

QUICK START PROTOCOL

This quick start protocol is designed for those who need to begin a protocol promptly and do not have time or resources for the extended version.

1 / Fenben®:

- Start with a lower dose of Fenben such as 222 mg 1 x daily. Gradually increase and work up to 1000 mg 2 x daily.
- Take Fenbendazole products with food and fat.

2 / Tudca:

- Take 500 - 1000 mg 1-2 times daily on an empty stomach.

3 / Serrapeptase* or Modified Citrus Pectin (MCP):

- Serrapeptase: 120,000-250,000 spu, two times daily. Serrapeptase must be taken on an empty stomach with no other medications or supplements.
- MCP: 15 grams daily. MCP must be taken on an empty stomach with no other medications or supplements.
*if currently on blood thinners, take MCP as a substitute for Serrapeptase.

4 / Multivitamin:

- Take a Liposomal Multivitamin along with Fenben® and food for optimal absorption.