

Rockwell's BV Protocol: Complete Nutritional Supplement Program for Bacterial Vaginosis:

Part 1: Kill harmful bacteria	Instructions:	When to take:
A) Yeast Arrest by Vitanica (Boric Acid suppositories with immune herbs)	Insert one suppository at bedtime. Use a pantyliner. Extra tough cases may also use one in the morning.	Day 1-14+
B) Alli-Cinn (Garlic's Allium sativum extract + Cinnamon Oil) by Pharmax	Take 1 capsule twice daily with meals.	Day 1-30+
Part 2: Re-implant the good bacteria & heal the vaginal tissue		
A) HLC Intensive capsules by Pharmax	Active dose: Swallow 1 capsule twice daily, after meals.	Day 1-30+
B) HLC Intensive capsules by Pharmax (to be used as Acidophilus suppository)	Insert a capsule into the vagina at bedtime (soften capsule by running under warm water before inserting)	Day 14-20 (or after finishing Part 1A)
C) Healing Suppositories by Wise Woman Herbals	Insert one suppository at bedtime.	Day 20-25
D) Califlora Calendula Gel	Use externally outside vaginal area as needed.	As needed
Part 3: Bind and excrete toxins, yeast, and harmful bacteria with fiber and greens		
A) PaleoFiber Powder Plain by DFH	Use 1 TBSP mix with water/juice (i.e. 30 min before a meal or bedtime).	Day 1-30+
B) PaleoGreens powder by DFH	1 Tablespoon daily on an empty stomach (30 min before a meal, or 2 hours after).	Day 1-30+
Part 4: Immune System & Nutritional Support		
A) Immunitone Plus by DFH	3 capsules daily between meals. Can be taken at the same time as PaleoGreens.	Day 1-60+
B) Cod Liver Oil by Pharmax	3 tsp (1 TBSP) per day Maintain 1-2 tsp per day after day 10.	Day 1-10+
C) A good Multivitamin: Complete Multi by Designs for Health	Follow dosing instructions on container; take in divided doses with meals.	Day 1 – 60+

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Please purchase a 30 minute consultation [with our nutritionist](#) to receive guidance on which pack to purchase, how to use these products, and get nutritional support.