



Biocidin Gut Protocol Dosage

1. Biocidin® Liquid or Capsules

- **Liquid:** Titrate up to 15 drops, 2x/day
- **Capsules:** Titrate up to 2 capsules, 2x/day

2. G.I. Detox®+

- Dosage: 2 capsules at bedtime
- **Instructions:** Take 1 hour away from food, supplements, and medications.
- **Adjustment:** Temporarily increase dose to 2 capsules 2-3x/day if a Herxheimer reaction is observed or worsens.

3. Proflora™ 4R

- Dosage: 1 capsule, taken any time

Once you're feeling better and no longer having a Herxheimer reaction we can potentially add additional herbal support depending on other symptoms.

4. Olivirex® or Gut Flora Complex

- Dosage: Titrate up to 2 capsules, 2x/day

Titration Dosing Instructions

Biocidin® Liquid

Begin with 1 drop of Biocidin® twice daily and gradually increase up to 10-15 drops twice a day. Best if taken on an empty stomach (at least 20 minutes before or 2 hours after a meal).

Biocidin® Capsules

It is ideal to titrate using Biocidin® Liquid before switching to capsules. However, if starting with capsules, take one capsule daily and gradually increase to 2 capsules twice daily. One capsule = 7.5 drops of Biocidin® Liquid. Best if taken on an empty stomach (at least 20 minutes before or 2 hours after a meal).

Biocidin® LSF

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Start with 1 pump per day and gradually increase up to 3 pumps twice daily. Hold under tongue for 30 seconds before swallowing. May be added to water. Best if taken on an empty stomach (at least 20 minutes before or 2 hours after a meal). For sensitive patients, mix 1 pump with 4 oz of water. Hold 2 oz in the mouth for 60 seconds and swallow. Cover and refrigerate the remainder of the solution. Consume the remaining 2 oz the following day. Increase as tolerated.

Olivirex®

Take 1 capsule daily and gradually increase up to 2 capsules twice daily. Best if taken on an empty stomach (at least 20 minutes before or 2 hours after a meal). Can be taken with Biocidin®. If digestive upset is experienced, take with food.

Nursing Mothers

Breastfeeding mothers are encouraged to start with the smallest serving size possible for 3-5 days until tolerance is confirmed by mom and baby. Once tolerance has been established, titrate per the instructions above.

Understanding the Herxheimer Reaction in Gut Protocols

What is a Herxheimer Reaction?

A Herxheimer reaction, also known as a "die-off" reaction, is a temporary worsening of symptoms that can occur when your body is detoxifying or when pathogens (like bacteria or fungi) in your system are being killed off. This is often seen in protocols aimed at improving gut health, particularly when using treatments like Biocidin, which target harmful biofilms and pathogens within the gut.

Why Does It Happen?

When you start a gut protocol like the one using Biocidin, the treatment begins to break down biofilms - protective layers around bacteria or other microbes in your gut. As these biofilms are destroyed, the dying organisms release toxins, which can lead to increased inflammation and immune system activity. This process can manifest as:

- **Worsening of Existing Symptoms:** Like bloating, gas, or digestive discomfort.
- **Cold or Flu-like Symptoms:** Including fatigue, headache, fever, chills, or muscle aches.

Is It Normal?

Yes, experiencing a Herxheimer reaction is a sign that the treatment is working. It indicates that the protocol is effectively targeting and eliminating unwanted microbes or biofilms in the gut. However, it's not something everyone will experience, and the intensity can vary greatly from person to person.

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What to Do When You Experience a Herxheimer Reaction:

1. **Pause Biocidin Drops:** Stop taking the Biocidin drops until your symptoms subside. This allows your body to recover without additional toxin release from dying microbes.
2. **Increase G.I. Detox Supplement:** Double your dose of the G.I. Detox supplement during this period. This supplement can help bind to and eliminate toxins released into your system, easing the symptoms of the Herxheimer reaction.
3. **After Symptoms Subside:**
 - **Reduce Biocidin Dosage:** Once your symptoms go away, restart the Biocidin drops at one drop less than your previous dosage.
 - **Gradual Increase:** Begin titrating up the dosage again, increasing by one drop per day until you reach 15 drops twice a day, monitoring your body's reaction closely.

Key Points to Remember:

- A Herxheimer reaction is not a sign that the treatment is harmful but rather that it's effective. However, managing it correctly is crucial for comfort and compliance with the protocol.
- Always listen to your body. If symptoms are severe or persist, consult your healthcare provider.
- Keep hydration high, as water can help in flushing out toxins.
- Rest as much as possible during this period to support your body's recovery.

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