



Nothing But Pure®

The PureResponse™ Immune Support Protocols‡

Developed with Samuel F. Yanuck, D.C., FACFN, FIAMA+



Promote Active Response.‡
Create Immune Balance.‡

*Dr. Samuel F. Yanuck is a retained advisor to Pure Encapsulations.

†These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

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The product grid below gives you clear steps for providing functional immunology support for your patients. Each step indicates which supplements can be helpful to apply in specific circumstances, with an assigned level of priority. This sequence is typically the most useful. Your clinical judgment will guide you in determining the best approach for each patient.‡

These three steps are cumulative. Choose those that apply to your patient. Install them one at a time, typically taking a week to install each step. Don't stop the items in step 1 when you go to step 2. They are layers that support each other synergistically as you construct the overall support process.

	Clinical Objectives‡	Th1 Support	Th2 Modulator	Innate Immune Support	Balanced Immune	EpilIntegrity powder	Perilla extract	Coriolus extract	PureResponse™ Multivitamin
Step 1	Immune Surveillance	•••		••				••	
	GI-Sinus-Lung Support	••	•••			•••	•		
Step 2	Cytokine Activation				•••	••			
	Self-Tissue Response	••			•••		•••		•••
Step 3	GI Immune Integrity	•	•			•••	••		
	WBC Support	••		••				•••	

••• = Indispensable •• = Usually Important • = Can Be Important

For more information on each row of the grid, read through the steps on the following pages.



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Step 1

Immune Surveillance and Self-Tissue Response Modulation‡

This protocol is intended for patients in need of support for healthy immune surveillance of microbiota via support for both innate immunity and Th1 response, which also helps modulate self-tissue response. These patients are often characterized by altered immune surveillance and/or intestinal microbial balance. The products in this protocol are designed to promote cytokine balance and cell-mediated immunity (including natural killer cell and macrophage activity), as well as healthy activation of Th1 cell status. Because adequate Th1 status is also a modulator of self-tissue response, support for healthy Th1 response is also appropriate in cases involving self-tissue response.‡

Pure Encapsulations® Product Recommendations	Dosing Recommendations
Th1 Support	2 capsules, 2 times daily, with or between meals
Innate Immune Support	1 capsule, 2 times daily, with or between meals
Coriolus extract	1 capsule, 2 times daily, with or between meals

Acute/Intensive Support for Immune Surveillance/Microbial Balance Including in the Context of Self-Tissue Response:‡ Consider increasing the dose of Innate Immune Support, Th1 Support, and Coriolus extract

Additional Support:‡ Black Currant Seed Oil, Liposomal Glutathione

GI/Sinus/Lung Support‡

This protocol is intended for patients in need of support for healthy function of hollow spaces like the GI tract, sinuses, lungs, vaginal tract and bladder, and/or healthy mucosal tolerance and modulation of histamine and mast cell activity. When cytokine activation occurs in any of these hollow spaces, the epithelial lining cells make Th2-promoting cytokines that increase Th2 response and decrease Th1 response, resulting in increased mast cell activity and histamine production. The components of this protocol are designed to support healthy epithelial cell function, healthy production of short-chain fatty acids that support oral tolerance, Th1 response, and healthy modulation of Th2 response as well as histamine and mast cell activity.‡

Pure Encapsulations® Product Recommendations	Dosing Recommendations
Th2 Modulator	2 capsules, 2 times daily, with or between meals
Th1 Support	2 capsules, 1-2 times daily, with or between meals
EpilIntegrity powder	1 scoop mixed in 8 oz. of water or juice, 2 times daily, with or between meals

Acute/Intensive Support for Th2 Modulation, Including in the Context of Self-Tissue Response:‡ Consider increasing the dose of Th2 Modulator, EpilIntegrity powder, and Th1 Support

Additional Support:‡ Perilla extract

Microbial Support:‡ A.C. Formula® II or MicroDefense with Oregano

† Please note that patients may not require all supplements listed. The selection can be fine-tuned by assessing nutrient levels (refer to assessment recommendations) or by other testing you would normally include in the patient evaluation.

Step 2

Cytokine Activation

Whenever cytokine activation is present, Balanced Immune is always appropriate to consider, given in proportion to the extent of cytokine activation. Starting dose is 2 capsules, 2 times daily, with or between meals. Because cytokine activation increases the need for glutamine support and influences immune response toward Th2, EpiIntegrity powder is also always appropriate to consider when there is cytokine activation.‡

Pure Encapsulations® Product Recommendations	Dosing Recommendations
Balanced Immune	2 capsules, 2 times daily, with or between meals
EpiIntegrity powder	1 scoop mixed in 8 oz. of water or juice, 2 times daily, with or between meals

Acute/Intensive Support for Cytokine Activation:‡ Consider increasing the dose of Balanced Immune and EpiIntegrity powder, and using PRMs as the patient's source of fish oil. Higher doses of this protocol may be appropriate initially, per the clinician's discretion, ramping down as appropriate.

Additional Support:‡ PRMs instead of regular fish oil

Self-Tissue Response

Whenever self-tissue response is present, the supplements in this protocol are appropriate. The PureResponse™ Multivitamin is designed for the special needs of these patients. Th1 activity and regulatory T cell activity are the two immune mechanisms that regulate Th17 cells, a key point in these patients, addressed with Th1 Support and Balanced Immune, respectively. Perilla extract modulates Th2 response, a key to modulating the self-tissue response.‡

Pure Encapsulations® Product Recommendations	Dosing Recommendations
PureResponse™ Multivitamin	1 capsule, 2 times daily, with or between meals
Balanced Immune	2 capsules, 2 times daily, with or between meals
Perilla extract	1 capsule, 2 times daily, with or between meals
Th1 Support	2 capsules, 2 times daily, with or between meals

Acute/Intensive Support for Self-Tissue Response:‡ Consider increasing the dose of Balanced Immune and Perilla extract. Higher doses may be appropriate initially, per the clinician's discretion, ramping down as appropriate.

Additional Support:‡ PRMs instead of regular fish oil

Please note that patients may not require all supplements listed. The selection can be fine-tuned by assessing nutrient levels (refer to assessment recommendations) or by other testing you would normally include in the patient evaluation.

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PureEncapsulations.com/response-protocols

Step 3

GI Immune Integrity‡

Whenever gastrointestinal needs are present, support for healthy immunomodulation of the GI tract using EpilIntegrity powder is appropriate to consider. In addition to the GI tract, epithelial cells line the sinuses, lungs, vaginal tract, and bladder. EpilIntegrity powder is equally useful in supporting these areas.‡

Pure Encapsulations® Product Recommendations	Dosing Recommendations
EpilIntegrity powder	1 scoop mixed in 8 oz. of water or juice, 2 times daily, preferably but not necessarily between meals
Th1 Support	1-2 capsules, 2 times daily, with or between meals
Th2 Modulator	1-2 capsules, 2 times daily, with or between meals

Acute/Intensive Support for GI Immune Integrity/Epithelial Lining Integrity:‡ Consider doubling the dose of EpilIntegrity powder to 2 scoops, 2 times daily, particularly initially, when more support may be useful. Consider higher doses of Th1 Support and/or Th2 Modulator, based on the patient's Cogence® Brief Immunological Assessment scores.

Additional Support:‡ Perilla extract

WBC Support‡

Whenever support for healthy white blood cell number and function is useful, Coriolus extract is appropriate to consider. Innate Immune Support dovetails with Coriolus extract in these cases. In addition, the autophagy necessary for the healthy function of hematopoietic stem cells depends on mechanisms supported by Th1 response. Thus, Th1 Support is useful to consider in these cases.‡

Pure Encapsulations® Product Recommendations	Dosing Recommendations
Coriolus extract	2 capsules, 2 times daily, with or between meals
Innate Immune Support	1 capsule, 2 times daily, with or between meals
Th1 Support	1 capsule, 2 times daily, with or between meals

Acute/Intensive Support for Healthy WBC Number and Activity:‡ Consider increasing the dose of Coriolus extract to 3 capsules, 2 times daily. You can also use the Cogence® Brief Immunological Assessment to get more guidance about increasing the dose of Th1 Support and Innate Immune Support.

Please note that patients may not require all supplements listed. The selection can be fine-tuned by assessing nutrient levels (refer to assessment recommendations) or by other testing you would normally include in the patient evaluation.

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Why Should You Address T Cell Polarization First?

Addressing T cell polarization first can be important, because if instead you focus on cytokine activation first, in a Th2 dominant patient, challenges can emerge. This is because self-tissue response is inhibited by both immune tolerance (regulatory T cells) and by Th1 response (Th1 cells). It's important to have adequate Th1 response on board before starting to address cytokine activation. Otherwise, the Th2 dominance may become stronger, and you may lose the efficiency of the Th1 response. Remember that you can use the Cogence® Brief Immunological Assessment to give you more tailored information about how to address Th1 support and modulation of Th2 in each case.

Addressing Microbial Balance

Steps 1 to 3 address the core factors necessary for optimal immunological support. Once that is in place, it's typically time to address the patient's microbial balance, whether they're associated with the GI tract, sinuses, or other sites. Support for healthy function in this regard can be accomplished using MicroDefense with Oregano, A.C. Formula® II, Caprylic Acid, or other supplements, as needed, based on your clinical judgment.‡

Duration

The initial application of the PureResponse™ Immune Support Protocols‡ are intended to be three to six months. After this period, product dosages may be lowered or discontinued if appropriate, based on patient status, Cogence® Brief Immunological Assessment results, lab test results, and the clinician's impression of the ongoing need for support. For some patients, it will be appropriate to maintain the original levels.‡

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