

# Mold Protocol

Updated 2-2-19

While the mold protocol can be done at any time, we recommend adding this on while parasite cleansing for full eradication.

For ordering Microbe Formulas products:

Use coupon code **AtHome15** (case sensitive code). Coupon only works with the email address that purchased the At Home Program.

The coupon code is good on MicrobeFormulas.com

After you add items to the shopping cart, click checkout.

Once you are in the checkout there is a place on the left side to enter it.

It says "Discount" that's where you put your code in. Then click "apply"

## **BioActive Carbon BioTox by Microbe Formulas**

For: mold, ammonia, sulfur pathway, increase oxygen, candida, fungal toxins

Directions: Take 1 cap 2-3 times a day. May increase to 2-3 caps, 2-3 times a day. Take with or without food.

<https://microbformulas.com/products/microbe-formulas™-bioactive-carbon-plus-systemic-biotoxin-binder>

## **BioMolecular Oxygen by Microbe Formulas**

Stabilized and bioavailable oxygen

Directions: Take 10 drops 2-3 times a day

-Strong inflammation controller

-Great for sensitive people

<https://microbformulas.com/products/biomolecular-oxygen>

## **Neti Pot for Sinuses**

Add the following to distilled, filtered water in your Neti Pot then irrigate sinuses

-1/4 teaspoon Xylitol

-pinch to 1/8 teaspoon fine, unrefined salt (not table salt)

-1 drop of Povidone antiseptic iodine

[OR -1 drop Lugol's 5% iodine (or two drops Lugol's 2% iodine)]

Neti Pot Xlear Pack: <https://amzn.to/2sCOPSp>

Povidone antiseptic iodine: <https://amzn.to/2FpSqfq>

Lugol's 5% iodine: <https://amzn.to/2sEWFfeV> or Lugol's 2% iodine: <https://amzn.to/2M9fA9E>

Iodine caution for Hashimoto's: See video and take 200mcg Selenomethionine (Selenium) once a day for two months before trying iodine. This is one cap per day of the option below.

Selenomethionine: <https://amzn.to/2Jw1lh2>

## **Nasal Spray Options for Sinuses**

Argentyn 23 Nasal Spray: <https://amzn.to/2HkasMr>

Xlear: [Xlear Nasal Spray](#)

Directions: Two sprays of each for each nostril, 2x a day.