



HASHIMOTO'S PROTOCOL

Liver Support Protocol -
Supplement Introduction Guide
for Sensitive People

In my training as a pharmacist, I was always taught to “start low and go slow.” This is great advice for starting medications, supplements, and lifestyle changes for most people. However, this is particularly important for some of us who tend to be extra sensitive.

If you have decided to take the supplements recommended for the Liver Support protocol, but are concerned about potential reactions, this guide will help you to slowly introduce the supplements, as well as help you identify and remove any supplements that you may be reacting to.

Please note that if you are going to be introducing your supplements slowly, you will be extending your Liver Support protocol for up to six weeks. All supplements except for the Liver Reset Powder can be taken for the full six weeks and beyond, but please note that the Liver Reset Powder can only be taken for two weeks at a time. The schedule below will reflect this.

If you are following this Supplement Introduction Guide, you will want to start the smoothie without the Liver Reset Powder, which will then extend your protocol time, as mentioned, for up to six weeks. Once all of the supplements, aside from the Liver Reset Powder, have been introduced, you can then start taking the daily smoothie with the Liver Reset Powder, for a total of two weeks.

Symptoms

Generally, any changes with supplements should be positive. They may be slightly uncomfortable as your body adjusts, but they should be tolerable and subside within a few days.

If symptoms become too uncomfortable, you would want to either decrease the dose or discontinue the supplement, depending on the severity of the symptom.

Some potential symptoms you may experience, as you introduce new supplements, include:

- Headache
- Fatigue
- Burping, gas or bloating
- Diarrhea or constipation
- Heartburn/reflux
- Brain fog
- Nausea
- Dizziness
- Heart palpitations

Oftentimes, when we start new supplements, we experience symptoms that are a window into other root causes. For example, headaches, fatigue, brain fog, and dizziness may indicate dehydration, detoxification, or a hidden sensitivity.



Conditions Associated with Supplement Reactions

- Past history of supplement reactions
- Constipation
- Multiple chemical sensitivities
- Highly sensitive persons
- Ulcerative colitis/Crohn's disease
- Gut infections
- Lyme disease
- Mold toxicity
- Liver congestion

What To Do If You React to Supplements

If you find yourself sensitive to any of the supplements, you may want to follow the order of introduction, as outlined further on in this guide. Introducing magnesium first, which may help to keep the digestive and detoxification systems moving, may help to prevent new symptoms as you introduce the other supplements. Furthermore, gradually increasing your dose to eventually reach your target/optimal dose may help to relieve some of these symptoms, if you do experience them.

If you experience any of the following adverse reactions, however, please discontinue the supplement(s) immediately and follow up with your practitioner:

- Vomiting
- Rash or itching
- Bleeding, nose bleeds
- Shortness of breath, wheezing
- Sudden/severe headaches
- Sudden/severe swelling

Although these reactions are not common, we want to provide you with all the information so that you can listen to your body's signals and determine the best course of action.

How to Introduce Supplements Gradually

For those of you that are sensitive to supplements, I recommend starting supplements at a low dose, one at a time, rather than starting multiple supplements at once, at full doses.

For example, you may add Magnesium Citrate at ½ teaspoon and see how you tolerate it for a few days before you decide to increase it to a full teaspoon. Once you've found that you can tolerate the full dose for a few days, you can add a second supplement.

This approach increases the likelihood of catching adverse events before they get too far, and it will help you pinpoint the substance causing the adverse event, without having to stop all of your other supplements and delay progress.



As a clinical pharmacist, one tool I used to use and recommend in my work in Reducing Adverse Drug Events is known as the Naranjo Causality Scale. This tool helps determine whether a particular substance caused an adverse event. I have modified the original scale that was used with medications for the purposes of using it with supplements. Tally up your score and then use the key below to determine your probability of a sensitivity to each supplement.

NARANJO CAUSALITY SCALE

	YES	NO	DON'T KNOW
Are there previous reports on this reaction?	+1	0	0
Did the event occur after the suspected substance was administered?	+2	-1	0
Did the reaction improve after the substance was stopped or a countering substance given?	+1	0	0
Did the reaction reappear when the substance was re-given?	+2	-1	0
Are there alternative causes that could have caused this reaction?	-1	+2	0
Did the reaction occur after accidental exposure?	+1	-1	0
Was the reaction more severe when the dose was increased or less severe when the dose was decreased?	+1	0	0
Did you have a similar reaction to a similar intervention before?	+1	0	0
Was this confirmed by objective evidence (lab result, blood pressure)?	+1	0	0

KEY:
Likelihood the supplement
is causing an adverse effect

>8 = Definite
4-7 = Probable
1-3 = Possible
0 = Doubtful



Order of Introduction

If you tend to be sensitive to supplements, I recommend introducing one supplement at a time, every 3-7 days, to make sure you are tolerating them.

You will start with the first supplement, at the lowest dose, and slowly increase your dosage, day by day, until you reach the target dose. (This is why it can take up to 7 days before a new supplement is introduced, as you will want to ensure you are at the full dose for 3 full days before continuing onto the next supplement.)

Please note: The schedule below is specific to Rootcology supplements. For those using alternate brands of supplements mentioned in the book, the same steps can be followed to slowly introduce supplements, but dosing may need to be adjusted accordingly. You can find the full chart with "Recommended Brands" on pages 143-144 of the *Hashimoto's Protocol* book.

Rootcology protein powder of choice

- Start with ½ serving, for 3 days
- If you don't feel well, remove from regimen and find an alternate protein that you tolerate (refer to Protein Powder guidelines in the Supplement Guide)
- If you feel well, increase to 1 serving, the following day
- If you don't feel well, decrease back to ½ serving, the following day

Note: You may also find that adding an enzyme to help break down the protein powder may be beneficial if you are having a hard time digesting the smoothies. [AllerGzyme by Designs for Health](#) may be helpful in this case. It contains a blend of proteolytic enzymes, which can help support the digestion and absorption of proteins. (As always, please speak with your practitioner before starting this or any new supplement, to determine if they are appropriate for your needs.)

Rootcology Magnesium Citrate Powder

- Start with ¼ teaspoon at bedtime, for 3 days
- If you don't feel well, remove from regimen
- If you feel well, increase to ½ teaspoon, the following day
- If you feel well, increase to 1 teaspoon, the following day
- If you don't feel well, decrease to the last dose you felt well with, the following day

Rootcology Amino Support

- Start with one capsule with breakfast, for 3 days
- If you don't feel well, remove from regimen
- If you feel well, add two capsules with breakfast, the following day
- If you feel well, take two capsules with breakfast and one with lunch, the following day
- If you feel well, take two capsules with breakfast and two with lunch, the following day
- If you feel well, take two capsules with breakfast, two with lunch, and one with dinner, the following day
- If you feel well, take two capsules with breakfast, two with lunch, and two with dinner, the following day
- If you don't feel well at any point, decrease to the last dose you felt well with, the following day



Rootcology Liver & Gallbladder Support

- Start with one capsule at breakfast, for 3 days
- If you don't feel well, remove from regimen
- If you feel well, take one capsule at breakfast and one at lunch, the following day
- If you feel well, take one capsule at breakfast, one at lunch, and one at dinner, the following day
- If you don't feel well at any point, decrease to the last dose you felt well with, the following day

Rootcology MTHFR Pathways

- Start with one capsule at breakfast, for 3 days
- If you don't feel well, remove from regimen
- If you feel well, take two capsules at breakfast, the following day

Rootcology Pure N-Acetyl Cysteine

- Start with one capsule at lunch, for 3 days
- If you don't feel well, remove from regimen
- If you feel well, take two capsules at lunch, the following day

Rootcology Curcumin Absorb

- Start with one capsule at breakfast, for 3 days
- If you don't feel well, remove from regimen
- If you feel well, take one capsule with breakfast and one capsule with lunch, the following day
- If you don't feel well, go back to taking one capsule at breakfast only, the following day
- If you feel well, take one capsule at breakfast, one capsule at lunch, and one capsule at dinner, the following day
- If you don't feel well, take only two capsules per day - separated (one at breakfast, and one at either lunch or dinner) - the following day

Rootcology Liver Reset Powder (not to be taken for more than 2 weeks)

- Start with half scoop at breakfast, in a smoothie, for 3 days
- If you don't feel well, remove from regimen
- If you feel well, include the full scoop at breakfast, in a smoothie, the following day



SUPPLEMENT REINTRODUCTION CHART

Use this chart below to track your symptoms. Use as many rows as you need for each supplement, to track the dose and symptoms, as well as the Naranjo Scale, to monitor how you feel when introducing your supplements.

[illegible]

SUPPLEMENT	DOSE	SYMPTOMS	NARANJO SCALE SCORE	NOTES

Frequently Asked Questions

If I am staggering supplements or taking a different dose, should I still follow the Supplement Schedule for when to take each supplement?

Yes, you can still refer to the Liver Support Supplements schedule to determine the best time of day to take your dose of each supplement.

Additionally, you still want to ensure that all supplements are separated from thyroid medications by 30 minutes to one hour, and that the magnesium citrate is taken four hours away from thyroid medication.

If I follow this schedule and only introduce one new supplement once every few days, when should I stop each one?

If you are following the staggered schedule, you can discontinue each supplement based on when you started it. So, if you started the Magnesium Citrate four weeks before starting the Pure N-Acetyl Cysteine, you would also discontinue the Magnesium Citrate four weeks before discontinuing the MTHFR Pathways.

However, please keep in mind that it is generally recommended to continue taking the supplements for three months to two years, depending on your level of liver support needed. As a result, each individual's experience and needs are different, and the duration a person continues on each supplement may vary.

Will I still finish the program on time?

If you are following the staggered introduction schedule outlined in this guide, you will more than likely finish later than the rest of the group (up to 6 weeks total in the Liver Reset Program). However, this should not pose an issue, as you will still have 30 days past the program end date to access the portal and our support team, should you need to review any of the information before you finish completing your supplements.



Disclaimer: None of the statements in the Adrenal Transformation Program have been evaluated by the FDA, or any other government body.

The opinions expressed, while based on scientific research and experience, are the personal opinions of Izabella Wentz and may not adhere to current practices.

The guidelines in this program are not meant to replace your physician's advice, your personal beliefs or your own common sense.

If you have a medical emergency, please call 911.

