

Mold Binders

Aflatoxins:

- Bentonite Clay
- Activated charcoal
- (Chlorella, Diatomaceous earth, Zeolite, Glucomannan)

Gliotoxin:

- Saccharomyces boulardii
- Bentonite clay
- NAC
- Propolamannan

Trichothecenes:

- Activated charcoal
- (Bentonite Clay, chlorella, Zeolite, Glucomannan)

Zearalanone:

- Bentonite Clay
- Saccharomyces Boulardii

Ochratoxin:

- Cholestyramine, welchol
- Activated charcoal (much weaker binder)
- (Zeolites, Glucomannan, Diatomaceous Earth)

Mycophenolic: (by penicillium)

- CSM
- Charcoal

Treat based on Real Time Labs. Start with the gentlest first.

<https://www.greatplainslaboratory.com/gpl-blog-source/2021/20/mycotoxinbinders>

1. Bentonite Clay - 500 mg capsules (up to 3 times daily) Medi-Clay is the brand I have.

Most start 1 daily. If you have any increase in symptoms, stop and wait for symptoms to improve. Then try again with ½ capsule or 1 capsule every 2-3 days. If still too sensitive, try liquid: Yerba Prima Great Plains Liquid Bentonite Clay. 1/16-1/8 tsp daily and work up to 1 tsp, or maximum amount you can take with comfort.

Can mix the Yerba with pomegranate juice to help taste. 3pm is a great time.

2. Activated charcoal: 500 mg capsules. 1 part of a capsule to 3 capsules a day. Best on an empty stomach. (around 3pm is best time)
3. Chlorella: 1/8 tablet every other day to 3 tablets once daily (tablets 200 mg each). Best on an empty stomach. Pyrenoidosa (Biopure) 200 mg tabs 1-3 a day at 3pm
4. Saccharomyces boulardii capsule. (6,10 billion units for strong, 3 billion sensitive) - I have the 3 billion and recommend starting with that.
Strong - 1 capsule with one meal daily - up to 3 daily.
Sensitive - 1/4 capsule, increasing 1/4 capsule every few days up to 1 with each meal. Best with a meal If bladder irritation - stop the saccharomyces
Okay with meals and other medications and supplements.
5. CSM: 1/16 tsp to 1 scoop up to 4 times daily. Take 30 minutes before or 90 minutes after meals, supplements and medications. Sent to CVS.

Add in 1 at a time starting with the top one and moving down once you are at max dose of the first one - and tolerating well.

Do not tolerate any increase in symptoms!! More is not always better! Binders are like magnets - and if we pull off more than your body can handle, you can lose ground!

May take up to 6-8 weeks figuring out best doses and schedule for binders before moving on.

Other:

Welchol: 1/4 tablet once daily to 2 tablets 3 times a day. May take right before a meal. Can grind 1 tablet and add 6 oz water, discard the pill cover. This is 100 mg/ounce.

Optifiber Lean: ¼ scoop mixed in water daily to 1 scoop 3 times a day. Best on an empty stomach. Can be used for all mycotoxins and BM's.