

# SI Herbal *LSF* Kit

## Protocol & 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

**Michelle Moore**  
Microbiologist and Holistic Health Advocate



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# Usage Protocol

The SI Herbal LSF Kit includes daily use of two medicinal grade supplements from Bio-Botanical Research, Inc. (Biocidin® LSF and Olivirex®). For best results include a probiotic and make specific diet changes outlined in Michelle Moore's book.

Usage	Biocidin® LSF	Olivirex®
<p><b>Beginning</b></p> <p><b>Adults:</b> For mild or chronic challenges. Start with the beginning usage before increasing to Moderate or Maximum usages, in accordance with a healthcare professional</p>	<p>Dilute 1 pump into 5 oz of water. <b>Start with 1 oz or less of this diluted mixture, once per day.</b> Take 10 minutes before meals.</p> <p>Gradually increase amount of diluted mixture taken over several days, working up to taking the entire 5 oz of mixture per day.</p> <p>Very sensitive people should use 10 oz of water to make the diluted mixture, for a greater dilution.</p> <p><i>If symptoms persist, increase to Moderate usage, if needed and well tolerated.</i></p>  X 1	<p>1 capsule twice a day. May be used at the same time as Biocidin LSF.</p>  X 2
<p><b>Moderate</b></p> <p><b>Adults:</b> For chronic or active challenges, in accordance with a healthcare professional</p>	<p>Start with the Beginning usage above before increasing to the Moderate usage.</p> <p><b>Begin with 1 pump held under the tongue for 1 minute prior to swallowing, once per day.</b> Gradually increase to twice per day, and then to three times per day. Take 10 minutes before meals. May be held under tongue for more than 1 minute.</p> <p><i>If symptoms persist, increase to Maximum usage, if well tolerated.</i></p>  X 3	<p>2 capsules twice a day. May be used at the same time as Biocidin LSF.</p>  X 2
<p><b>Maximum</b></p> <p><b>Adults:</b> For acute conditions, if needed and well tolerated, in accordance with a healthcare professional</p>	<p>Start with the Moderate usage above before increasing to the Maximum usage.</p> <p><b>2 pumps three times a day,</b> held under tongue for 1 minute prior to swallowing. Take 10 minutes before meals. May be held under tongue for more than 1 minute.</p> <p><i>Maintain until challenges improve, if well tolerated.</i></p>  X 3	<p>2 capsules three times a day in stubborn cases until challenges improve. May be used at the same time as Biocidin LSF.</p>  X 3

Usage	Biocidin® LSF	Olivirex®
<p><b>Maintenance</b></p> <p><b>Adults:</b> For long-term support, after all symptoms resolve</p>	<p>1 pump once a day, 10 minutes before meals.</p> <p style="text-align: center;"> X 1</p> <p><i>Commonly used for another month or two after symptoms subside for additional support.</i></p>	<p>1 capsule once a day. May be used at the same time as Biocidin LSF.</p> <p style="text-align: center;"> X 1</p>
<p><b>Children</b></p> <p>Gradually work up to the amounts listed for children under age 12, and/or under 100 pounds</p>	<p>Dilute 1 pump into 5 oz water. Start with 1 oz or less of this diluted mixture, once per day. Take 10 minutes before breakfast or dinner.</p> <p>Gradually increase amount of diluted mixture taken over several days, working up to taking the maximum amount of mixture per day, as determined below.</p> <p><b>Maximum per day:</b> The maximum amount of diluted mixture by weight is 1 oz for every 10 lbs of body weight. This is the total amount taken in a day, divided into two servings.</p> <p style="text-align: center;"><b>1 oz per every 10 lbs / divided twice per day</b></p> <p><b>Example:</b> A 40 pound child could take up to 4 oz of diluted mixture per day: 2 oz before breakfast and 2 oz before dinner.</p>	<p><b>Do not use Olivirex with children under age 1.</b> Use Biocidin LSF 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 style="text-align: center;"> X 2</p> <p><b>Children ages 7 -12</b> that can swallow a capsule may use 1 capsule once per day.</p> <p style="text-align: center;"> X 1</p> <p><b>Teenagers</b> may use 1 capsule twice a day.</p> <p style="text-align: center;"> X 2</p>





Usage	Biocidin® LSF	Olivirex®
<b>Pregnancy and Nursing Mothers</b>	<p><b>Do not use Biocidin LSF or Olivirex during pregnancy.</b></p> <p>Breastfeeding mothers are encouraged to use half or diluted amounts of Biocidin LSF or Olivirex for the first several days until ingredient tolerance can be confirmed.</p>	
<b>Start Slowly</b>	<p>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.</p>	
<b>Special Precautions</b>	<p><b>Do not use before surgery</b> as some herbs may have a blood thinning effect. Discontinue use should 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	Before Lunch	With Lunch	Before Dinner	With Dinner	Before Bed	During night
 <b>Biocidin® LSF</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 LSF.	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

# 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 LSF 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 LSF 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 LSF 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 LSF 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 SI Herbal LSF Protocol for best results. They should be taken a minimum of one hour after taking Biocidin LSF 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 LSF on an empty stomach, can you still take it after a meal?***

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

### ***Q. How long and how often should you follow the SI Herbal LSF Protocol?***

A. The SI Herbal LSF 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 SI Herbal LSF 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 products inside the SI Herbal LSF Kit made by Bio-Botanical Research and the SI Herbal LSF 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 SI Herbal LSF Protocol. But as mentioned above, starting slow and with a lower usage amount is prudent, at least for a few days.



# Biocidin® LSF

Biocidin® LSF uses liposomal delivery for immediate systemic absorption and bioavailability starting inside the mouth. The LSF formulation delivers broad-spectrum botanicals internally to the bloodstream, providing superior support for internal and deep tissue bacterial challenges. The LSF formulation is also well suited for skin bacterial challenges, with 75% better topical intracellular uptake than the Biocidin Liquid product.

Backed by independent lab testing concluding the broad effects of its formula, Biocidin® LSF 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 topical pathogen support.
- 25 years of effectiveness backed by clinical and laboratory testing.
- Research indicates support in addressing biofilms.
- Recommended by physicians specializing in internal, deep tissue and skin bacterial challenges and Lyme.

**Ingredients:** Proprietary Herbal Blend: Bilberry extract, Noni, Milk Thistle, Echinacea (purpurea & angustifolia), Goldenseal, Shiitake, White Willow (bark), Garlic, Grapeseed extract, Black Walnut (hull and leaf), Raspberry, Fumitory, Gentian, Tea Tree oil, Galbanum oil, Lavender oil (plant and flower), Oregano oil (plant and flower). Phospholipids (from purified Sunflower Seed lecithin).

Other Ingredients: Water, Glycerin, Ethanol, Vitamin E (d-alpha tocopheryl, polyethylene glycol 1000 succinate)



# 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<sup>+</sup>.

## Key Benefits<sup>+</sup>:

- 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® LSF 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.

