



# Foundation Plan Protocol

Fibromyalgia/pain & inflammation focus

## Dosage:

This protocol is usually well tolerated in average body-sized patients; reduce dosage if not tolerated.

## Number of products necessary (per month):

1 Foundation Plan package (includes 5 supplements), 1 bottle Itis

## Notes:

- Herbal Biotic is shown at the lowest dose. If well tolerated, it can be increased to up to 3 caps 3 x day.
- Increase Itis to 4 caps **3 x daily** for increased pain or inflammation.
- \*Binder Blend should be taken on an empty stomach. Empty stomach: 30 minutes before and/or 60 minutes after other food, medications, or supplements.
- Supportive protocol for: fibromyalgia, pain disorders, inflammatory issues

Duration	Product	Morning	Afternoon	Evening
Daily	Foundation Formula	3	3	3
	Herbal Biotic	1	•	1
	Bio-Assist	2	•	2
	Adaptogen Immune	2	2	•
	*Binder Blend	3	•	3
	Itis	4	•	4

**Foundation Formula** has been designed as a cornerstone supplement for people with chronic illness. Inspired by Buhner's core protocol, it contains a combination of herbs and plant extracts that work to support immune function, support resistance to stress, and detoxification support.

**Herbal Biotic** uses concentrated herbal extracts to get the most potent formula. It builds immune function while acting as a broad-spectrum antimicrobial formula.

**Bio-Assist** is an exceptional all in one organ support and detox product. The blend of herbs and extracts is designed to support the organs while optimizing their functioning. This supplement aids in the detoxification of various organs, especially the liver, bile ducts, digestive tract, and kidneys.

**Adaptogen Immune** provides robust support for the immune system, the nervous system, and the endocrine system. Adaptogen Immune protects and supports the adrenal glands, strengthens responses of the neuroendocrine system, and encourages the immune system to balance itself.

**Binder Blend** promotes detoxification by trapping toxins and moving them out of the body through the digestive tract, supporting digestive health and cleansing.

**Itis** is a great product to maintain comfortable joint and muscle function and is formulated to balance a hyperactive immune system. Itis decreases nerve and brain inflammation and pain and includes ingredients to minimize Herxheimer reactions, while also supporting liver function.