

CD Herbal Detox Protocol and Usage Guide

A Professional Strength, Broad-Spectrum Protocol for Intestinal Bacterial Challenges



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

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CD Herbal Detox Protocol

The CD Herbal Detox Protocol includes medicinal grade supplements from Bio-Botanical Research (Biocidin®, Olivirex®) and from QuckSilver Labs (Ultra Binder). For best results, include a probiotic, an immune boosting diet and the other steps outlined in chapter 1 of Michelle Moore's book.

Usage	Biocidin® Liquid	Olivirex®	Ultra Binder
<p>Adults with Mild to Moderate Challenges</p> <ul style="list-style-type: none"> Active intestinal challenges with mild to moderate symptoms Mild to moderate diarrhea and gastrointestinal discomfort 	<p>Week 1 1 – 2 drops three times a day, 20 minutes before meals.</p> <p> X 3 Food</p>	<p>Week 1 1 capsule twice a day.</p> <p> X 2</p>	<p>½ – 1 teaspoon once daily in a large glass of water, between meals and away from supplements and drugs.</p> <p> X 1 Food</p>
	<p>Week 2 Increase to 3 – 5 drops three times a day, 20 minutes before meals, if well tolerated.</p> <p> X 3 Food</p>	<p>Week 2 Increase to 2 capsules twice a day, if well tolerated.</p> <p> X 2</p>	<p>Take 30 minutes before or 2 hours after meals, medications, Biocidin, Olivirex and other supplements.</p>
	<p>Duration of Use Continue using 3 – 5 drops three times a day for 2 – 3 months, if well tolerated.</p> <p>How to Take May be taken by applying directly on the tongue or diluted in ¼ cup of water or juice.</p>	<p>May be taken at the same time as Biocidin.</p> <p>Duration of Use Continue using 2 capsules twice a day for 2 – 3 months, if well tolerated.</p>	<p>Duration of Use Continue for 2 – 3 months, if well tolerated.</p>

Usage	Biocidin® Liquid	Olivirex®	Ultra Binder
<p>Adults with Severe or Acute Challenges</p> <ul style="list-style-type: none"> • Active intestinal challenges with severe or acute symptoms • Severe or acute diarrhea and gastrointestinal discomfort 	<p>Week 1 1 – 2 drops three times a day, 20 minutes before meals.</p> <p> X 3 Food</p> <p>Week 2 Increase to 3 – 5 drops three times a day, 20 minutes before meals, if well tolerated.</p> <p> X 3 Food</p> <p>Week 3 Increase to 6 – 10 drops three times a day, 20 minutes before meals, if well tolerated.</p> <p> X 3 Food</p> <p>Duration of Use Continue using 6 – 10 drops three times a day for 2 – 3 months, if well tolerated.</p> <p>How to Take May be taken by applying directly on the tongue or diluted in a ¼ cup of water or juice.</p>	<p>Week 1 1 capsule twice a day.</p> <p> X 2</p> <p>Week 2 Increase to 2 capsules twice a day, if well tolerated.</p> <p> X 2</p> <p>Week 3 Increase to 2 capsules three times a day, if well tolerated.</p> <p> X 3</p> <p>May be taken at the same time as Biocidin.</p> <p>Duration of Use Continue using 2 capsules three times a day for 2 – 3 months, if well tolerated. ½</p>	<p>2 – 4 teaspoons daily, 1 tsp at a time, <i>throughout the day*</i>, in a large glass of water, between meals and away from supplements and drugs.</p> <p> Food</p> <p>Take 30 minutes before or 2 hours after meals, medications, Biocidin, Olivirex and other supplements.</p> <p>Duration of Use Continue for 2 – 3 months, if well tolerated.</p> <p><i>*Throughout the day:</i> Spread usage over the day, taking 1 teaspoon at each usage. For example, if using 3 tsp, take 1 tsp in the morning, 1 tsp in the afternoon and 1 tsp at night, for a total of 3 tsp, spread throughout the day.</p>

Usage	Biocidin® Liquid	Olivirex®	Ultra Binder
<p>Maintenance</p> <ul style="list-style-type: none"> • Adults: May be used for 6 - 12 months after all challenges resolve for preventative support, taking intermittent breaks as appropriate. 	<p>3 – 5 drops once a day, 20 minutes before meals.</p> <p> X 1 Food</p>	<p>1 capsule once a day. May be used at the same time as Biocidin.</p> <p> X 1</p>	<p>½ teaspoon once daily in a large glass of water, between meals and away from supplements and drugs.</p> <p> X 1 Food</p> <p>Take 30 minutes before or 2 hours after meals, medications, Biocidin, Olivirex and other supplements.</p>
<p>Children</p> <ul style="list-style-type: none"> • Gradually work up to the amounts listed for children less than age 12 • Use for 2 – 3 months, if well tolerated 	<p>Children under 12: 1 drop for every 10 pounds of body weight per day, in <i>divided amounts*</i>. Use ½ hour before meals.</p> <p>Severe: up to 2 drops per 10 pounds per day may be used if well tolerated.</p> <p>Maintenance: ½ drop per 10 pounds per day may be used for long-term immune support.</p> <p><i>*Divided amounts:</i> 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> X 2 Food</p>	<p>Do not use Olivirex with children under age 2. Use Biocidin® instead.</p> <p>Children ages 2 – 6: Open capsule and put ¼ of contents into apple sauce or other food twice a day.</p> <p> X 2</p> <p>Children ages 7 – 12 who can swallow a capsule may use ½ capsule twice a day.</p> <p> X 2</p> <p>Teenagers may use 1 capsule twice a day.</p> <p> X 2</p> <p>May be used at the same time as Biocidin</p>	<p>Children under age 2: Up to ¼ teaspoon once daily in a large glass of water, between meals and away from supplements and drugs.</p> <p></p> <p>Children ages 2 – 6: Up to ¼ – ½ teaspoon once daily in a large glass of water, between meals and away from supplements and drugs.</p> <p></p> <p>Children ages 7 – 12: Up to ½ – 1 teaspoon once daily in a large glass of water, between meals and away from supplements and drugs.</p> <p></p> <p>Teenagers may take one of the adult usage amounts above, if well tolerated.</p>

Usage	Biocidin® Liquid	Olivirex®	Ultra Binder
Pregnancy and Nursing Mothers	<p>Do not use during pregnancy.</p> <p>Breast feeding mothers may use at ½ the recommended adult usage if well tolerated.</p>	<p>Do not use during pregnancy.</p> <p>Breast feeding mothers may use at ½ the recommended adult usage if well tolerated.</p>	<p>Do not exceed 2 tsp per day during pregnancy or nursing.</p>
Special Precautions	<p>Do not use before surgery as some herbs may have a blood thinning effect. Discontinue use if adverse reactions occur.</p> <p>If you have had a fecal transplant, then avoid using Biocidin for at least two weeks after the transplant. It is recommended to wait until a healthcare professional thinks your G.I. tract has stabilized before considering using Biocidin.</p>	<p>Do not use before surgery as some herbs may have a blood thinning effect. Discontinue use if adverse reactions occur.</p>	<p>Ultra Binder can bind to medications, supplements, foods and remedies like Biocidin and Olivirex. Take Ultra Binder 30 minutes before or 2 hours after meals, medications, Biocidin, Olivirex and other supplements.</p> <p>Use with caution if you have IBS or another bowel disease.</p> <p>If constipation occurs, decrease amount of use or temporarily discontinue use.</p> <p>Discontinue use if adverse reactions occur.</p>

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	Mid-Morning	With Lunch	Mid-Afternoon	With Dinner	Mid-Evening	During night
 Biocidin® Take 20 minutes before meals.	Quantity Time	Quantity Time	Quantity Time	Quantity Time	Quantity Time	Quantity Time	Quantity Time	Quantity Time
 Olivirex® Take with Biocidin.	Quantity Time	Quantity Time	Quantity Time	Quantity Time	Quantity Time	Quantity Time	Quantity Time	Quantity Time
 Ultra Binder Take between meals, 30 minutes before or 2 hours after meals, medications, Biocidin, Olivirex and other supplements.	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
	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

Frequently Asked Questions

Q. Are these 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.

Because the Ultra Binder product contains activated charcoal and clay, it will bind with medications, so it should be used at least 30 minutes before or 2 hours after meals, medications, Biocidin, Olivirex and other supplements.

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 or other product ingredients 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, Biocidin and Ultra Binder are listed in the following sections of this guide.

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

A: The Biocidin, Olivirex and Ultra Binder 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, Biocidin and Ultra Binder 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, these 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 Ultra Binder 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. Are the products safe after a fecal transplant procedure?

A. Botanical Research recommends avoiding the use of Biocidin for at least a few weeks after a fecal transplant. It is recommended that you wait until a healthcare professional thinks the G.I. tract has stabilized before considering using Biocidin. Note that it is not uncommon for *C. difficile* to return after a fecal transplant procedure. Also, you may want to use Bio-Botanical products preventatively, even after a transplant.

Q. How long until you see positive results?

A. These 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 protocols 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 or Ultra Binder on an empty stomach, can you still take it after a meal?

A. With the Ultra Binder, it's best to wait a few hours until the stomach is empty. This helps to ensure that the Ultra Binder is absorbing the toxins of *C. difficile* and die-off byproducts, not food nutrients. For Biocidin, it 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. Can you use the products long term?

A. Yes. These products are typically used for a two to three month period of time. However, product usage may be extended for six to twelve more months for prevention support after all challenges have cleared. If using longer than six months, take intermittent breaks. For example, discontinue use of Biocidin, Olivirex and Ultra Binder for a week long period every so often, perhaps every 2 to 3 weeks. See the Maintenance protocol above for details.

Q. What if the challenge has not resolved after three months?

A. Product usage may also be extended beyond three months in cycles if needed for particularly stubborn or recurring challenges that do not resolve after following the standard protocol. The maximum usage amounts are taken in **four week cycles (two weeks on, two weeks off)** for up to a year, if well tolerated. This means taking the products for two weeks, then skipping the products for the following two weeks, then starting the cycle over again.

Please note that the Biocidin, Olivirex and Ultra Binder products may not be enough by themselves to stop a stubborn challenge. For best results, these products should be used along with immune system support, diet changes, proper cleaning and hygiene, prevention measures, professionally prescribed treatments, and the guidance of a healthcare professional.

Q. Are there any side effects with these products?

A. These products 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 the elderly. But as mentioned above, starting slow and with a lower usage amount is prudent, at least for a few days.

Q. Can Biocidin and Olivirex be used for other purposes?

A: Yes. Biocidin and Olivirex have broad spectrum antibacterial, antiviral and anti-parasitic activity. These two products can be helpful for prevention and control of common seasonal viral challenges, especially if taken at the first signs of a problem. These products can also be helpful while traveling or on vacation, especially if taken just before and during your trip as a preventative for contagious bacterial and viral challenges.

Q. Can the Ultra Binder be used for other purposes?

A: Yes. It's ok to use Ultra Binder on occasion as needed and well tolerated. In addition to helping "mop-up" bacterial toxins in the gut, it can be beneficial if you experience a flare-up of symptoms or if you suspect you are having a "die-off" reaction of bad bacteria (this can happen with the use of probiotics, natural remedies or antibiotics). Symptoms of a die-off reaction may include: fatigue, nausea, gas, bloating, diarrhea or flu-like symptoms. Ultra Binder can also be used to help "clean up" the GI system if you've eaten spoiled food as it will help bind the toxins from bad food in your digestive system. This product is also used for mercury and other heavy metal detoxification support.

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. +

Key Benefits⁺:

- 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%)

Biocidin® Liquid is free from dairy, wheat, gluten, salt, sugar, soy, artificial colors, artificial flavors, genetically modified organisms and GMO ingredients.



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.

Olivirex® is free from dairy, wheat, gluten, salt, sugar, soy, artificial colors, artificial flavors, genetically modified organisms and GMO ingredients.



Ultra Binder

Removing toxins from the gut helps the body to cleanse and eliminate waste products. The combination of four complementary detox ingredients inside Ultra Binder provides gentle detoxification support for a wide spectrum of toxins.

Bentonite clay has microbial balancing qualities and well known for its detoxifying properties to help draw out toxins from deep within cells, organs and other bodily tissues. +

Activated charcoal's ability to absorb thousands of times its own weight in toxins, gases and other chemicals is well known. Charcoal has strong activity against endotoxins, the inflammatory and toxic waste products made by disease-causing bacteria like *C. difficile*. +

IMD is a proprietary silica that helps to bind and eliminate mercury and other heavy metals inside the intestines that can disrupt healthy gut flora, compromise the immune system and slow infection recovery. +

Chitosan helps to clear toxins from bile and support the body's detox pathways. +

Fibregum Bio (Acacia Gum or Gum Arabic) and BiAloe® (Aloe Vera) work synergistically with the combination of binders above, supporting the gastrointestinal mucosa health, the growth of friendly flora, and normal gastrointestinal function. +

Key Benefits⁺:

- Removes Debris, Toxins and Accumulated Waste⁺
- Excellent Support when used with the Broad-Spectrum Botanical Blends⁺
- Assists in "Mop Up" Phase of Biofilm Treatment⁺

Ingredients: Proprietary blend of Activated Charcoal, USP sodium bentonite clay, chitosan, BiAloe® aloe vera, and IMD (proprietary thiol-functionalized silica) - 2 grams per serving. Fibregum Bio (gum arabic - 2 grams per serving.

Ultra Binder is free from dairy, wheat, gluten, salt, sugar, soy, artificial colors, artificial flavors, genetically modified organisms and GMO ingredients.



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.

Ultra Binder should be used with caution if you have IBS or another bowel disease. If constipation occurs, decrease amount of use or temporarily discontinue use. Discontinue use if adverse reactions occur. Consult a practitioner qualified to recommend holistic remedies 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.

