

Suggested Supplements for Mold Exposure

Begin with the first supplement listed, then add on each additional supplement one at a time every 5 days.

Healthy Kids Happy Moms Supplements may be purchased at:
www.sheilakilbane.com/store

Probiotic/Plantadophilus

Transformation Enzymes Plantadophilus

- *Infants* (speak to your doctor) - moms can open the capsule, wet their finger, then rub a small amount of the powder on their nipple or on the baby's gums at the start of 3 or 4 feeds per day
- *1 year and older* - one capsule 3 times a day (may open the capsule and mix in soft food or liquid to give it to them directly (it actually tastes pretty good!))

Digestive Enzymes *(pick one)*

Healthy Kids Happy Moms Enzymes - Kidz Digest Powder

- Take 1/8 tsp (1 scoop) 2-3 times daily at the start of meals and snacks along with the probiotic. Mix in small amount of food

Healthy Kids Happy Moms - Kidz Digest Chewable Tablet

- Chew 2 at the start of meals and large snacks 2-3 times a day

Healthy Kids Happy Moms - Digest

- Take 1 capsule 2-3 times a day at the start of meals

Omega-3 *(pick one)*

Barlean's Omega Swirls Fish Oil Supplement

- Take 2-3 tsp (3 tsp = 1 tbsp) once daily with a meal and after digestive enzymes. May divide up 3 tsp throughout the day and use this as a vehicle to get other supplements in.

Nordic Naturals ProOmega

- Take 1 capsule 2 times daily with a meal along with digestive enzymes.

Vitamin D *(pick one)*

Orthomolecular Liquid Vit D3 with K2

- Take 1 drop (NOT dropperful) daily through winter, stop April-October with 30 minutes of daily sun exposure without sunscreen.

Carlson Baby's Super Daily D3 drops

- Take 1 drop daily

Binder *(pick one)*

Ultrabinder

- Take ½ to 1 tsp on empty stomach with a large glass of water 1 time a day, (away from all other supplements and 2 hours away from prescription medications) preferably in the morning but at least 1 hour before or after eating

Bio-Botanical G.I. Detox™ + (charcoal)

- Take 1 to 2 capsules on empty stomach with a large glass of water 1 time a day, (away from all other supplements and 2 hours away from prescription medications) preferably in the morning but at least 1 hour before or after eating

Cellcore Biotoxin Binder

- Take 1 to 2 capsules with or without food, but 2 hours away from any prescription medications.

G-Pur Purified Clinoptilolite

- Take ½ tsp mixed in water on empty stomach with a large glass of water 1 time a day, (away from all other supplements and 2 hours away from prescription medications) preferably in the morning but at least 1 hour before or after eating

Glutathione* *(pick one – only take under the guidance of your physician)*

QuickSilver Liposomal Glutathione

- Ages 2-3 y.o. – Take 1 pump 1 time daily under the tongue, hold for 30 seconds before swallowing
- Ages 3-10 y.o. - Take 1 pump 1 time daily for 7 days and then increase to 1 pump twice daily under the tongue, hold for 30 seconds before swallowing
- Ages 11 y.o. + - Take 2 pumps 1 time daily for 7 days and then increase to 2 pumps twice daily under the tongue, hold for 30 seconds before swallowing

Glutathione* *(pick one – only take under the guidance of your physician)*

Essential Pro Liposomal Glutathione

- Under 10 y.o. - Take 1 cap daily
- Over 10 y.o. - Take 1 cap daily for 7 days then increase to 1 cap twice daily

**Speak with Dr. Kilbane, Deb, or your doctor before starting glutathione*

Vitamin C *(pick one)*

Mercola Liposomal Vit C

- Take 1 - 2 capsules 2 times a day.

Cyruta by Standard Process

- Take 1- 2 tabs 2 times daily.

Researched Nutritional C-RLA Liposomal Vit C and R-Lipoic Acid

- Take 1 tsp 2 times daily in water if needed. Shake well before use and refrigerate after opening

Additional Support

Cell wall support and cellular detox support *(pick one)*

Phosphatidylcholine is a component of the cell wall, aiding in cell detox. It is also a component of bile, which allows for proper digestion and GI detoxification

- BodyBio Phosphatidylcholine (PC)
 - Take 1- 2 gels twice daily with a meal and along with digestive enzymes.
- BodyBio Phosphatidylcholine (PC)
 - Take 1 tsp once daily with snack or dinner along with digestive enzyme. May mix with Barlean's fish oil to improve taste
- NOW Sunflower Lecithin (use this as a substitute for BodyBio PC if soy is an issue)
 - Take 2 caps daily with a meal and digestive enzymes.

Sinus support

Just like we need to support the GI tract and cellular health after mold exposure, addressing the sinuses is also a priority

OR

- XLEAR
 - Take 1- 2 squirts each nostril 3 times daily for 4 to 6 weeks.