

Inflammation Management Protocol

DEVELOPED IN COLLABORATION WITH DR. PENNY KENDALL-REED, N.D.*



The prevalence of disease associated with chronic inflammation is anticipated to increase for the next 30 years. The World Health Organization ranks chronic disease associated with inflammation as the greatest threat to human health. “While 90% of human disease is related to the activation of the stress system, evidence suggests that excessive inflammation from stress plays critical roles in the pathophysiology of stress-related disease.”¹

Designed by Dr. Penny Kendall-Reed, N.D. in collaboration with Pure Encapsulations®, the Inflammation Management Protocol is constructed to help you effectively address excess inflammation in your patients. Products from other trusted Atrium Innovations brands such as Genestra Brands® have been added to provide a complete a robust protocol.

MAIN CLINICAL CONCERN & PATIENT SYMPTOMS	PRODUCT RECOMMENDATIONS	RECOMMENDED DOSE	CLINICAL INSIGHTS & CONSIDERATIONS
Acute Inflammation: <ul style="list-style-type: none">Occurs in response to injury or acute infection (PAMPs).Or in response to cellular stress or trauma (DAMPs).Redness, warmth, swelling, pain, fever, rash and headaches.Acute inflammation is how the body speeds up healing and protects itself.	Pure Encapsulations® A.I. Formula® (Order Code: AI6C-C)	2 capsules BID on an empty stomach	30 mins or more before food or 2 hours or more after to regulate excess inflammatory cytokine production (especially interferon), histamine and prostaglandins.
	Genestra Brands® PEA Joint Pain Support (Order Code: 10650-60C)	2 capsules twice a day on an empty stomach	For severe pain and reduction of inflammation.
	Pure Encapsulations® L-Glutamine (Order Code: LGPC-C)	2 scoops twice a day	For muscle repair if pain is due to injury.
Adjunct Tests: <ul style="list-style-type: none">Genetic Testing: IL6, TNFa, COMT, IRF5.Major biomarkers: IL6, TNFa, IL-1B, CRP, WBC screen (neutrophil dominant).			
Chronic Inflammation: <ul style="list-style-type: none">Chronic InflammationPersistent, non-resolving inflammation.Tissue degradation (increased MMP3's, growth factors, enzymes and cytokines stimulating fibrosis).Chronic swelling, often in multiple sites.	Pure Encapsulations® Liposomal Glutathione (Order Codes: LSG3C-C LSG6C-C)	1 capsule BID with or without food	To reduce cytokines and increase clearance of inflammatory substrates.
	Pure Encapsulations® NAC 900 mg (Order Code: NA91C-C)	1 capsule BID on an empty stomach (30 mins or more before food or 2 hours or more after)	To reduce cytokines and increase clearance of inflammatory substrates.
	OR Pure Encapsulations® NAC + Glycine (Order Code: NGY1C-C)	1.5 scoops per day in water on an empty stomach	
	Genestra Brands® PEA Joint Pain Support (Order Code: 10650-60C)	2 capsules twice a day on an empty stomach	For severe pain and reduction of inflammation.
Adjunct Tests: <ul style="list-style-type: none">Genetic Testing: IL6, TNFa, COMT, IRF5, MMP3's, FKBP5, FUT2.Major biomarkers: no standard biomarkers but associated with increased levels of CRP, ESR, CD8+, CD4+ IL-6 and TNFa.			

*Dr.Penny Kendall-Reed, N.D. is a retained advisor to Atrium Innovations.

These products may not be right for everyone. Always read and follow the label. Contact us for more information.

Add-ons:

It is key to also treat the associated condition while treating inflammation if it exists. You must address them both together in order to successfully quell the inflammation and treat the present condition.

MAIN CLINICAL CONCERN & PATIENT SYMPTOMS	PRODUCT RECOMMENDATIONS	RECOMMENDED DOSE	CLINICAL INSIGHTS & CONSIDERATIONS
Cardiac	Pure Encapsulations® <u>Astaxanthin</u> (Order Code: AST6C-C)	1 capsule per day on and empty stomach	To support cardio myocytes and mitochondria, reduce inflammation and increased clearance of inflammatory substrates.
	Pure Encapsulations® <u>SR-CoQ₁₀ with PQQ</u> (Order Code: CQP6C-C) OR Pure Encapsulations® <u>CoQ₁₀ 120 mg</u> (Order Code: CQ16C-C)	2 capsules per day with food	For mitochondrial and antioxidant support.
IBS and IBD	Pure Encapsulations® <u>Barrier Integrity Powder</u> (Order Code: EIP1C-C)	1 scoop per day in water on an empty stomach	To help soothe, reduce inflammation and heal the GI lining.
	Pure Encapsulations® <u>GI Fortify</u> (Order Code: GIF4C-C)	1 scoop in water at a meal	To decrease GI inflammation and promote regular bowel movements.
	Genestra Brands® <u>HMF® Intensive</u> (Order Code: 10431)	2 capsules per day with food	(see below)
Arthritis	Genestra Brands® <u>Mobility Joint Plus NEM®</u> (Order Code: 10251-90C)	2 capsules BID on an empty stomach, slow reduction to 1 cap BID	To reduce inflammation and repair collagenous and articular tissue.
	Pure Encapsulations® <u>Ligament Restore</u> (Order Code: LR1C-C)	2 capsules BID on an empty stomach	To reduce MMP3 production, increase collagen repair and reduce inflammation.

As stress is associated with most inflammatory conditions, add in Sereniten Plus according to stress treatment protocols. Other additional supplements to consider for most inflammatory conditions include balanced omega oils such as EPA/DHA Essentials and a probiotic such as HMF® line condition specific product to help regulate the TH1/TH2 series in the gut.

REFERENCE:
1. Front Hum NeuroSci 2021;11:316

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