

# **Poliquin® BioSignature Modulation Protocols**

## **Worldwide Product Line**

### **General Goals**

- Determine priority based on client's Poliquin® BioSignature Assessment from Vitruviant software. The most common priorities and the corresponding protocols are listed below.
- Clients should be on Foundation Five formulas unless otherwise directed. In addition to the Foundation Five, follow the recommended priority protocol.
- Always begin with the PRIMARY protocol.
  - After 4 weeks re-examine status.
    - Is client responding as desired?
    - Is fat coming off?
    - Are symptoms improving?
    - Are lab markers improving?
    - If yes, continue as progress continues.
  - If no, move to SECONDARY protocol.
    - After another 4 weeks, same questions.
  - If no, move to "No Progress" protocols in order.
    - No Progress protocols will either mean moving to another priority (e.g insulin, cortisol, etc.) or moving to the Gut/Detox Jumpstart Program

### **Basic Definitions**

- QD            Once a day
- BID           Two times a day
- TID           Three times a day

# Foundation Five

1. Multi Intense or P-N Multi.
  - If Multi Intense: Up to 6 tablets per day in divided doses (recommend using Iron Free formula unless client fits any of the following parameters:
    - Client with lab tests showing need for iron
    - Female during menstruating years
    - Vegetarian
  - If P-N Multi: 3 capsules per day
2. Fish Oil.
  - 2-15 grams per day of total fish oil—assuming you are using a concentrated fish oil with higher levels of EPA & DHA per capsule
  - 2-6 grams per day is maintenance goal
  - Start with higher dosage for obese and reduce by 3 grams every 4 weeks
3. Vitamin D3.
  - Recommend 5,000 IU per day with monitoring by lab tests every 3-6 months
    - i. D3 Excellence 1,000 IU
    - ii. D3 Excellence 5,000 IU
4. Magnesium.
  - Recommend 10mg/kg in divided doses.
  - Example: 80kg male would use 800mg of elemental magnesium throughout the day in divided doses. Recommend the following forms of magnesium: glycinate, citrate, threonate, fumarate, orotate, taurate
5. Probiotics.
  - 1 capsule of Megabiotic-SP or
  - 1 capsule of ProFlora Excellence per day.

# Insulin Support

## Insulin Resistance

### PRIMARY

Product	Dosage
Glucoreg	1 cap BID
Carnitine Synergy 2.0	1-2 caps BID

### SECONDARY

Product	Dosage
Insulinomics	1 tab TID
Carnitine Synergy 2.0	1-2 caps BID

## Insulin Resistance with Hamstring &/OR High A1C

### PRIMARY

Product	Dosage
Glucoreg	1 cap BID
Carnitine Synergy 2.0	1-2 caps BID
NAC 2 Plex 2.0	1-2 tabs BID

### SECONDARY

Product	Dosage
Insulinomics	1 tab TID
Carnitine Synergy 2.0	1-2 caps BID
NAC 2 Plex 2.0	1-2 tabs BID

## Insulin Resistance with Pancreas Support

### PRIMARY

Product	Dosage
GlucoReg	1 cap BID
Carnitine Synergy 2.0	1-2 caps BID
Fenuplex	1-2 caps TID

### SECONDARY

Product	Dosage
Insulinomics	1 tab TID
Carnitine Synergy 2.0	1-2 caps BID
Fenuplex	1-2 caps TID

## Cortisol Support

### Cortisol: Stressed & Wired

### PRIMARY

Product	Dosage
Bliss	1 cap up to TID
Allostatic Stamina	1-2 caps up to TID
Methylator Support 2.0	1 tab QD

### SECONDARY

Product	Dosage
Serenity	1-2 tabs up to TID
Holy Basil Supreme	1-2 tabs BID
Methylator Support 2.0	1 tab QD

**Option:** Add the products below to Primary or Secondary for additional support

Uber C Powder or Uber C	1-2 ¼ tsp or 1-2 tabs up to TID
BioActive B9 Super	1 tab QD

NO PROGRESS: Move to Gut/Detox Jumpstart Program then Thyroid Support

## Cortisol: Stressed & Tired Recommend 4-point Salivary Test

### PRIMARY

Product	Dosage
Surge Adrenal Support	1 cap AM, 1 cap lunch, 1 cap no later than 5 PM
Allostatic Stamina	1-2 caps up to TID

### SECONDARY

Product	Dosage
Licorice Supreme	1 tab AM, 1 tab lunch
Holy Basil Supreme	1-2 caps BID (morning, evening)
Carnitine Synergy 2.0	1-2 caps BID

NO PROGRESS: Move to Gut/Detox Jumpstart Program then Thyroid Support

# Thyroid Support

## Thyroid

### PRIMARY

Product	Dosage
Thyro-Metab	1 cap TID
Methylator Support 2.0	1 tab QD

### SECONDARY

Product	Dosage
Reward	1 cap BID
Methylator Support 2.0	1 tab QD

# Sex Hormones Support

## Estrogen

PRIMARY (Female Client)

Product	Dosage
Primal Fiber 1 or 3.1	1-2 scoops QD*
Reg-Est	1-2 caps BID
EstroClear for Women	1 cap up to TID

PRIMARY (Male Client)

Product	Dosage
Primal Fiber 1 or 3.1	1-2 scoops QD*
Reg-Est	1-2 caps BID
EstroClear for Men	1-2 caps BID

SECONDARY (Female & Male)

Product	Dosage
Primal Fiber 1 or 3.1	1-2 scoops QD
Reg-Est	1-2 caps BID
P1 P2 Balance	1-2 caps TID

*Option: Add the products below to Primary or Secondary for additional support*

Calcium D-Glucarate	1-2 caps up to TID
EstroDefense	1-2 caps QD

## Testosterone (Male Only)

PRIMARY

Product	Dosage
UberZinc Px	1-4 caps QD until zinc status is replenished
Restosterone	1-2 caps BID (evening & before bed)

SECONDARY

Product	Dosage
UberZinc Px	1-4 caps QD if needed
Tribulus Supreme	2 tabs BID
EstroClear for Men	1-2 caps BID

NO PROGRESS: Move to Cortisol Support, Estrogen, then Gut/Detox Jumpstart Program

# Inflammation Support

## Inflammation: Joint Pain/Joint Health

### PRIMARY

Product	Dosage
Sinew Plex	1 tab TID
CL-Ox	1-2 caps BID

### PRIMARY: Over 35 yrs old

Product	Dosage
Sinew Plex	1 tab TID
CL-Ox	1-2 caps BID
Chondro Px	1-2 tabs up to TID

### PRIMARY: Diagnosed Arthritis

Product	Dosage
Sinew Plex	1 tab TID
CL-Ox	1-2 caps BID
Flame Quench	1 cap BID

### SECONDARY

Product	Dosage
Flame Quench	1 cap BID
Uber C Powder or Uber C	1-2 ¼ tsp or 1-2 tabs up to TID

NO PROGRESS: Move to Gut/Detox Jumpstart Program the Cortisol Support

## Inflammation: Insulin Resistance

### PRIMARY

Product	Dosage
Insulinomics	1 tab TID
CL-Ox	1-2 caps BID

### SECONDARY

Product	Dosage
GlucoReg	1 cap BID
CL-Ox	1-2 caps BID

NO PROGRESS: Move to Gut/Detox Jumpstart Program then Cortisol Support

## Inflammation - Dyslipidemia

### PRIMARY

Product	Dosage
Bergamot Max Px 2.0	1 cap TID
CL-Ox	1-2 caps BID

### SECONDARY

Product	Dosage
Insulinomics	1 tab TID
CL-Ox	1-2 caps BID

NO PROGRESS: Move to Gut/Detox Jumpstart Program then Cortisol Support