ANTI-VIRAL SUPPLEMENTS

Designed to supply pertinent and clinically relevant information about nutritional supplements to support a healthy response to viral pathogens, this document will supply a summary of specific supplements for managing immune responses to virus.

Virus: A microorganism that is smaller than a bacterium that cannot grow or reproduce apart from a living cell. A virus invades living cells and uses their chemical machinery to keep itself alive and to replicate itself. It may reproduce with fidelity or with errors (mutations); this ability to mutate is responsible for the ability of some viruses to change slightly in each infected person, making treatment difficult. Viruses cause many common human infections and are also responsible for a number of rare diseases. Examples of viral illnesses range from the common cold, which can be caused by one of the rhinoviruses, to AIDS, which is caused by HIV. Viruses may contain either DNA or RNA as their genetic material.

Herpes simplex virus and the hepatitis B virus are DNA viruses. RNA viruses have an enzyme called reverse transcriptase that permits the usual sequence of DNA-to-RNA to be reversed so that the virus can make a DNA version of itself.

RNA viruses include HIV and hepatitis C virus. Researchers have grouped viruses together into several major families, based on their shape, behavior, and other characteristics. These include the herpes-viruses, adenoviruses, papovaviruses (including the papillomaviruses), hepadnaviruses, poxviruses, and paroviruses, among the DNA viruses. On the RNA virus side, major families include the picorna-viruses (including the rhinoviruses), calciviruses, paramyxoviruses, orthomyxoviruses, rhabdoviruses, filoviruses, and retroviruses. There are dozens of smaller virus families within these major classifications. Many viruses are host specific, capable of infecting and causing disease in humans or specific animals only.

Below is the list of supplements designed to support a healthy response to viral agents.

- Humic Acid (ARG) 1 caps with each meal
- Humic-Monolaurin Complex (ARG) 2 caps with each meal
- L-Lysine (ARG) 2 caps on empty stomach 2-3 times a day
- ProLive (ARG) 1 tab with each meal
- Licorice Solid Extract (ARG) 1 tspn first thing, ½ tspn at 12 noon
- I.A.G. (BRC) 1 tspn twice daily
Here are suggestions for combinations of anti-viral supplements. Combining Humic Acid and the Humic-Monolaurin Complex as a concomitant support therapy can increase outcome effectiveness.

**Combinations**

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Humic Acid (ARG) - http://tinyurl.com/buakdqj
This is a recent addition to the Allergy Research Group line of supplements. It is proving to be effective in supporting a healthy response to viruses in clinical practice. Do read the product information sheet accessed via the tinyurl below. Also view this article on our website entitled ‘Earth’s Gift: Ancient Soil Deposits Yield Potent Antiviral Potential’ - http://tinyurl.com/bqsube9.

Provides 750 mg per 2 capsules.

Humic-Monolaurin Complex (ARG)
This is a recent addition to the ARG line. Humic-Monolaurin Complex (ARG) combines a specially extracted and purified humic acid with monolaurin, olive leaf extract, and Lactobacillus rhamnosus cell wall fragments (Russian Choice Immune®). It provides one third of the Humic Acid as compared with the individual product (above), along with Monolaurin, Olive Leaf Extract & Lactobacillus rhamnosus lysate powder.

Each 2 capsule serving contains:
- Monolaurin: 500 mg
- Olive Leaf Extract (min 15% Oleuropein): 350 mg
- Humic Acid: 250 mg
- Lactobacillus rhamnosus Lysate Powder: 25 mg

A dose of 2 caps with each meal is the typical dose.

L-Lysine (ARG)
Lysine is an α-amino acid and an essential amino acid for humans. Studies have found that lysine may be beneficial for those with herpes simplex infections.


A dose of 2 caps on an empty stomach twice daily, or more if needed, is the typical dose.

ProLive (ARG) - http://tinyurl.com/67pl3yc
This formula provides olive leaf extract combined with antioxidants. Each tablet provides:
- Vitamin A (as Beta-Carotene): 5000 IU
- Vitamin C (50% as Ascorbic Acid and 50% as Ascorbyl Palmitate): 20 mg
- Vitamin E (as D-alpha-Tocopheryl Acid Succinate): 20 IU
- Selenium (as Sodium Selenate): 20 μg
- Olive Leaf Extract (min. 18% Oleuropein): 500 mg

Olive Leaf Extract has a variety of potential effects including supporting healthy anti-viral responses.

Licorice Solid Extract (ARG)

Liquorice or licorice is the root of Glycyrrhiza glabra. Studies indicate that glycyrrhizic acid disrupts latent Kaposi’s sarcoma (as also demonstrated with other herpes virus infections in the active stage), exhibiting a strong and healthy anti-viral effect.


Glycyrrhizin has also been shown to have an inhibitory effect on viruses other than the herpes virus.


IAG™ - http://tinyurl.com/btjggqh

IAG™ is Biotics Research trade name for Larch Arabinoglactan. IAG™ is a highly refined purified powder containing 98 to 99 percent pure arabinogalactans from western larch tree. IAG™ has been found to be effective for supporting immune function and for supporting a healthy Natural Killer cell population.

IAG™ should be considered suitable to support people with any chronic viral infection and especially with childhood infections, inner ear infections, hepatitis and other immune problems where significant immune compromise is present.

The IAG™ comes in tubs of 100 gm powder. Each teaspoon provides approx 2 gm of Arabinogalactans. 1 tspn once or twice a day, mixed in a little water or fruit puree or mash potato, for example, is the typical dose.