocidin.</p> <p> X 1</p>
<p><b>Children</b></p> <p>Gradually work up to the usages listed for children less than age 12</p>	<p><b>Children under 12:</b> 1 drop for every 10 pounds of body weight per day, in <i>divided amounts</i>*. Use ½ hour before meals.</p> <p><b>Severe:</b> up to 2 drops per 10 pounds per day may be used if well tolerated.</p> <p><b>Maintenance:</b> ½ drop per 10 pounds per day may be used for long-term immune support.</p> <p>* <b>Divided amounts:</b> Divide the usage to twice a day (a 40 lb child could use 2 drops AM and 2 drops PM, for a total of 4 drops a day.)</p> <p><math>\frac{1}{2}</math>  / 10 Lbs X 2</p> <p><del>Food</del></p>	<p><b>Do not use Olivirex with children under age 1.</b> Use Biocidin® instead.</p> <p><b>Children ages 2 - 6:</b> Open capsule and put ¼ of contents into apple sauce or other food twice a day.</p> <p> X 2</p> <p><b>Children ages 7 -12</b> that can swallow a capsule may use ½ capsule twice a day.</p> <p> X 2</p> <p><b>Teenagers</b> may use 1 capsule twice a day.</p> <p> X 2</p>

Usage	Biocidin® Liquid	Olivirex®
<b>Pregnancy and Nursing Mothers</b>	<b>Do not use during pregnancy.</b>  Breast feeding mothers may use at ½ the recommended adult usage if well tolerated.	<b>Do not use during pregnancy.</b>  Breast feeding mothers may use at ½ the recommended adult usage if well tolerated.
<b>Start Slowly</b>	Increase usage gradually from the Beginning to the Moderate usage level over at least two or three days, or according to your tolerance. The Maximum usage level may be used in acute cases if well tolerated. If adverse symptoms occur, then reduce usage amount until symptoms clear, then start again slowly if well tolerated.	
<b>Special Precautions</b>	<b>Do not use before surgery</b> as some herbs may have a blood thinning effect.	<b>Do not use before surgery</b> as some herbs may have a blood thinning effect.



# Daily Supplement Schedule

Print the table below to help you schedule times to take each of your supplements. Enter the quantity to take and the time to take in the boxes where applicable. Use the blank rows to record any other supplements you take.

Take These Supplements	At These Times Daily							
	Before Breakfast	With Breakfast	Before Lunch	With Lunch	Before Dinner	With Dinner	Before Bed	During night
 <b>Biocidin®</b> Take ½ hour before meals.	Quantity Time	Quantity Time	Quantity Time	Quantity Time	Quantity Time	Quantity Time	Quantity Time	Quantity Time
 <b>Olivirex®</b> Take with Biocidin.	Quantity Time	Quantity Time	Quantity Time	Quantity Time	Quantity Time	Quantity Time	Quantity Time	Quantity Time
	Quantity Time	Quantity Time	Quantity Time	Quantity Time	Quantity Time	Quantity Time	Quantity Time	Quantity Time
	Quantity Time	Quantity Time	Quantity Time	Quantity Time	Quantity Time	Quantity Time	Quantity Time	Quantity Time
	Quantity Time	Quantity Time	Quantity Time	Quantity Time	Quantity Time	Quantity Time	Quantity Time	Quantity Time
	Quantity Time	Quantity Time	Quantity Time	Quantity Time	Quantity Time	Quantity Time	Quantity Time	Quantity Time
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	Quantity Time	Quantity Time	Quantity Time	Quantity Time	Quantity Time	Quantity Time	Quantity Time	Quantity Time
	Quantity Time	Quantity Time	Quantity Time	Quantity Time	Quantity Time	Quantity Time	Quantity Time	Quantity Time

# Frequently Asked Questions

## ***Q. Are the Bio-Botanical Research products OK to take with antibiotic drugs?***

A. The Bio-Botanical Research products should generally be taken a few hours apart from antibiotic drugs. This is because some supplements can interfere with or reduce the effectiveness of some antibiotics. This is a general rule of thumb. However, these products are generally very safe and can actually support the body to heal when used along with treatments, including antibiotics. For specific interactions between the prescriptions you are taking and any supplements, be sure to consult with your doctor and read the product insert for the drug in question to see which herbs are contraindicated, if any.

## ***Q. Are the products OK to use with Warfarin, Coumadin, Pradaxa and blood thinners?***

A. The Olivirex or Biocidin product labels have no explicit contraindications or problems with blood thinning medications. However, because there are so many different drugs, supplements and potential interactions, there's always a risk when using a particular drug with a particular supplement. Consult with a doctor and/or read the product insert for any drugs you take to see if there are supplements, foods or other drugs that should be avoided. The ingredients for Olivirex and Biocidin are listed in the following sections of this guide.

## ***Q. Are the products OK to use with other drugs and medications?***

A: The Bio-Botanical Research products are generally well tolerated. However, as a general rule it's best to take these products or any other supplements a few hours apart from any drugs or medications. Starting slow for a few days before increasing to your target usage level is also a prudent and conservative approach to using any new supplement. Consult with a doctor and/or read the product insert for any drugs you take to see if there are supplements, foods or other drugs that should be avoided. The ingredients for Olivirex and Biocidin are listed in the following sections of this guide.

If there is a known contraindication or interaction between one of your medications and a particular remedy, supplement, food or ingredient (such as product ingredients listed later in this guide), then seek the advice of a healthcare professional who is familiar with your medications, the supplement in question, and with your medical condition. As a general rule of thumb, it's best to avoid products with a known contraindication to any drugs you are taking unless otherwise directed by a healthcare professional. In some cases, your doctor may advise you to use products that are contraindicated if the rewards adequately outweigh the risks. Keep in mind that contraindications and interactions are common between multiple medications and drugs, so if you happen to be taking multiple prescriptions, it's important to consult with your doctor about them.

### ***Q. Are the products OK to use with other supplements?***

A. Generally speaking, the Bio-Botanical Research products can be used while taking other supplements, or a few hours apart in some cases. It's best to take probiotics a few hours apart from supplements that have antimicrobial properties (including Biocidin and Olivirex) in order to not reduce the potency of the probiotic. It's also prudent to use any clay or charcoal detoxification supplements a few hours after any other supplement, medication or antimicrobial products to reduce the risk of the product binding with the supplement or medication and rendering it less potent.

### ***Q. How long until you see positive results?***

A. The Bio-Botanical Research products are professionally formulated for broad spectrum support for stubborn challenges. However, it can take a little time for your body to heal itself and to experience the results you want. It's common to see positive results within a week or two if the body is properly supported and with the appropriate product amount.

However, everyone is different. Also, these products are not a substitute or replacement for a complete program to address the challenge, including immune system support, diet changes, proper cleaning and hygiene, prevention measures, professionally prescribed treatments, and the guidance of a healthcare professional. In addition, advanced age and other health challenges may delay positive results. Because the immune system is often weaker in the elderly, it's common for recovery to take longer than for younger people. Having other concurrent health challenges including cancer, diabetes and other chronic diseases can also complicate and delay healing.

### ***Q. Can you take probiotic supplements along with the products?***

A. Probiotics should be added to the 2-Part Protocol for best results. They should be taken a minimum of one hour after taking Biocidin or Olivirex. If possible, take probiotics before bed in order to give them maximum proliferation time without food or supplement interference.

### ***Q. If you miss taking Biocidin on an empty stomach, can you still take it after a meal?***

A. Biocidin can be taken with a full stomach, or half an hour after eating. A little extra Biocidin may be taken to compensate for the hindered absorption.

### ***Q. How long and how often should you follow the 2-Part Protocol?***

A. The 2-Part Protocol is typically used for a two month period of time or until the challenge has cleared. The protocol is typically followed daily. After the infection has cleared, the usage amount may be reduced to the Maintenance level to provide preventative support, if well tolerated.

### ***Q. Can you use the products longer than 2 months?***

A. Yes. After the typical 2 month usage period, the maintenance usage amounts may be taken for long-term preventative care, if well tolerated. Refer to the maintenance level described in the 2-Part Protocol above. Keep in mind that these products alone do not constitute a complete solution to stubborn bacterial challenges. If you are still experiencing challenges after 2 months, then chances are good that other measures must also be taken, as outlined in the Action Plan in chapter 1 of Michelle Moore's book.

### ***Q. Are there any side effects with these products?***

A. The BioBotanical Research products and the 2-Part Protocol are generally mild and well tolerated by most people. However, the elderly, young children and people who have a history of being sensitive to supplements or diet changes may want to start slowly for a few days at half the usage level just to make sure there are no reactions. If you experience negative side effects with any of these products, it's best to reduce or stop using the product. Each person is different and may have a unique reaction to any new supplement or remedy.

### ***Q. Can the elderly use these products?***

A: Yes. There are no specific usage amounts for elderly listed in the 2-Part protocol. But as mentioned above, starting slow and with a lower usage amount is prudent, at least for a few days.





# Biocidin® Liquid

Biocidin® Liquid contains a potent blend of botanicals for broad-spectrum gastrointestinal and immune support and to promote overall wellness. Backed by independent lab testing concluding the broad effects of its formula, Biocidin® is recommended by doctors of Integrative Medicine who help patients with recurring and resistant health challenges. Ideally suited for general health maintenance and support with cleansing programs<sup>†</sup>.

## Key Benefits<sup>†</sup>:

- Potent essential oils and botanicals for broad-spectrum systemic and gastrointestinal support.
- 25 years of effectiveness backed by clinical and laboratory testing.
- Easy to use and mild taste ideal for children and adults.
- Recommended by physicians specializing in gastrointestinal health, autism, candida and lyme.
- Excellent support addressing Biofilms.

**Ingredients:** Bilberry extract (25% anthocyanosides), Noni, Milk Thistle, Echinacea (purpurea & angustifolia), Goldenseal, Shiitake, White Willow (bark), Garlic, Grapeseed extract (min 90% polyphenols), Black Walnut (hull and leaf), Raspberry, Fumitory, Gentian, Tea Tree oil, Galbanum oil, Lavender oil (plant and flower), Oregano oil (plant and flower). Other Ingredients: Vegetable Glycerin, (Alcohol less than 2%)



# Olivirex®

Olivirex® combines standardized olive leaf extract with natural botanicals into a synergistic blend with enhanced broad-spectrum qualities. High Potency Olive Leaf extract (22-24% oleuropein content average) provides natural broad-spectrum action, supports the immune system and aids detoxification.

Olivirex® has been a widely beneficial clinically with anecdotal reports coming from physicians nationwide. Its 20 years of clinical benefit has made this formula indispensable for many. The botanical cofactors in the formula, including Milk Thistle, Uva Ursi and Dandelion, aid elimination via the drainage pathways to help decrease die-off and Herxheimer Reactions. The formula's Cordyceps, American Ginseng and Morinda components support the body to stimulate immune response\*.

## Key Benefits\*:

- Potent high-oleuropein content Olive Leaf for superior broad spectrum support (minimum 18% Oleuropein).
- Synergistic formula containing immune modulators and adaptogens to aid detoxification and immune response.
- May be combined with Biocidin to address stubborn and recurring clinical challenges and to promote seasonal wellness.

**Ingredients:** Olive Leaf extract (organic, minimum 18% oleuropein content), 125 mg combination of the following: Garlic (plant), Goldenseal (root), Milk Thistle (seed), St. John's Wort (plant), Uva Ursi (leaf), American Ginseng (root), Bladderwrack (plant), Cordyceps, Dandelion (root), Noni (dried fruit), White Willow (bark). Other Ingredients: Rice Flour and Vegetarian Capsule. Certified Organic or wild-crafted sources used whenever possible.



# Precautions

Biocidin® and Olivirex® have not been tested or approved for use by those who are pregnant. Do not use during pregnancy. Consult a practitioner qualified to recommend herbal medicine in any case that is severe or unresponsive.

This information is not a substitute for medical advice. These products are nutritional supplements designed to support optimal health. Individual needs and results do vary. Consulting with a qualified practitioner familiar with the use of natural products is recommended.

\* These statements have not been evaluated by the Food and Drug Administration (FDA). These products are not intended to diagnose, treat, cure or prevent any disease.

