

# PATIENT HANDOUT



## What are Salvestrols?

Salvestrols are a new class of natural compounds, safely eaten in the diet. It has become clear that Salvestrols are used as part of the body's natural cell cycle regulation process. Salvestrols support the elimination of damaged cells, and do not harm normal cells. They become activated by an enzyme CYP1B1 (pronounced "sip one bee one") which is only found in damaged cells. CYP1B1 is absent from normal healthy cells, therefore Salvestrols exert no effect on them.

## Dosage Guidelines



Follow the instructions given to you by your qualified practitioner. If in doubt contact us to speak to our qualified Naturopath.

**Initial Loading Dose** = 6 capsules daily (For first 6 weeks)  
2/3 of dose 30min before breakfast, remainder 3-4 hours later

**Active Treatment Dose** = 3—6 capsules daily  
2/3 of dose 30min before breakfast, remainder 3-4 hours later

**Maintenance Dose** = 1 capsule daily  
1 capsule 30 min before breakfast

**Preventative Dose** = 3 capsules weekly  
1 capsule 30 min before breakfast

## What about diet?

It is important to adopt an organic diet. Any fruits, vegetables and grains should be organically grown to avoid pesticide, herbicide and fungicide residues, which may reduce the effectiveness of Salvestrol. Choosing organic will also supply additional dietary Salvestrols.

## Drug Interactions

There are no known contraindications or interactions between Salvestrols and chemotherapy, radiotherapy or pharmaceutical medications. It is important to note that Salvestrol are not antioxidants

## Exercise

Moderate exercise or deep breathing exercises will boost oxygen levels. The ideal time is around 4 hours after taking Salvestrols.

## Additional information

For more detailed information on Salvestrol & Diet we highly recommend reading:-  
Dr. Brian Schaefer's book "Salvestrols, Nature's Defense Against Cancer: Linking Diet & Cancer"

Salvacare Biotechnologies Limited  
Phone (+64) 09 476 4460  
0800 725 822

www.salvestrol.co.nz

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## ENVIRONMENTAL SOURCES

### Herbicides & Pesticides

Weed killers & insect sprays

### Fungicides

Used in agriculture, on golf courses, sports fields, public parks, new carpets, house paints, cleaning agents & air conditioning ductwork

### Topical Antifungals

Antifungal creams & Anti-dandruff shampoos

## SUPPLEMENTS & HERBS

### St John's Wort

Hypericin

### Resveratrol

Supplements over 50mg/day  
Red wine is not a problem

### Calcium-D-Glucarate

### Apricot Kernels

Laetrile, Vitamin B17

## LIFESTYLE SOURCES

### Cannabis

Marijuana, hash & Oil  
Both recreational & medicinal use

### Smoking

Tobacco, shisha etc



## Potential Inhibitors Things to Avoid

## DIETARY SOURCES

### Agrochemicals

Chemical sprays used in agriculture. Residues can be found on commercially grown fruit, veges & grains.  
We strongly recommend an organic diet

### Artificial & Natural Sweeteners

Artificial sweeteners, i.e. aspartame, sucralose etc.  
Natural sweeteners i.e. stevia, xylitol etc.

### Excessive Fruit & Vege Juice

Limit to 3 glasses per day

### Grapefruit

Grapefruit & it's juice



[www.salvestrol.co.nz](http://www.salvestrol.co.nz)

**Disclaimer:** The practice of medicine is the sole responsibility of medical practitioners. This document provides suggestions for optimising the use of Salvestrols based on research and observation. Every effort has been made to provide complete, accurate and timely information. The reader is to use this information as a general guide from which they can conduct their own research. The author and copyright holder shall have neither liability nor responsibility with regard to information contained in this information sheet