

Practitioner Usage Guide

Disclaimer: This information is not intended as a substitute for professional medical advice, diagnosis, or treatment. We make no health claims regarding our product lines. Statements about our products have not been evaluated by the Food and Drug Administration. Our products are not intended to diagnose, treat, cure, or prevent any disease.

Choose your Biocidin® formulation based on therapeutic target:

- Biocidin® Liquid** – directed at the GI tract, including oral cavity
- Biocidin® Capsules** – directed at the GI tract, bypasses the mouth
- Biocidin® LSF** – liposomal formula for a more systemic approach



ADULT USAGE

This chart reflects maximum serving size. Remember to have your patients titrate up per the Titration Instructions that follow for Biocidin® Liquid, Biocidin® Capsules, Biocidin® LSF, and Olivirex®.

Product	Upon waking	AM on an empty stomach, prior to meals	PM on an empty stomach, prior to meals	1-2 hrs away from food, medications & supplements	Bedtime
REMOVE					
Biocidin® Liquid		10-15 drops	10-15 drops		
Biocidin® Capsules		2 capsules	2 capsules		
Biocidin® LSF		3 pumps	3 pumps		
BIND					
G.I. Detox™+*				2 capsules	
RESTORE					
Biotonic™		20 drops	20 drops		
Proflora™ 4R	1 capsule any time				
G.I. InnerCalm™	1 stick pack mixed in water, 1-2 times daily, taken any time				
DEFEND					
Biocidin® TS Throat Spray		3 sprays	3 sprays		
Olivirex®		2 capsules	2 capsules		
SMILE					
Dentalcidin® Toothpaste	pea-sized amount				pea-sized amount
Dentalcidin® LS Oral Rinse	2 pumps				2 pumps
Dentalflora™*					1 tablet

***G.I. Detox™+:** Take at bedtime or on an empty stomach between meals, 1-2 hours away from food, supplements, and medication. Capsules may be emptied into juice or water if needed. When using any Biocidin® product or Olivirex®, remember to include G.I. Detox™+ (binder) to assist in die-off symptoms.

***Dentalflora™:** For those with periodontal issues, use Dentalflora 2x daily, at morning and at bedtime as an oral care routine.

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ADULT TITRATION INSTRUCTIONS

Biocidin® Liquid: Begin with 1 drop of Biocidin® twice daily and gradually increase up to 10-15 drops twice a day. Best if taken on an empty stomach (at least 20 minutes before or 2 hours after a meal).

Biocidin® Capsules: It is ideal to titrate using Biocidin® Liquid before switching to capsules. However, if starting with capsules, take one capsule daily and gradually increase to 2 capsules twice daily. One capsule = 7.5 drops of Biocidin® Liquid. Best if taken on an empty stomach (at least 20 minutes before or 2 hours after a meal).

Biocidin® LSF: Start with 1 pump per day and gradually increase up to 3 pumps twice daily. Hold under tongue for 30 seconds before swallowing. May be added to water. Best if taken on an empty stomach (at least 20 minutes before or 2 hours after a meal). For sensitive patients, mix 1 pump with 4 oz of water. Hold 2 oz in the mouth for 60 seconds and swallow. Cover and refrigerate the remainder of the solution. Consume the remaining 2 oz the following day. Increase as tolerated.

Olivirex®: Take 1 capsule daily and gradually increase up to 2 capsules twice daily. Best if taken on an empty stomach (at least 20 minutes before or 2 hours after a meal). Can be taken with Biocidin®. If digestive upset is experienced, take with food.

Nursing Mothers: Breastfeeding mothers are encouraged to start with the smallest serving size possible for 3-5 days until tolerance is confirmed by mom and baby. Once tolerance has been established, titrate per the instructions above.

ADULT MAINTENANCE

Product	Adult Patients: For long-term daily support after all symptoms have resolved.
REMOVE	
Biocidin® Liquid	5-10 drops daily
Biocidin® Capsules	1 capsule daily
Biocidin® LSF	1 pump daily
BIND	
G.I. Detox™+*	1-2 capsules as needed
RESTORE	
Biotonic™	20 drops daily
Proflora™ 4R	1 capsule daily
G.I. InnerCalm™	1 stick pack, mixed in water, as needed
DEFEND	
Biocidin® TS Throat Spray	3 sprays, 1-3x daily
Olivirex®	1 capsule daily
SMILE	
Dentalcidin® Toothpaste	pea-sized amount, 1-2x daily
Dentalcidin® LS Oral Rinse	2 pumps, 1-2x daily
Dentalflora™	1 tablet daily

*G.I. Detox™+: Take at bedtime or on an empty stomach between meals, 1-2 hrs away from food, supplements, and medication.



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PEDIATRIC USAGE

This chart reflects maximum serving size. Remember to have your patients titrate up per the titration instructions below for Biocidin® Liquid, Biocidin® LSF, and Olivirex®.

Product	Pediatric Patients
REMOVE	
Biocidin® Liquid	1 drop per 10 lbs of body weight 2x daily
Biocidin® LSF	Under 50 lbs: dilute 1 pump into 4 oz of water and sip throughout the day. Children 50 lbs+: 1 pump 2x daily, plus an additional pump for each 25 lbs.
BIND	
G.I. Detox™+*	Ages 2+: 1-2 capsules daily as needed
RESTORE	
Biotonic™	Ages 7-12: 10 drops 2x daily Ages 12+: 20 drops 2x daily
Proflora™ 4R	Ages 2-7: 0.5-1 capsule daily Age 7+: 1 capsule daily
G.I. InnerCalm™	Ages 2-5: 1/2 teaspoon 1-2x/daily Ages 5-12: 1 teaspoon 1-2x/daily Ages 12+: full stick 1-2x/daily
DEFEND	
Biocidin® TS Throat Spray	Ages 2+: 1-3 sprays 3x daily
Olivirex®	Ages 7-12: 1 capsule 1-2x daily Ages 12+: Adult serving as tolerated
SMILE	
Dentalcidin® Toothpaste	1-2x daily
Dentalcidin® LS Oral Rinse	2 pumps 1-2x daily
Dentalflora™	Ages 2-3: 1/2 tablet 1x daily Ages 4+: 1 tablet 1x daily

*When titrated products are added, it is recommended to include G.I. Detox™+ (binder) to reduce the likelihood of die-off (also known as “[Herxheimer](#)”) symptoms. Must be taken 1-2 hours away from food, supplements, and medications. 1 hour after dinner or at bedtime is recommended. For children who are unable to swallow pills, the capsule can be opened and mixed into water or applesauce.

PEDIATRIC TITRATION INSTRUCTIONS

Biocidin® Liquid: Begin with 1 drop of Biocidin® twice daily and gradually increase to 1 drop per 10 lbs of body weight twice daily. Best if taken on an empty stomach (at least 20 minutes before or 2 hours after a meal).

Biocidin® LSF: Dilute 1 pump into 4 oz of water and sip throughout the day. Increase as tolerated. Best if taken on an empty stomach (at least 20 minutes before or 2 hours after a meal).

Olivirex®: For children ages 7-12, start with 1 capsule daily and add a second capsule as tolerated. Best if taken on an empty stomach (at least 20 minutes before or 2 hours after a meal).

Can be taken with Biocidin®. If digestive upset is experienced, take with food.



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