



Plastikos Plastic & Reconstructive Surgery
Plastikos Surgery Center
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SILICONE SUPPLEMENT DIRECTIONS

- 1) Acidophilus – one capsule three times daily or Probiotic Pearls, Orthobiotics, or Primal Defense as directed.
- 2) Adrenal Stress End – two capsules a day with food.
- 3) B-12 (B-Active) – sublingual once daily or B12 injections. (1000 to 3000 mcg IM every 1 – 3 weeks).
- 4) Flax Oil capsule – two 1000 mg capsules three times daily. (Decrease to one capsule a day one week prior to surgery).
- 5) Inositol – 650 mg, two capsules three times a day (Silicone detoxification)
- 6) Siliconex – one capsule twice a day (Silicone detoxification)
- 7) Brainpower – one to two capsules twice a day (chemical detoxification)
- 8) MSM – 1000mg one capsule twice a day. May increase slowly to 8-10 grams per day. (chemical detoxification)
- 9) Alpha lipoic acid 1200-1800 mg a day. (chemical detoxification)
- 10) Chloro-Clear – 2 capsules a day. (chemical detoxification)
- 11) Dioxychlor – work up from 3 gtts twice a day activated with lime juice to 30 gtts twice a day.
- 12) Nutrasilver or Argentyn 23 10 gtts. three times a day in water, work up slowly to 30 gtts. Three times a day. (Warning: Use of silver products and sun exposure can cause a rare but possibly bluish permanent skin discoloration).
- 13) Olive Leaf Extract – 500mg twice daily.
- 14) SAM-E – one tablet, four times daily. (Not needed if on MSM).
- 15) Doc G Multivitamin/Mineral – one twice a day (not needed if you take Thymate) or Daily energy Enfusion & Daily Energy B complex as directed.
- 16) Super Milk Thistle X – one capsule, three times a day. (liver detoxification)
- 17) Agaricus Bio – immune support – 3 capsules twice a day.
- 18) Transfer Factor Plus – two capsules daily. (immune support)
- 19) EpiCor – immune enhancer 500 mg. a day.
- 20) Opaline Dry Oxy™ – as directed or NutraOxygen as directed.
- 21) Melatrol - one capsule 30-60 minutes before bedtime.
- 22) Monolaurin – 6 a day in divided doses for active viral infections, three a day for prevention.
- 23) CorValen M – one scoop three times a day (energy, insomnia, muscle aches)
- 24) Mold Sporex – 4 capsules twice a day (biotoxin detoxification).
- 25) Colloidal Minerals – as directed. (important if getting frequent ionic foot baths).
- 26) ButyrEn – two capsules, two or three times a day with food (bio-toxin detoxification)
- 27) WellBetX – capsules or power as directed (biotoxin detoxification)
- 28) Ionic Foot Bath – as directed
- 29) Magnetic Clay Baths as directed

Please note: That there is an individuality as to presentation as well as biochemistry of each silicone-intoxicated patient. Not necessarily all of the above is necessary and for some individuals only part or an addition to these supplements may be important.

Most supplements are sold at 25% below retail. Call 770-457-4677 to place phone order.