



**MOSELLE**  
NATURAL HEALTH

# Top 20 Health Protocols

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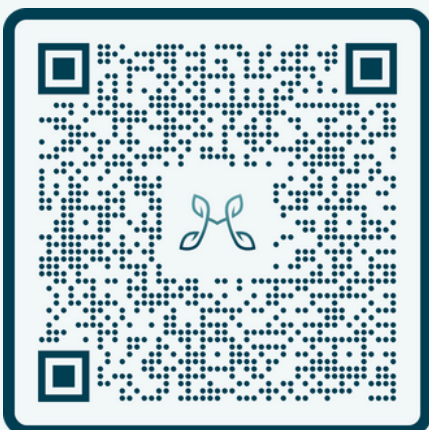
# What Is A Protocol?

These are my 20 most used protocols that cover the most common health challenges I see in my office, and I am happy to share them with you. You can either scan the QR code to take you to the specific product or click the hyperlinked titled of the product.

A protocol is a specific set of supplements that are to be taken at specific times throughout the day to help bring your body back into balance.

If you find these protocols useful I would consider it an honor if you'd share them far and wide, it would be the highest compliment I could receive.

Thanks again for downloading my top 20 protocols. If you are interested in taking your health and wellness to the next level I encourage you to book your free consultation or your initial appointment with me today. Virtual and in person appointments can be booked below.



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# Protocol #1

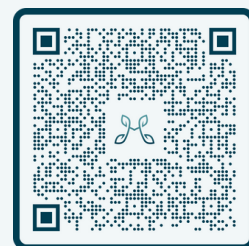
## Adult Daily Protocol

This protocol is ideal for adults looking to fill nutritional gaps in their diet and to enhance their overall health and wellness.



### Vitamin Mineral

My #1 selling multivitamin is packed with 100% whole food nutrients that are gentle on the stomach and easily absorbed. It's called vitamin-mineral because it contains minerals in addition to vitamins, and minerals govern what vitamins do so it's imperative they are taken together!

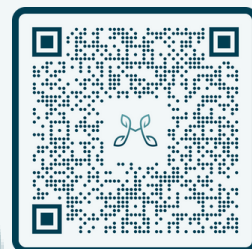


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### Biomega-1000

The simple truth is our bodies do not make omega-3 (anti-inflammatory) fatty acids, therefore, we either need to eat wild caught fatty fish or supplement with a high quality fish oil. I've used this product for several years and have ZERO client complaints of fish burps or acid reflux - it's pure & potent!

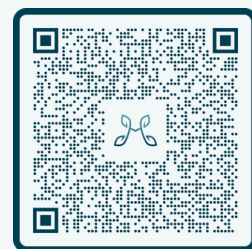


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### Plant Derived Colloidal Minerals

This product has over 75 minerals in trace amounts, it's the perfect solution to help achieve and maintain proper mineral balance.



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# Protocol #2

## Kids Daily Protocol

My kids have been raised on this protocol and my wife and I have thoroughly enjoyed the results. Nourish those developing bodies!



### Catalyn Chewable

A chewable form of the original whole food multivitamin Catalyn, created by Standard Process. This product contains all known vitamins and minerals - and it tastes GREAT!

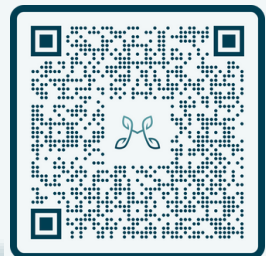


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### Tuna-Omega-3 Chewable

The developing brain & nervous system need healthy fats to thrive. Fuel your kids developing brain with this chewable fish oil.

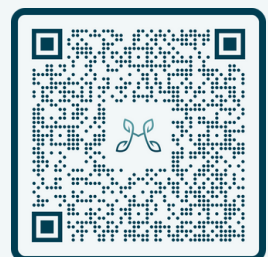


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### Trace Minerals B-12

If the body doesn't have the necessary nutrients to develop it will make due with what it has, good or bad. Trace minerals B12 provides children with whole food building blocks in trace amounts so they can develop properly



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# Protocol #3

## Brain Support Protocol

This protocol will directly support your brain so you can improve your cognitive function, memory, and ability to focus.



### Biomega-1000

Fish oil is a phenomenal way to support overall cognitive function. Each tablet contains a therapeutic dose of omega-3 fatty acids.



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### Brain Boost+

All the benefits of caffeine without the caffeine! Smooth, clean energy with no jitters and no crash - this product is amazing!

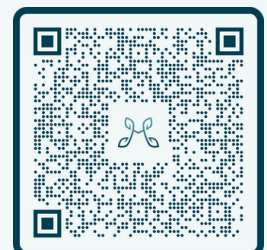


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### Complete Brain Health

Complete Brain Health contains a number of nutrients and herbs to support cognitive function. This product can help improve your ability to relax and support a positive mood.



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# Protocol #4

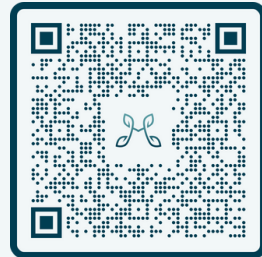
## Immune Support Protocol

Whether your issue is chronic or acute, this immune support protocol will help you overcome a number of immune related challenges!



### C Complex

Real, whole food vitamin C derived from citrus fruit and acerola cherry. Not ascorbic acid, which is an isolate of vitamin C - this is the real deal!

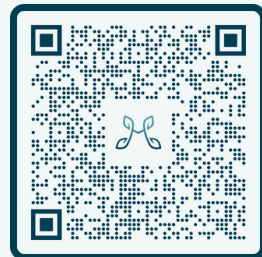


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### Echinacea Premium

Echinacea is so powerful because no matter how long you take it, it never loses it's potency in the body. This can be taken prophylactically.



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### Andrographis Complex

Andrographis is a powerful immune supporting herbs that is best taken for ACUTE issues. It contains echinacea so do not combine this product with echinacea premium



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# Protocol #5

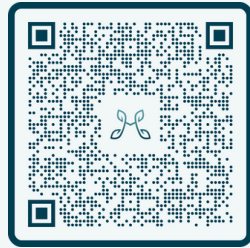
## Blood Sugar Protocol

Effective blood sugar control is extremely important for overall health & wellness. This protocol will help balance blood sugar AND cravings!



### Gluco-Sugar-Balance

Chromium, vanadium, and berberine phenomenal at helping manage healthy blood sugar levels - and this contains all 3 and more!

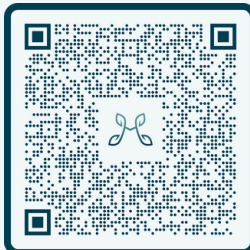


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### Cr-Zyme

The mineral chromium is required for the pancreas to make insulin effectively, which helps combat insulin resistance.



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### Gymnema

Gymnema is magical, it really is. This powerful herb will actually suppress your taste buds from detecting sweetness, which will help reduce your cravings for sweets.



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# Protocol #6

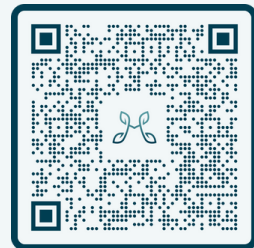
## Weight Loss Protocol

My weight loss protocol is simple but **VERY** effective when followed closely. 1 shake for breakfast and 1 for dinner.



### SP Complete - 4 scoops per shake

This meal replacement powder provides a great source of protein, vegetables, amino acids, and it tastes great and keeps you feeling full!

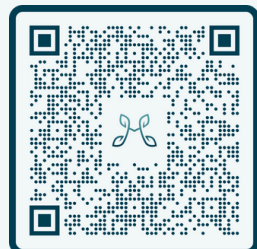


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### SP Power Mix - 1 scoop per shake

Superfoods, fruits, vegetables, mushrooms, and much more. 1 scoop added to your shake supercharges it with powerful phytonutrients.

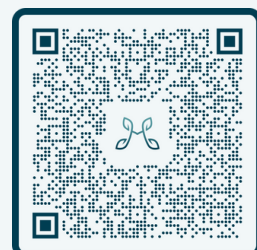


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### Bio MCT Oil - 1TBS per shake

Fats are the best source of sustained energy - not carbohydrates. Adding a tablespoon to your shake helps keep you fuller - longer!

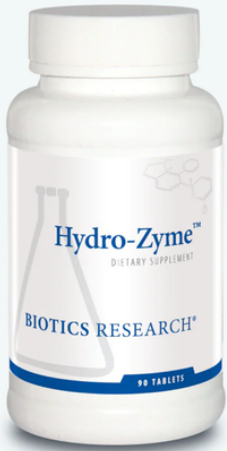


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# Protocol #7

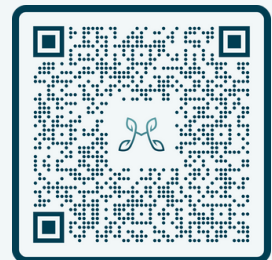
## Digestion Support Protocol

Great health starts by making sure we are digesting our food and absorbing our nutrients. This supports digestion & absorption.



### Hydro-Zyme

Betaine hydrochloride, pancreatin, and pepsin are a powerful combination to help improve your ability to digest food in your stomach.



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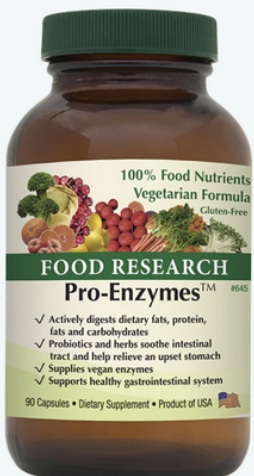


### HCl-Plus

Betaine hydrochloride and pepsin, this is a more gentle version of the above product, Hydro-Zyme.

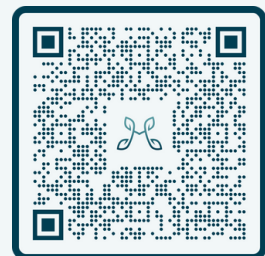


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### Pro-Enzymes

Enzymes will help digest carbohydrates, fats, and protein, combine this with either HCl-Plus or Hydro-Zyme.



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# Protocol #8

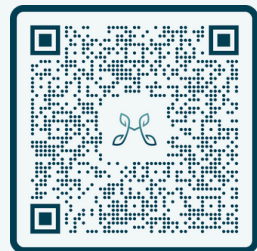
## Microbiome Support Protocol

We need a healthy, diverse array of bacteria in our gut and GI tract to achieve and maintain an optimal state of health & wellness.



### ProSynbiotic

ProSynbiotic contains both pre and probiotics. Prebiotics are the food that feed your probiotics, which is the optimal combination to support a healthy microbiome.

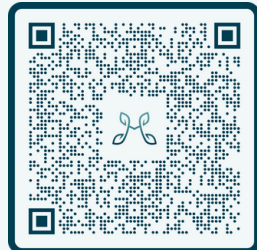


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### BioDoph - 7 Plus

BioDoph-7 Plus is a fantastic probiotic that also contains pre and probiotics. As the name suggests it contains 7 strains of beneficial bacteria.

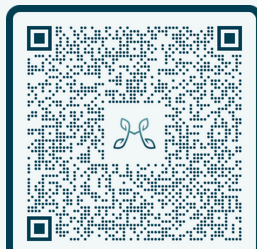


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### Kiddi-Flora

This is what my kids take everyday. It tastes great and it's easy on the stomach making it a must have probiotic for anyone with kids!



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# Protocol #9

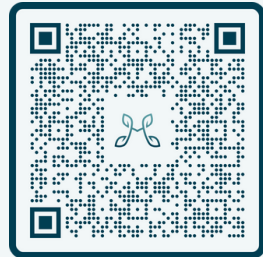
## Gallbladder Support Protocol

The main function of our gallbladder is to secrete bile into our GI tract so we can break down our fats and utilize our fat soluble vitamins.



### GB Support

GB Support helps support normal bile production. In addition to that it helps thin the bile so it can better flow through your bile ducts.

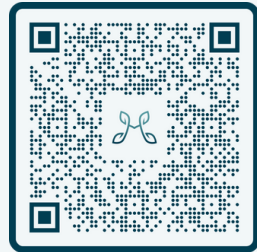


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### Beta Plus

Perfect for those without a gallbladder, this supplies bile directly into the stomach so you can more completely break down your fats.

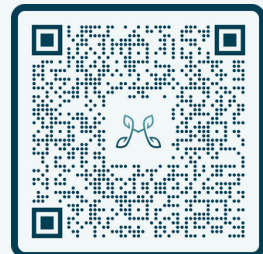


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### Beta-TCP

Beta-TCP is made mostly of organic beets and is designed to help thin the bile so it gets to your GI tract. This is a great product for those with slow or sludgy bile.



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# Protocol #10

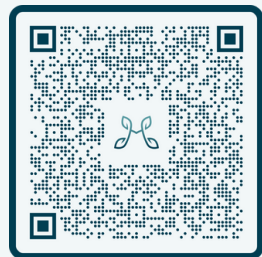
## Candida Support Protocol

Candida naturally occurs in our GI tract, however, if it becomes overgrown it can lead to a myriad of health issues.

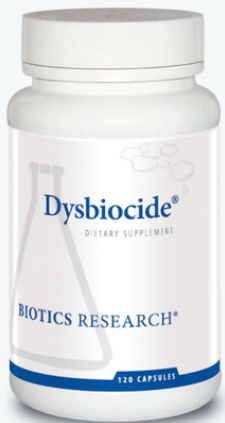


### FC-Cidal

FC-Cidal is a potent combination of herbs that help support a healthy GI tract and microbiome. This is great for combating mold and yeast.

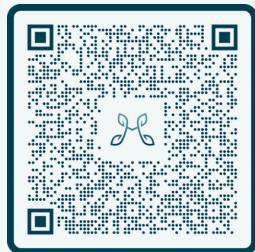


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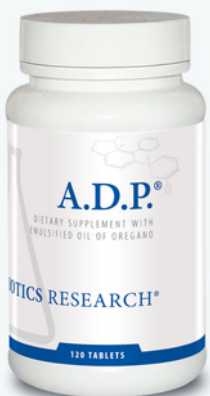


### Dysbiocide

Dysbiocide is another powerful blend of herbs that help repair and protect your intestinal wall. This is perfect for anyone with intestinal permeability.

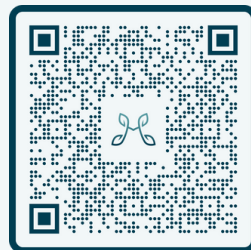


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### A.D.P.

A.D.P. is nature's antibiotic without the harmful side effects of traditional ones. Best taken on an empty stomach before bed and upon waking.

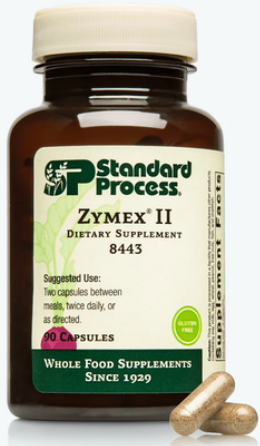


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# Protocol #11

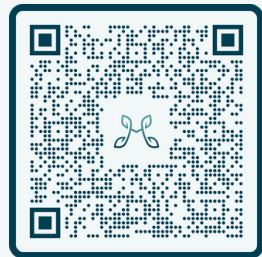
## Parasite Support Protocol

Parasites are not often talked about but they are quite common. This protocol will help eradicate those unwelcome guests!



### Zymex II

Take on an empty stomach between meals. Zymex II is a vermifuge, or “enzyme that digests insect tissue.” Gross but really effective!

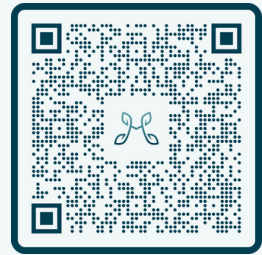


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### Wormwood Complex

Wormwood is a tried and true herb that can handle a variety of parasites, including worms in the gut. It also contains cloves and black walnut hulls.

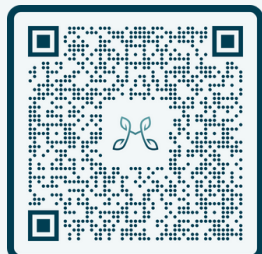


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### Spanish Black Radish

Once the parasites are killed off we need to get them out of the body. Spanish Black Radish is phenomenal at opening up drainage pathways.



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# Protocol #12

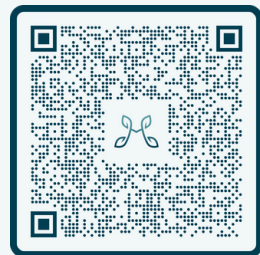
## Acid Reflux / GERD Protocol

Acid reflux and GERD are typically the result of a lack of stomach acid - not too much! Undigested food is also a common culprit.



### HCl-Ease

HCl-Ease is designed to help put out the flame of excess acid production. Furthermore, it helps support overall gastroesophageal health.

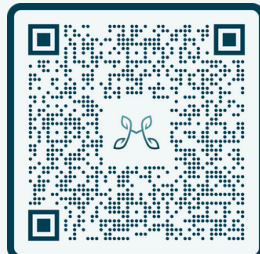


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### Gastrex

If you suffer from acid reflux this could be the only product you need. Take 2 with a glass of water about 15-20 minutes before each meal.

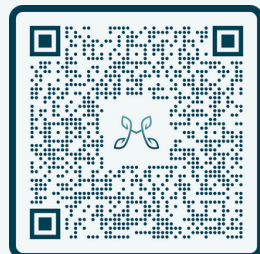


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### Zymex II

Zymex II is taken in between meals and is designed to help digest any undigested food that may be in your GI tract. Undigested food is typically an issue for those suffering from acid reflux / GERD

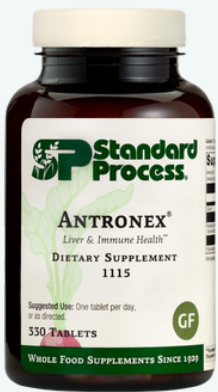


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# Protocol #13

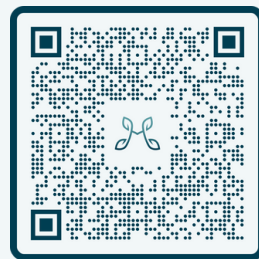
## Allergy Support Protocol

Allergies can be caused by a number of things, these products help the body handle histamine related challenges REALLY well!



### Antronex

Antronex is my go to for histamine challenges. This product supports the largest detoxification organ we have: the liver.

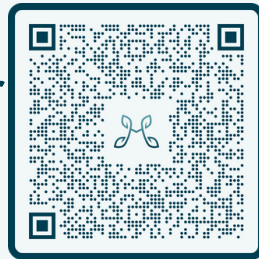


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### Histoplex-AB

This product is really effective at supporting our ability to handle airborne allergens. The AB in Histoplex-AB stands for “airborne.”

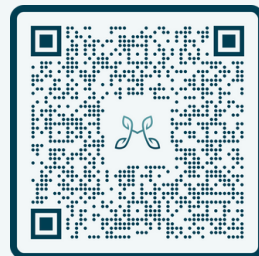


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### Allerplex

Allerplex is a product that helps support our mucous membranes - specifically our lungs and respiratory tract.



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# Protocol #14

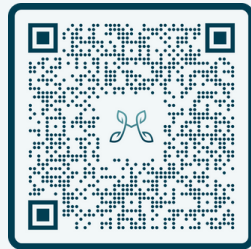
## Inflammation Support Protocol

Inflammation is believed to be the root cause of many health challenges, these 3 products help put out the inflammatory fire.



### Biomega-1000

Omega-3 fatty acids are anti-inflammatory, 3 of these per day is a potent dose of anti-inflammatory nutrients. Cut down on seed oils as well, which are pro-inflammatory

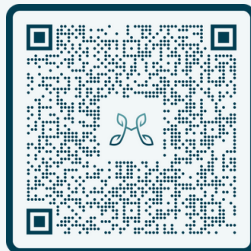


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### KappArest

KappArest is phenomenal at downregulating your inflammatory pathways. It contains Boswellia and bee propolis, both of which are powerful anti-inflammatory compounds.



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### Turmeric Forte

Turmeric is well known for its anti-inflammatory properties, and Turmeric Forte is formulated to increase its absorption factor by 24x, which is a fancy way of saying it's highly absorbable and bioavailable!

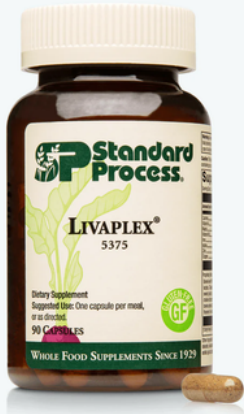


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# Protocol #15

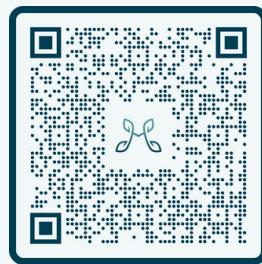
## Liver Support Protocol

Our liver is our master detoxifier, so it's imperative that it function properly. This protocol keeps detoxification pathways open.



### Livaplex

Livaplex is a really effective liver detoxifier. Not only does it support your liver but it also supports your gallbladder & kidneys.

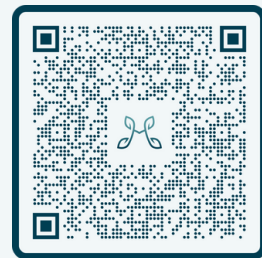


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### Livotrit-Plus

This product is a really gently, Ayurvedic formula that helps detoxify the liver and other detoxification pathways.

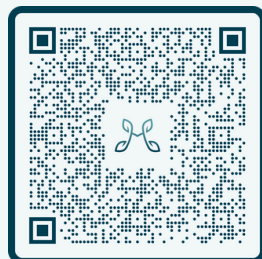


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### Liva DeTox & Support

This is a fantastic way to detoxify the liver with herbs and glandular components. Contains garlic, beet leaf and root, and milk thistle along with liver and spleen glandulars.

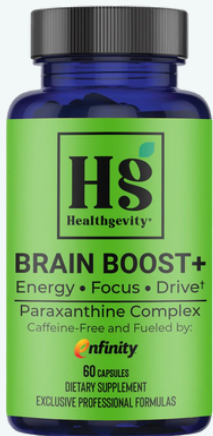


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# Protocol #16

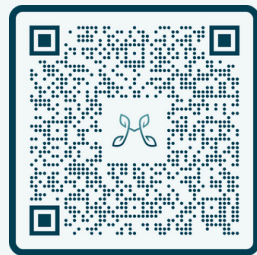
## Mood Support Protocol

Many things can affect our mood, including nutritional deficiencies. These items will provide nutrients to positively support our mood.



### Brain Boost+

Brain Boost not only helps improve your energy levels but it's phenomenal at boosting your mood at the same time!

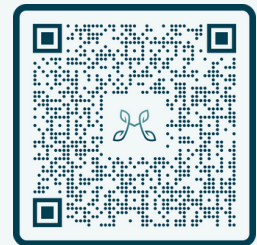


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### Min-Chex

Min-Chex helps calm down the nervous system and is great for those who consider themselves “high strung.”

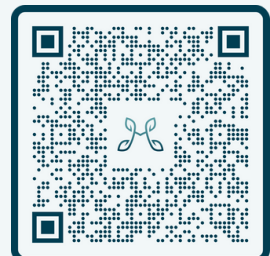


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### Nevaton Forte

Nevaton is a powerful herbal supplement that supports people with anxiety, depression, high levels of stress, fatigue, and frequent mood swings.



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# Protocol #17

## Menopause Support Protocol

Every woman goes through menopause at different times and has a unique experience. These products help her every step of the way.



### Wild Yam Complex

Wild Yam Complex is highly effective at helping support women through menopause, and it's especially helpful at helping with hot flashes

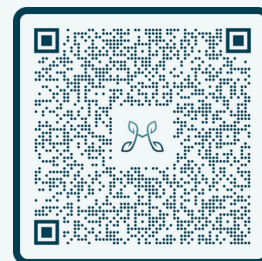


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### Cytozyme-F

Cytozyme-F provides ovary, adrenal, thymus, and spleen glandular support. Providing support for these organs is crucial during menopause.

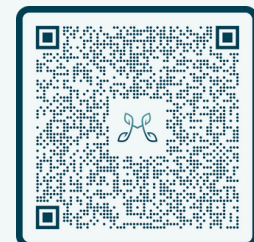


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### Feminine Advantage

Black cohosh, wild yam, chaste tree along with ovary and uterus glandulars make this an excellent product for broad female support!



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# Protocol #18

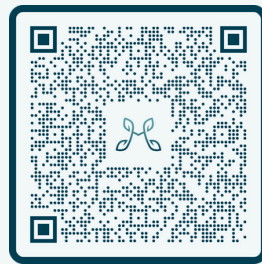
## Sleep Support Protocol

The hard truth is - if we aren't sleeping we can't expect to be healthy. We need deep, restorative sleep in order for our bodies to regenerate.



### Formula 303

This beautiful homeopathic has ZERO melatonin in it but yet it's able to provide plenty of support to help you get deep, restful sleep.

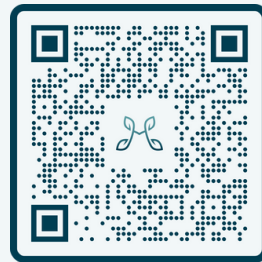


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### Serenity

Serenity is a beautiful peptide product that helps you relax and reduce stress, which can help support your ability to fall asleep and stay asleep.

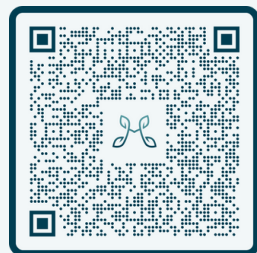


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### Liposomal Sleep

This product combines a small amount of melatonin with GABA, your relaxation neurotransmitter - it works REALLY well!



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# Protocol #19

## Dental Support Protocol

Our mouth is our gateway to health. What's really cool is if you still have the roots of your teeth, you can feed them!



### Bio-Dent

Bio-Dent contains nutrients that directly feed and build healthy teeth. Manganese is known to help support strong teeth and bones.

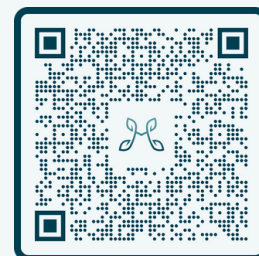


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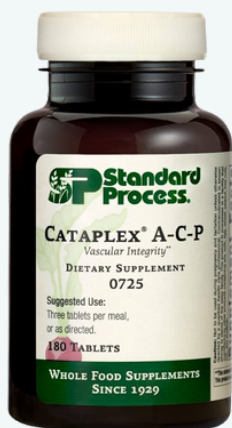


### Calcium Lactate

This is a non-dairy product that helps provide the basic building block of healthy teeth and bones - calcium.

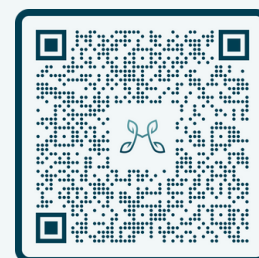


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### Cataplex ACP

People with bleeding gums typically benefit from this product because it supports fragile blood vessels and contains vitamins A & C.



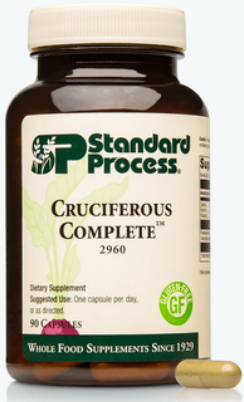
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# Protocol #20

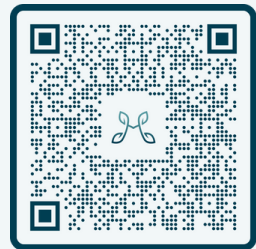
## Detoxification Support Protocol

If we aren't detoxifying properly it's no stretch to suggest we are toxic.  
Keep your detox pathways open with these tremendous products.



### Cruciferous Complete

Organic kale and Brussels sprouts make up this detoxification support product. 2 per day will help keep your liver detoxification pathways open.



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### Spanish Black Radish

Chew one of these after each meal if you can. This is a great product for those with frequently plugged ears. This also helps support opening up your drainage pathways.

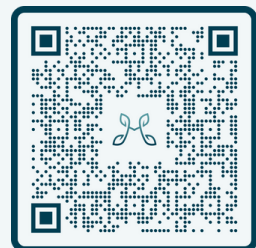


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### SP Green Food

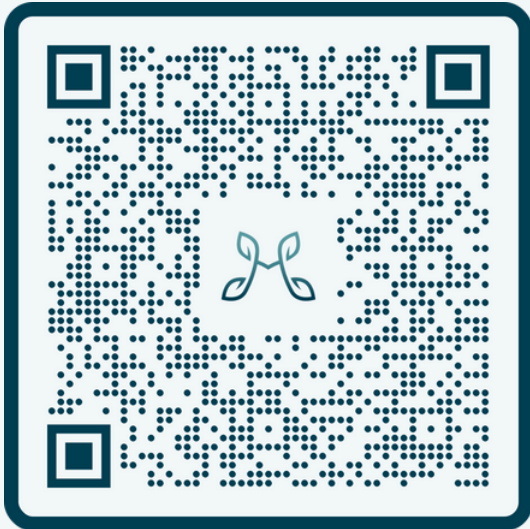
Organic kale, Brussels sprouts, buckwheat, and alfalfa provide a potent dose of antioxidant phytonutrients to help keep detoxification pathways clear!



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