

## Douglas Directives

## Breast Health Protocol

A Suggested Nutritional Protocol for Breast Health\*

### **Ultra Preventive® X:**

A comprehensive multivitamin in a fruit and vegetable base. Supplies substantial amounts of lutein, lycopene, and zeaxanthin. Designed to provide antioxidants and vitamins for general health support.

**Product Code:** 45410

**Suggested Usage:** 4-8 tablets taken through the course of the day with meals

### **Prim Royal:**

Prim Royal supplies Evening Primrose oil, a rich source of fatty acids including gamma linoleic acid (GLA).

**Product Code:** 7044

**Suggested Usage:** 2 softgels daily

### **Ultra Indinol Plus:**

Ultra Indinol Plus provides a combination of indole-3-carbinol and diindolymethane (DIM), plus a synergistic combination of vegetables to help support healthy estrogen metabolism.

**Product Code:** 98762

**Suggested Usage:** 1 capsule daily

### **Calcium-D-Glucarate (500 mg):**

Supports phase II detoxification of chemicals and hormones which is vitally important to the health of breast tissue.

**Product Code:** CDG

**Suggested Usage:** 1 capsule, twice daily

### **Activin™ Plus:**

Activin™ (California Grape Seed Extract) in a base of phytonutrients including isoflavones, broccoli and cauliflower.

**Product Code:** 7025

**Suggested Usage:** 1 to 3 capsules daily

\*Statements within have not been evaluated by the FDA. Products are not intended to diagnose, treat, cure or prevent any disease.

