

## NYBC's Nutrient and Antioxidant Protocols:

At NYBC, we believe that the following nutrients are the most important ones to help slow disease progression, protect the body from the effects of both HIV and drugs, and prevent the development of symptoms, or help reverse them when they are already present. The nutrients will be listed here with only brief information on dosing. For a great deal of additional information on the individual nutrients, see the *NYBC Self-Care Guide, Health-Enhancing Nutrient Supplementation*.

Protocol number 1 Basic is our least expensive protocol designed for those on state Medicaid programs or with restrictive budgets. HIV+ people must show proof of state Medicaid participation or other appropriate evidence of low income status to receive this formula. Items are priced at \$6 a piece for NYBC products and those on a low or fixed income. Protocols 3 (with iron) and 4 (no iron) are economically priced, mid-range, comprehensive protocols.

Compared to Protocols 5 and 6, the multivitamin is different and the doses of phytoflavonoids, digestive enzymes and carotenoids have been reduced. These are substantial, well-considered amounts that definitely have a clinical effect for anyone with an inflammatory condition. Each includes 1500 mg of NAC and 1000 mg of acetylcarnitine. The coenzymeQ10 is a softgel that increases absorption over 40%, and the protocol includes a significant amount of plant-based digestive enzymes with every meal. It also includes additional wide-spectrum carotenoids and phytoflavonoids.

Protocols 5 and 6 contains NYBC's suggested protocol for providing a level of the highest quality nutrients most often deficient in HIV+ people and most needed to help slow disease progression and prevent symptoms. Each has been specifically manufactured by NYBC for persons with HIV and other inflammatory conditions where excess free radicals are present.

In Protocol 7 Advanced, you will find a more aggressive list of all those nutrients that NYBC believes can even more effectively support the body in its fight against HIV, greatly reduce mitochondrial toxicity and oxidative stress, and help prevent long-term body damage and symptoms. Number 7 is designed to be taken *along with* Protocols 5 or 6 (no iron). Included are a balanced assortment of fatty acids, probiotics, a special extract of nettle leaf which is strongly anti-inflammatory, extra coenzyme-Q-10 in a highly absorbable gel form, additional vitamin E, acetylcarnitine, vitamin C and the ThiolNAC combo of NAC/Lipoic/MSM (biological sulfur). Taken along with either Protocol 5 or 6, Protocol 7 will give a person a full range of nutrients for maximum protection.

### NYBC Protocol 1 Basic Formula

Product	Dosage
Vitamin C+, Sustained Release 1,000 mg	1/d
N-Acetyl-Cysteine+ (NAC) 500mg	3/d (1B,1L,1D)
Selenium 200 mcg	1/d
Lipoic Acid+ 100 mg	3/d (1B,1L,1D)
Advanced Multi (depending on brand)	3-6 tablets/d

### NYBC's Nutrient and Antioxidant Protocols 3 (with iron) and 4 (no iron)

Product	Dosage
Acetylcarnitine* 500 mg	2/d (1B, 1D,)
Carotenoid Complex	1/d (1L)
Coenzyme Q-10+ 50 mg softgel	1/d (1B)
Vitamin C+, Sustained Release 1,000 mg	3/d (1B, 1L, 1D)
N-Acetyl-Cysteine+ (NAC) 500mg	3/d (1B,1L,1D)
Lipoic Acid+ 100 mg	3/d (1B,1L,1D)
Phytoflavonoid Complex	1/d (1D)
Plant Enzymes 500 mg	3/d (1B, 1L,1D)
UltraProtection Multi (iron/no iron)	6/d (2B,2L,2D)

\*and Carnitor 330 mg x 6/d paid by insurance

**NYBC's Nutrient and Antioxidant HIV Protocols 5 (with iron) and 6 (no iron)** contains formulas that have been designed by NYBC specifically for persons with HIV infection and are made from pharmaceutical grade and trademarked ingredients in substantial dosages to have a clinical effect. Sustained Release forms of some of the individual formulae assure a steady, gradual release of critical nutrients.

**NYBC's Nutrient and Antioxidant HIV Protocols 5 (with iron) and 6 (no iron)**

<b>Product</b>	<b>Dosage</b>
Acetylcarnitine* 500mg	2/d (1B, 1D,)
Carotenoid Complex+ UltraAntioxidant	3/d (1B,1L,1D)
Coenzyme Q-10+ 30mg softgel (consider also the 100 mg size)	1/d (1D)
Mineral Ascorbates C+, Sustained Release 1,000mg	3/d (1B, 1L, 1D)
ThiolNAC: N-Acetyl-Cysteine+ (NAC) 500mg/Lipoic 200mg/MSM 250mg	3/d (1B,1L,1D)
Phytoflavonoid Complex+ UltraAntioxidant	4/d (1B,1L,2D)
Plant UltraEnzymes 800mg	3/d (1B, 1L, 1D)
UltraProtection 3 & 4 Multi (iron/no iron)	9/d (3B,3L,3D)

\* alternative is Carnitor 330mg, 6d (2B,2L,2D) if covered by your health insurance

+Antioxidants

**NYBC's Nutrient and Antioxidant HIV Protocol 7** should always be taken along with Core Protocol III or IV for those seeking more extensive protection and have been designed specifically for HIV+ people. This protocol includes significant doses of Coenzyme Q 10 divided into three doses for highest absorption, essential fatty acids, Vitamin E, Acidophilus, plus additional amounts of NAC and Lipoic Acid, Mineral Ascorbates C and acetylcarnitine. It also includes the pharmaceutical grade extract of nettle leaf which is a strong inhibitor of TNF and inflammation.

**NYBC's Nutrient and Antioxidant HIV Protocol 7**

See Protocol 5 or 6 plus the following:

<b>Product</b>	<b>Dosage</b>
Acetylcarnitine 500mg	3/d (1B, 1L, 1D)
Stabilized Acidophilus enteric 5 billion	3/d (1B, 1L, 1D)
Borage Oil 1000mg	3/d (1B, 1L, 1D)
Coenzyme Q-10 30mg softgel (consider also the 100 mg softgel)	3/d (1B, 1L, 1D)
Vitamin E mixed tocopherols (Famil-E)	1/d (1L)
Glutamine 500mg	3/d (1B, 1L, 1D)
Mineral Ascorbates C, Sustained Release 1000mg	3/d (1B, 1L, 1D)
ThiolNAC: N-Acetyl-Cysteine+ (NAC) 500mg/Lipoic 200mg/MSM 250mg	3/d (1B, 1L, 1D)
Omega 3 Oil 1000 mg	3/d (1B, 1L, 1D)
Nettle Leaf Extract Pharmaceutical Grade 145mg	3/d (1B, 1L, 1D)
Plant UltraEnzymes* 800mg	3/d (1B,1L, 1D)

\*or Pancrecarb MS-8 x 250 paid for by health insurance