

The logo for Microbe Formulas is centered at the top. The word "MICROBE" is in a large, bold, black sans-serif font. The letter "O" is replaced by a stylized circular icon with a teal swoosh and a black dot. Below "MICROBE", the word "FORMULAS" is written in a smaller, black, spaced-out sans-serif font. The background of the top half of the page is a light gray marble texture. On the right side, there is a wooden cutting board with several white capsules and some green herbs. A wooden spoon with more capsules is also visible. A white wavy graphic element is at the bottom left of this section.

MICROBE

FORMULAS

SYMPTOM ASSESSMENT

Could herbs and supplements help you?
How can Microbe Formulas supplements benefit you?
Which ones target your specific problem(s)?

Answer a few questions, and you'll get:

- Suggestions for supplements to help you live healthier.
- Ways your lifestyle and supplements work together.
- Tips to help you shop for Microbe Formulas dietary supplements.

Please note that, although these supplements can be used individually for specific purposes, they are also designed to be used as part of a five phase protocol to help your body naturally drain, detox, restore, and heal over a ten-month period.

BIOACTIVE CARBON® BIOTOX

BioActive Carbon BioTox aids your body's natural systems in removing common, unwanted microbial byproducts. It also supports your immune system and sulfur pathways to maintain normal sensitivity levels. To top it off, BioTox nurtures mitochondrial function and promotes the healthy balance of your gut microbiome.



YOU MIGHT NEED **BIOACTIVE CARBON® BIOTOX** IF YOU:

- Need intensive binding support for the removal of biological toxins (biotoxins) [5]
- Want to target specific biotoxins, like mycotoxins from mold and ammonia, as well as bacteria, parasites, and other byproducts from yeast, fungi, and viruses [5]

Total: 10 (5 or higher, you need this product)

PROTOCOL USAGE

PHASE 1

PHASE 2

BIOACTIVE CARBON® FOUNDATION

BioActive Carbon Foundation supports your body's natural ability to address occasional, mild immune system challenges and common environmental contaminants. BioActive Carbon Foundation is formulated using nanotechnology to bind unwanted elements and deliver nutrients at the cellular level. Its capability to go systemic makes it a solid foundation for any detox protocol.



YOU MIGHT NEED **BIOACTIVE CARBON® FOUNDATION** IF YOU:

- Need detox support [5]
- Want to bind and remove toxins [5]
- Need cellular energy support and restoration [5]

Total: 15 (5 or higher, you need this product)

PROTOCOL USAGE

PHASE 3

PHASE 4

BIOACTIVE CARBON® IODINE

BioActive Carbon Iodine supports your thyroid gland and whole body with a combination of iodine and iodide. The two forms of this vital mineral are preferentially used by different organs and tissues. The BioActive Carbon in the product helps protect the mineral's passage through your digestive tract. Plus, it binds and removes unwanted elements to help support your cells' iodine uptake.



YOU MIGHT NEED BIOACTIVE CARBON® IODINE IF YOU:

- Have issues with your thyroid [5]
- Have levels of thyroid hormones out of the normal parameters [5]
- Have Hashimoto's thyroiditis [5]
- Have hypothyroidism (low thyroid function) [5]
- Have a goiter (enlarged thyroid gland) [5]
- Are intolerant to cold temperatures [5]
- Are gaining weight, despite efforts to control it [5]
- Have poor concentration [3]
- Have trouble learning new things [3]
- Have heart disease and/or an abnormal heart rate [3]
- Have poor mitochondrial function [3]
- Are fatigued or have low motivation [1]
- Are constipated [1]
- Have dry skin [1]
- Are experiencing excessive hair loss [1]

Total: 51 (23 or higher, you need this product)

PROTOCOL USAGE

PHASE 3

PHASE 4

BIOACTIVE CARBON[®] METCHEM

BioActive Carbon MetChem offers support for routine detox functions. Your body—particularly your liver and kidneys—works daily to filter, detoxify, and remove unwanted elements. This includes common, mild exposures to environmental chemicals, heavy metals, and radioactive elements. This formulation contains short-, medium-, and long-chain carbons that support your body's natural ability to bind unwanted materials and promote healthy cells both in your gut and systemically.



YOU MIGHT NEED **BIOACTIVE CARBON[®] METCHEM** IF YOU:

- Have heavy metal buildup in your body [5]
- Have radioactive elements and metals in your body [5]
- Are frequently exposed to environmental and chemical toxins [5]
- Need to elevate your ability to detoxify [3]

Total: 18 (8 or higher, you need this product)

PROTOCOL USAGE

PHASE 4

BIOACTIVE CARBON[®] MINERALS

BioActive Carbon Minerals contains 71 naturally-occurring, plant-derived minerals, and a dozen amino acids. It supports your overall detox regimen by providing the essential building blocks for cellular energy production, which is needed to help detox. The product contains 100% organically-complexed, nano-sized molecules, which supports their bioavailability to your body.



YOU MIGHT NEED BIOACTIVE CARBON[®] MINERALS IF YOU:

- Have muscle pain or spasms [5]
- Have problems with balancing your electrolytes or fluid levels [5]
- Have brittle bones and/or teeth [5]
- Experience fatigue [5]
- Have the urge to eat clay, dirt, or paper (a condition known as pica) [5]
- Have issues with nervous system functioning [5]
- Get short of breath [3]
- Have an increased risk for kidneys stones [3]
- Are experiencing imbalances in your blood sugar levels [3]
- Are experiencing challenges with wound healing [3]
- Have a weakened immune system [3]
- Are anemic [1]
- Are tired and irritable [1]
- Have blood pressure issues [1]
- Have insulin sensitivity [1]
- Have thyroid issues [1]

Total: 50 (23 or higher, you need this product)

PROTOCOL USAGE

PHASE 1

PHASE 2

PHASE 3

PHASE 4

BIOMOLECULAR OXYGEN

BioMolecular Oxygen is the “multi-tool” of supplements. It can be used orally or topically. Plus, you can use it in a nebulizer (with distilled water), a coffee enema, and as a sinus rinse or nasal spray. The oxygen in this supplement is stabilized using a proprietary process, so it can be delivered throughout your body without dissipating. It supports energy production, normal oxygenation of tissues, and a healthy microbiome.



YOU MIGHT NEED **BIOMOLECULAR OXYGEN** IF YOU:

- Need to increase oxygen levels in your body [5]
- Have low energy levels [5]
- Have asthma [5]
- Have lung issues [5]
- Get shortness of breath [5]
- Would you like to increase your stamina and endurance [5]
- Are prone to skin breakouts, acne, or rashes [5]
- Have tingling in your extremities [5]
- Need support for your muscles under normal circumstances or while exercising [3]
- Need to boost your brain function [3]
- Need help with concentration and mental clarity [3]
- Need to boost your immune system function [3]

Total: 52 (20 or higher, you need this product)

PROTOCOL USAGE

PHASE 2

FORMULA 1

Formula 1 is a multi-herb blend designed for a well-rounded immune system and digestive support. The herbs were specially selected to help maintain a healthy microbiome and regular elimination via your stools. The blend also contains BioActive Carbon to protect the herbs and support their journey through your stomach to your intestines.



YOU MIGHT NEED **FORMULA 1** IF YOU:

- Need a boost to immune system function [5]
- Need overall digestive support [5]
- Need detox assistance [5]
- Want to remove toxins, mold, bacteria, and fungus [5]
- Need the support of antioxidants, polyphenols, anthocyanins, and flavonoids to promote digestive health [5]
- Have imbalanced blood sugar levels [3]
- Need blood pressure balancing [3]

Total: 31 (15 or higher, you need this product)

PROTOCOL USAGE

PHASE 2

FORMULA 2

Formula 2 takes your immune-support efforts to the next level. Formula 2 is a potent combination of herbs formulated in a tincture to facilitate quick and systemic absorption. The liquid format gives you maximum control over dosing and allows you to increase the amount at your own pace. Cycle it by taking it for three weeks, then take one week off. It's also a great addition to a sinus rinse.



YOU MIGHT NEED **FORMULA 2** IF YOU:

- Need help fighting off critters, especially strongyloides, liver flukes, clostridium, and *Blastocystis hominis* [5]
- Have frequent sinus issues or infections [5]
- Need help lowering inflammation and protecting your internal organs [5]
- Want to enhance detoxification [5]

Total: 20 (10 or higher, you need this product)

PROTOCOL USAGE

PHASE 3

IMMUNE BART

Immune BART nurtures your immune defenses with this tincture of seven herbs carefully selected and formulated to support your body's natural immune response to some vector-borne microbes. Plus, the herbs in Immune BART may promote a healthy inflammatory response and liver health.



YOU MIGHT NEED **IMMUNE BART** IF YOU:

- Are infected with the bacteria bartonella (a vector-borne Lyme disease coinfection) [15]
- Have symptoms of a bartonella infection [15]
- Have frequent headaches [5]
- Are fatigued [5]
- Have brain encephalitis or seizures [5]
- Have a striated rash (stretch marks) often found on the flanks in the lower back near the kidney area [5]
- Have seizures [5]
- Have a fibromyalgia or chronic fatigue diagnosis [5]
- Are experiencing joint pain, muscle pain, or cramps [5]
- Have problems with appetite [3]
- Have anxiety and depression [3]
- Have visual blurring and other eye issues [3]
- Have inflamed lymph nodes (sarcoidosis) [3]
- Have an ongoing or relapsing low-grade fever [3]
- Have swollen lymph nodes in head, neck, and armpits [3]
- Have neuropathy in the hands and feet [3]
- Have sleep disturbances [1]
- Have thyroid issues [1]
- Have elevated blood pressure [1]
- Are experiencing soreness or burning on the bottom of the feet (may be misdiagnosed as plantar fasciitis) [1]
- Have gastritis and abdominal pain [1]
- Have white hands and fingers and/or cold hands and feet [1]

Total: 92 (40 or higher, you need this product)

PROTOCOL USAGE

PHASE 5

IMMUNE BOOST

Immune BOOST is a potent blend of herbs to supercharge your detox protocol. It's the perfect add-on to any pathogen and parasite cleansing protocol. It offers adaptogenic properties, reducing inflammation, supporting the immune system, protecting your drainage organs, and inhibiting pathogens systemically in the body.



YOU MIGHT NEED **IMMUNE BOOST** IF YOU:

- Need next level immune support **[5]**
- Want to be rid of internal parasites in your GI tract **[5]**
- Need pathogen support against mycobacteria, babesia, bartonella, mycoplasma, tick-borne pathogens, or blood-borne pathogens **[5]**
- Need liver support **[3]**
- Want a supplement with potent antioxidants to fight free radicals **[3]**
- Struggle with an autoimmune disease **[3]**

Total: 24 (10 or higher, you need this product)

PROTOCOL USAGE

PHASE 5

IMMUNE BORR

Immune BORR is a mix of 21 potent herbs designed to nurture your immune system. As part of that, it may support your natural immune response to some vector-borne microbes.



YOU MIGHT NEED **IMMUNE BORR** IF YOU:

- Are infected with the Lyme disease bacteria *Borrelia burgdorferi* [15]
- Have Lyme disease or chronic (late-stage) Lyme disease symptoms [15]
- Are experiencing fatigue [5]
- Have muscle pain and cramping [5]
- Would like to go after pathogens that hide deep within your tissues [5]
- Have stiffness in the neck [5]
- Have heart problems, such as inflammation in the heart muscle [5]
- Have nervous system problems – such as paralysis of the facial muscles, difficulty concentrating, and memory issues [5]
- Have swelling and pain throughout the joints [5]
- Need immune support against Lyme bacteria or other vector-borne microbes [5]
- Want to clean up unwanted microbial pathogens [5]
- Have inflammation in the membranes supporting the spinal cord and brain (meningitis) [3]
- Need help conquering long-standing health challenges [3]
- Are ready to supercharge your immune system [3]
- Have low-grade fever [3]
- Have chills [3]
- Have headaches [3]

Total: 93 (40 or higher, you need this product)

PROTOCOL USAGE

PHASE 5

INFLAMMA CALM

Inflamma Calm is a synergistic blend of potent plant-derived extracts geared to nurture healthy cells and energy levels. Our formulation of premium ingredients may help support your body's natural defenses against mild, everyday challenges like stress, free radicals, and airborne pollutants. Inflamma Calm is ideal for individuals with sensitive systems.



YOU MIGHT NEED **INFLAMMA CALM** IF YOU:

- Have body pain, such as painful muscles [5]
- Have joint pain, swelling, stiffness, redness, or loss of joint function [5]
- Frequently use or rely upon analgesics or anti-inflammatory medications [5]
- Have a health condition with an inflammatory component, such as diabetes, cardiovascular disease, high blood pressure, arthritis, allergies, or COPD [5]
- Have constant fatigue and insomnia [3]
- Have depression, anxiety, and other mood disorders [3]
- Have gastrointestinal issues, like constipation, diarrhea, and acid reflux [3]
- Have unexplained weight gain [1]
- Have frequent infections [1]

Total: 31 (15 or higher, you need this product)

PROTOCOL USAGE

PHASE 1

PHASE 4

INTESTINAL MOVER

Intestinal Mover is a one-of-a-kind, natural aid for temporary constipation. This product is designed to encourage healthy gut motility and elimination while providing you with gentle, non-habit-forming relief from occasional constipation.



YOU MIGHT NEED **INTESTINAL MOVER** IF YOU:

- Have constipation or medication-induced constipation **[5]**
- Have fewer than three bowel movements a week **[5]**
- Strain to move your bowels while sitting on the toilet **[5]**
- Have stools that are dry, hard, or difficult to pass **[5]**
- Use laxatives regularly or rely on them to keep your bowels moving **[5]**
- Currently have, or have had, hemorrhoids or anal fissures **[3]**
- Have painful bowel movements **[1]**
- Have a feeling that you have not fully emptied your bowels **[1]**

Total: 30 (15 or higher, you need this product)

PROTOCOL USAGE

PHASE 1

KIDNEY & LIVER SUPPORT

Kidney & Liver Support is a hardworking blend of N-acetyl cysteine (NAC), herbs, and BioActive Carbon. This supplement is designed to promote your body's natural ability to filter, detoxify, and drain unwanted elements through your kidneys and liver. Supporting your liver and bile duct system is a cornerstone of your health journey.



YOU MIGHT NEED **KIDNEY & LIVER SUPPORT** IF YOU:

- Need help detoxing mold, heavy metals, or other environmental toxins [5]
- Require liver support to prevent or address fatty liver issues [5]
- Feel tired all the time or experience excessive fatigue [5]
- Have chemical sensitivities, food sensitivities, or allergies [5]
- Have disrupted sleep or tend to wake up between 1 to 3 AM [5]
- Have reproductive hormonal imbalances or PMS [5]
- Get an upset stomach from greasy foods or have difficulty digesting fats [5]
- Have difficulty or feel pressure when urinating [5]
- Have light or pale-colored stools [5]
- Have gallbladder attacks [5]
- Feel pain under the right side of the rib cage [5]
- Have hemorrhoids or varicose veins [3]
- Have chronic fatigue syndrome or fibromyalgia [3]
- Get frequent headaches with pain over the eyes [3]
- Have cravings and/or blood sugar issues [3]
- Are prone to skin breakouts, acne, or rashes [3]
- Frequently have a white- or yellow-coated tongue and/or bad breath [3]
- Experience brain fog, difficulty concentrating, or inability to focus [3]
- Have foamy or bubbly urine, or have brown, red, or purple-ish urine [3]
- Have dry or itchy skin [3]
- Have a swollen or puffy face [3]
- Experience persistent puffiness or dark circles around your eyes [1]
- Have swollen ankles and feet [1]
- Have muscle cramping [1]
- Experience a loss of appetite [1]
- Are anemic [1]
- Notice that food tastes like metal or a metallic taste in your mouth [1]
- Feel cold even when others around you are warm [1]
- Feel short of breath after minimal effort [1]
- Have bloating or excessive gas [1]
- Feel faint, dizzy, or weak [1]
- Struggle with joint or muscle pain [1]
- Have excess cellulite or excess weight, especially around the abdomen [1]

Total: 97 (43 or higher, you need this product)

PROTOCOL USAGE

PHASE 2

LYMPHATIC SUPPORT

Lymphatic Support brings together Ayurvedic wisdom and modern biochemistry to help keep your lymphatic system flowing freely. This supplement contains herbs and botanicals that maintain healthy lymph movement and offer antioxidant protection. The BioActive Carbon in Lymphatic Support helps deliver the herbal constituents to the places they are needed the most.



YOU MIGHT NEED **LYMPHATIC SUPPORT** IF YOU:

- Are fatigued [5]
- Have swollen glands [5]
- Have puffiness in your eyes or face [5]
- Experience swelling in the fingers or ankles [5]
- Are bloating or retaining water [5]
- Have frequent infections, sinus infections, or increased incidences of colds or flu [3]
- Have skin issues, such as dry or itchy skin [3]
- Experience soreness or stiffness upon waking [3]
- Are constipated [1]
- Have weight gain and extra belly fat [1]
- Experience breast swelling or tenderness [1]
- Have brain fog, memory problems, or trouble concentrating [1]
- Have allergies or food sensitivities [1]

Total: 39 (18 or higher, you need this product)

PROTOCOL USAGE

PHASE 3

PHASE 4

MIMOSA PUDICA SEED

Mimosa Pudica Seed is our cornerstone immune- and digestive-support supplement. It contains one ingredient: *Mimosa pudica* seed. In your digestive tract, the powdered seeds become gelatinous, acting as a sticky gut scrubber. This sticky substance works its way through your intestinal tract, supporting your body's natural drainage process for removing unwanted elements. It's like a housecleaning for your insides! (Sometimes the best solutions are surprisingly simple.)



YOU MIGHT NEED **MIMOSA PUDICA SEED** IF YOU:

- Suspect you have internal parasites in your GI tract [5]
- Struggle with bloating, constipation, or diarrhea [5]
- Have food sensitivities or allergies [5]
- Need to clear biofilms in your gut [5]
- Have celiac disease, gastritis, Crohn's disease, diverticulitis, IBS, IBD, or ulcerative colitis [5]
- Have nausea, vomiting, stomach pain, or stomach ulcers [5]
- Have poor digestive health or leaky gut syndrome [5]
- Need extra immune support [5]
- Have trouble swallowing or esophageal issues [3]
- Have GERD/acid reflux [3]
- Need assistance with natural drainage and toxin removal [3]
- Need liver detoxification support [1]
- Have fatty liver disease or cirrhosis of the liver [1]

Total: 51 (25 or higher, you need this product)

PROTOCOL USAGE

PHASE 2

PHASE 3

MITORESTORE

MitoRestore harnesses the benefits of specific fulvic acid extracts. This supplement is formulated to encourage healthy mitochondrial function and ATP (energy) production. By supporting cellular energy levels, MitoRestore aids detoxification to facilitate your health protocols. It also promotes healthy cellular renewal and aids mitochondria in their immune support role.



YOU MIGHT NEED **MITORESTORE** IF YOU:

- Have low energy and fatigue [5]
- Sleep 7-9 hours of sleep per night but still wake up feeling tired or unrested [5]
- Start your day with caffeine or energy drinks [5]
- Suspect or have been diagnosed with adrenal fatigue [5]
- Have been diagnosed with or suspect you have POTS or another form of dysautonomia [5]
- Have been diagnosed with cancer [5]
- Have dizziness or lightheadedness [5]
- Have been diagnosed with Alzheimer's disease [5]
- Are experiencing unexplained weight loss [3]
- Use caffeine or energy drinks throughout the day to stay alert [3]
- Are intolerant to heat [3]
- Have nausea or gastrointestinal issues [3]
- Have intermittent gut dysfunction [3]
- Have body aches [1]
- Have low or erratic blood pressure [1]
- Are experiencing a loss of body hair [1]
- Have skin discoloration (hyperpigmentation) [1]
- Are experiencing a loss of libido [1]

Total: 60 (29 or higher, you need this product)

PROTOCOL USAGE

PHASE 1

PHASE 2

PHASE 3

PHASE 4

TUDCA PLUS

TUDCA Plus supports liver, digestive, and mitochondrial health. TUDCA is a vital bile acid that promotes healthy bile flow. When combined with N-acetyl cysteine (NAC) and melatonin, its benefits are amplified to support your body's natural antioxidant systems. This trio of ingredients is powered by BioActive Carbon to maximize its potency.



YOU MIGHT NEED **TUDCA PLUS** IF YOU:

- Suspect you have liver disease or fatty liver [5]
- Need to increase bile flow and reduce liver stagnation [5]
- Need to enhance your digestive and microbiome health [5]
- Have systemic inflammation [5]
- Need to boost liver drainage [5]
- Want to prevent free radical damage by encouraging your body to produce more glutathione and other “in-house” antioxidants [5]
- Have leaky gut [3]
- Have gut motility issues [3]
- Have inflammation in your GI tract [3]

Total: 39 (17 or higher, you need this product)

PROTOCOL USAGE

PHASE 1

PHASE 2

PHASE 3

PHASE 4

MICROBE

F O R M U L A S

CREATING SOLUTIONS THAT WORK
IS **WHAT WE DO.**

RESTORING HOPE AND HEALTH IS
WHO WE ARE.