



## Eczema & Psoriasis



- **Vital Zinc 40mg (Flourish):** 1 capsule daily with food.<sup>1 2 3</sup>
- **Extra Strength Probiotic (Flourish):** 1 capsule daily with or without food.<sup>4 5 6</sup>  
Probiotics decrease the symptoms and risks of eczema and food allergy skin issues, modify inherited allergy-associated genes, and decrease metal intestinal and skin allergy symptoms. The capsule may be opened, and powder content mixed with room temperature or cooler foods for children.
- **A D3 K2 (Flourish):** 1 capsule daily. Best absorbed with food.<sup>7 8 9</sup>  
**Vital D3 Drops (Flourish):** 1 drop as recommended by your healthcare provider. It is best to adjust your vitamin D3 dose by doing a blood test through your health care practitioner or [www.Ultalabtests.com/flourish](http://www.Ultalabtests.com/flourish). An optimal blood level is 55-65.
- **CurcuExcel Pro (Flourish):** 1-2 capsules 1-2 times daily.  
NAC (N-acetylcysteine) specially blended with curcumin enhances the absorption of curcumin. Curcumin reduces skin inflammation and helps heal the digestive tract.<sup>10 11</sup> NAC helps heal the skin.<sup>12</sup>
- **Vital EPA/DHA 1300 EC (Flourish):** 1 daily, best absorbed with food.<sup>13 14 15</sup>
- **Methyl B12 5,000 mcg (Flourish):** dissolve 1 tablet under the tongue once daily in the morning.<sup>16</sup> Monitor and adjust dosage based on your blood test. [www.Ultalabtests.com/flourish](http://www.Ultalabtests.com/flourish). Optimal level is over 800. A level below 500 is a risk for nerve damage.
- **Rx Considerations:** Ask our pharmacist about LDN (Low Dose Naltrexone)<sup>17 18</sup>

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□ **Flourish Food List or Modified Elimination Food List**

The Flourish Food List helps you avoid foods that are highly allergic or may cause intestinal problems that increase allergy/immune issues. The Modified Elimination Food List limits more foods and is more difficult to follow.<sup>19</sup>

- **Drink purified or filtered water that is chlorine/chloramine free.**<sup>20</sup> Chlorine and chloramine in municipal water may kill the good bacteria inside the intestines. Soda pop and sweet tea feeds yeast overgrowth in the intestines.

## References Include

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- <sup>7</sup> Mansour NO, Mohamed AA, et al. The impact of vitamin D supplementation as an adjuvant therapy on clinical outcomes in patients with severe atopic dermatitis: A randomized controlled trial. *Pharmacol Res Perspect.* 2020 Dec;8(6):e00679.
- <sup>8</sup> Kanda N, Hoashi T, Saeki H. Nutrition and atopic dermatitis. *J Nippon Med Sch.* 2021 Mar 9. doi: 10.1272/jnms.JNMS.2021\_88-317.
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