PATIENT HANDOUT



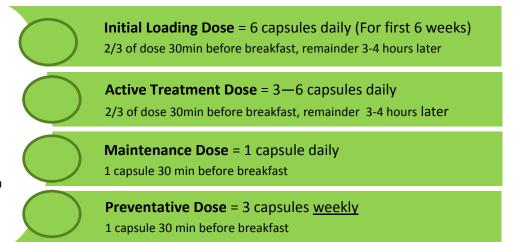
What are Salvestrols?

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.



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, Natures Defense Against Cancer: Linking Diet & Cancer"

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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

Salvestrol

www.salvestrol.co.nz