



Dr. Sheila Kilbane's Favorite Biocidin® Products

At the first sign of illness or while traveling:

Use these two **Biocidin®** products along with my **Foundational Supplements** (see Dr. Kilbane's Integrative Guide to Supplements).

- **Biocidin®TS** Throat Spray. Two sprays, 2-3 times daily.
- **Biocidin®LSF** twice daily x 10-14 days. Follow **Biocidin®** dosing instructions by weight.

Optimizing oral flora and as an adjunct for treating kids with *H pylori*:

- **Dentalcidin™** toothpaste paste twice daily x 6-8 weeks.

Mold Exposure:

Give **G.I. Detox™+** on an empty stomach if possible or with a small snack. Open the capsule and mix with soft food or liquid for kids who cannot swallow capsules.

- 2-6 yrs, 1 cap daily
- 7-12 yrs, 2 caps daily
- 13 yrs+, 2 to 3 caps daily

