Lauric Select™ provides clinical strength monolaurin, a researched natural antimicrobial agent, in a convenient 600 mg capsule format.

MONOLAURIN, also known as glycerol monolaurate, is the monoester form of lauric acid, a medium chain saturated fatty acid prevalent in coconut oil and also found naturally in human breast milk where it is believed to help protect infants from microbial infections.

Coconut oil contains 50% lauric acid and lesser amounts of other medium chain fatty acids, i.e. caprylic, capric and myristic acid. Medium chain triglycerides—which, by definition, contain 8-14 carbon atoms—all exhibit antimicrobial activity. However, research has shown repeatedly that 12-carbon lauric acid and its corresponding monoglyceride, monolaurin, provide the most active antimicrobial effect against the widest range of organisms.

Monolaurin has a long-standing safety record and offers the distinct advantage of not promoting bacterial or viral resistance, a problem associated with many antibiotic and virucidal agents, even following prolonged use. Research dating back to 1966 has found the compound to be highly effective against enveloped RNA and DNA viruses and gram positive bacteria (i.e. *staphylococcus* and *streptococcus*), as well as yeasts and molds. Monolaurin also has been shown to inactivate some gram negative bacteria, such as *Helicobacter pylori*. A short list of organisms that monolaurin has been shown in research to be active against includes: *Listeria monocytogenes, Hemophilus influenzae, Staphylococcus aureus, Cytomegalovirus, Herpes simplex virus-1 & -2, Epstein-Barr virus, Pneumonovirus, Candida albicans* and *HIV*.

A 1982 in vitro study in which monolaurin was shown to be 99.9% effective against 14 different lipid-coated viruses suggests that monolaurin exerts its antimicrobial effects by solubilizing lipids and phospholipids in the external viral layer.
membrane, causing disintegration of this protective envelope. By acting as a lipid membrane perturber, monolaurin helps enable the immune system to gain access to a pathogen's interior contents and helps prevent capsid organisms from binding to host cells, inhibiting microbial replication and colonization.

In addition to monolaurin, Lauric Select™ also contains INOSINE, a nucleoside composed of a nitrogenous base, hypoxanthine, and a 5-carbon sugar, ribose. Nucleosides are closely related to nucleotides, the building blocks of RNA and DNA. In medicine, nucleoside analogs are used as immunomodulatory and antiviral agents. Research suggests that when inosine is incorporated into viral RNA, the production of cytokines such as TNF-alpha is increased in human peripheral blood mononuclear cells. Such cells, which include lymphocytes, monocytes and phagocytes, are critical to immune system functioning. Inosine may gain access to microbial RNA following disintegration of the pathogen's lipid-containing coat as facilitated by monolaurin.

Lauric Select™ may be taken with or without food. Flexible dosing options address individual biochemical needs and health situations. The following clinical usage suggestions are offered as a general guideline.

### CLINICAL USAGE SUGGESTIONS

**ACUTE SITUATIONS:** 1 capsule, 3 times per day to begin. Increase to 2 or 3 capsules, 2 or 3 times per day as indicated by condition and tolerability. Titrate down as symptoms resolve.

**CHRONIC SITUATIONS:** Follow an 8-week titration protocol as outlined below. Adjust levels as condition indicates and tolerability allows. Take at breakfast & dinner for adequate spacing.

- **WEEK 1:** 1 capsule, 2 times per day
- **WEEK 2:** 2 capsules, 2 times per day
- **WEEK 3:** 3 capsules, 2 times per day
- **WEEKS 4-8:** 2 capsules, 2 times per day
- **MAINTENANCE:** 1 capsule, 2 times per day for 4-6 months, or as needed.

### REFERENCES

8. Nikolas Hedberg, DC, DABCI. Personal correspondence. drhedberg.com

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.