

# BASIC SUPPLEMENT PACK

## WHAT IS IN THE BASIC SUPPLEMENT PACK?

The basic supplement pack for cancer patients combines a variety of nutrients, which work synergistically together to optimise the metabolism of the patient and to boost the immune system function. It comprises of the following supplements: digestive enzymes; Betaine HCL; vitamin D3; thymus extract; zinc chelate; omega plus; vitamin B6 complex; probiotics; immune boosting herbs; Magnesium Chelate; iodine; Melatonin 3mg.

## WHY DO I NEED THE BASIC SUPPLEMENT PACK?

With cancer patients we commonly find that there are multiple deficiencies all happening at the same time and we find that from research the biggest impact on a weakened immune system is the deficiency of key nutrients. Vitamin D has one of the most profound effects on immunity with its role in activating the immune response. Zinc plays a vital role in immune system reactions and it is vital for helping to create white blood cells. The thymus gland has a critical role to play in producing White blood cells to form the immune system, as people get older the thymus gland shrinks and so the production of white blood cells also shrinks.

Omega 3 fatty acids have a strong anti-inflammatory role to play in the body, which helps to reduce the inflammatory response in the cancer. A vitamin B6 deficiency can result in both a depression of cellular and humoral immunity and a reduction in quantity and quality of antibody production. Folate (B9) and B12 deficiency impairs methylation which in turn effects the way the body repairs old cells and divides new cells. Iodine (in iodoral) deficiency is very common, and iodine has strong antimicrobial activity and immune boosting properties and is particular effective



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at detoxifying the damaging effects of estrogen which can influence various estrogen related cancers. Magnesium is involved in over 300 types of enzymatic reactions in the body, and most importantly is involved in the production of glutathione in the liver. Glutathione is the No1. antioxidant in the body, so therefore, we need to optimise its production.

Cancer patients commonly have compromised gut function in terms of digesting their foods, so we have added Digestive enzymes and HCL Betaine to support the pancreas and stomach function respectively. Optimising digestive function is the first step to ensuring the gut is absorbing all the nutrients it needs to have a strong immune system, which will fight the cancer. Probiotics are also added because it is now known that particular bacteria have specific abilities to boost the immune response in the body. Additionally, they ensure a continuous supply of B-vitamins and thus energy for the body.

## **HOW WAS THE FORMULATION OF SUPPLEMENTS DESIGNED FOR THE SUPPLEMENT PACK?**

The professional collaboration of doctors, nutritionists and functional medicine practitioners designed and put together this supplement pack based upon their clinical experience of working with cancer patients.

## **IS IT SAFE TO TAKE ALL THESE SUPPLEMENTS AT THE SAME TIME?**

The taking of these supplements is staggered throughout the day and guided by either our doctors or practitioners in the office. It is totally safe to take these supplements, however based upon our professional guidance certain supplements are best avoided to being taken at the same time.