Endologica Product Catalog 2026

The first and exclusive line of Endobiogenic Master Formulations, developed by the leading authority in Endobiogeny

Exclusively for Health Professionals



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Introduction

More than a product line, Endologica™ is an exciting **new approach** to the compounding of medicinal plants. Based on Endobiogeny and its whole person approach to healing, Endologica seeks to heal

1.The illness the person has
2.The person who has the illness, and
3.The psychology of illness

The illness the person has

Every formulation contains plants with grouped anatomical tropisms for disease-specific actions. For example, Toniquel, a gut-brain-nervous system master regulator, contains agrimony. With tropic actions on the blood vessels, insulin, inflammation, and digestive effects. These systemic, local and organ-specific actions further the healing goals of Toniquel. But we don't limit ourselves there, because we endeavor to treat the person who has the illness as well.

The person who has the illness

Treating the person who has the illness means addressing the terrain that allowed the disease to occur in the first place. The underlying imbalances of one disorder are the underlying imbalances of a dozen others. For example, migraines, anxiety, insomnia and certain types of depression all involve high functional cortisol and noradrenaline. Rather than create four products for each of these conditions, Endologica created a single product, Cataquel, that addresses high cortisol and noradrenaline. Thus, it addresses all the four conditions in a single product.

Each formulation addresses:

1.Systemic root causes of disease
2.Symptoms and their mechanisms
3.Drainage of key emunctories by adaptation type
4.Restoration of buffering capacity for long term resilience

This is the master endobiogenist's approach to healing the terrain. Above the physiology of illness is the psychology of suffering, which when treated, brings a *healing* beyond cure.

The psychology of illness

There is a bidirectional psychology of suffering. When stress psychology lacks resilience, it facilities disease through chronic, degrading physiologic responses (adaptative physiology). The feeling of suffering and hopeless of cure is itself a secondary psychological state perpetuating illness.

Endologica has carefully selected plants with regulating actions on neurotransmitters that also have targeted neuroendocrine activity, such as Magnolia (Cataquel), Ginkgo (Catavance) and Saffron (Seraphyn). By adding this dimension to formulating, dysfunctional personality patterns shift, and a window unto hope opens.

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Introduction

Ecology of Endobiogeny

Endologica products were created to facilitate the practice of endobiogeny for busy clinicians. ENDO in Endologica refers to the wisdom of Endobiogeny. LOGICA refers to the algorithmic logic and mathematical objectivity of GEMMA™ biomarker analysis.

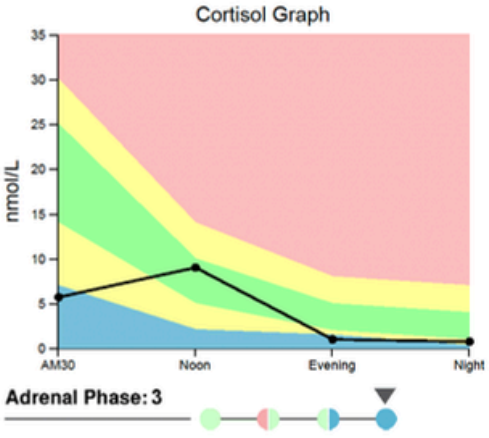
With endobiogenic training, practitioners are excited to apply new concepts in practice. To have greater certainty in their Endobiogenic analysis, they benefit from the GEMMA biomarker analysis system. This system turns biomarkers into insight, and insight into action. GEMMA recommends individual plants and mushrooms, vitamins and minerals, dietary and lifestyle changes and more, all based on rational, mathematical connection between symptoms, biomarkers and disease.

That much choice can feel overwhelming. GEMMA also recommends the Endologica products best aligned with your patient's overall physiologic imbalances to treat the whole person, not a single finding from a single functional test.

Alignment with other functional testing services

We know that GEMMA will not be your sole testing service. So, every Endologica product is aligned to specific imbalances for other popular testing services:

- Salivary Cortisol
- Hormone Testing
- Lyme serology
- Urinary neurotransmitters
- Fungal metabolites
- Stool gut microbiome



Analyte	Result	Unit per Creatinine	L	WRI	H	Reference Interval
Serotonin	135	µg/g				50 – 98
Dopamine	213	µg/g				110 – 200
Norepinephrine	19.3	µg/g				18 – 42
Epinephrine	2.4	µg/g				1.3 – 7.3
Norepinephrine / Epinephrine ratio	8.0					< 13
Glutamate	28	µmol/g				9.0 – 40.0
Gamma-aminobutyrate (GABA)	4.7	µmol/g				1.6 – 3.5

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Introduction

Quality, Safety and Absorption

Endologica products are 100% composed of fresh and organic plant material from France. Each preparation is a:

- 10x concentrates for easy, drop dosing
  - 1:10 mother tinctures, concentrated to 1:1
  - 1:200 gemmomacerate concentrated to 1:20

- Liposomal preparation made with sunflower lecithin for
  - Higher oral and gastric absorption
  - Reduced exposure to hepatic first-pass metabolism
  - More effective use in patients with leaky gut or surgically altered intestines

Each bottle is 30 ml (1 oz), small, lightweight, in Austrian made pharmaceutical-grade shatter proof cobalt glass with a leak-resistant silicone bulb and integrated glass pipette for safe handling.

This approach brings practicality to treating anyone sensitive to the taste of tinctures or unable to swallow capsules. It also brings convenience to those who travel for work or pleasure, or, who may not be home for a timed dose of their remedies.

Experience and Insight

These formulations are the fruit of 20 years of experience as a leading authority in Endobiogeny. What you hold in your hands is derived from real experience creating over 10,000 custom formulations often for the most refractory cases, with astounding results. I've instilled my passion for healing, a deep heart for the suffering of patients, and a sincere desire to help you find great success in your own healing work.



Kamyar M. Hedayat, MD
Formulator, Endologica



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Overview of the line

There are 6 products in the Endologica line. They are grouped based on fundamental areas of activity. However, each product works across several areas of activity concurrently. Every product drains 3 or more emunctories.

Corticotropic: CATA- Group

The corticotropic endocrine axis includes catabolic hormones such as cortisol, CRH, ACTH and Vasopressin, as well as anabolic ones such as DHEA. This series is the CATA- series based on if it lowers cortisol and hence catabolism, or, increases cortisol and catabolism.

CATAVANCE: advances low cortisol, balances anabolic hormones (high or low), strengthens immunity

CATAQUEL: quells high cortisol, noradrenaline and inflammation

Thyrotropic: LEVO- Group

The thyrotropic endocrine axis focuses on thyroid activity and cell metabolism. The naming of this group is roughly based on whether there is an increase in T4 and T3 with reduction in TSH, or, the opposite. Because of the long-standing use of levothyroxine for hormone replacement therapy, this line is referred to as the Levo- group.

LEVOVANCE: advances standard, pre-clinical and functional low thyroid states, with or without antibodies

LEVOQUEL: quells standard, pre-clinical and functional high thyroid states, with or without antibodies

Gut-Brain Axis: TONIQUEL

TONIQUEL: quells all disorders of physiologic tonus brought about by autonomic nervous system imbalances, including spasmophilia. It is a master Gut-Brain regulator, including digestion and intestinal motricity. It also has important anti-inflammatory actions.

Neurotransmitters: SERAPHYN

SERAPHYN: regulates Dopamine, Serotonin, GABA and Oxytocin with moderate neuro-endocrine balancing, cortisol, estrogen and insulin. It was named after the bright Seraphin angels.

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Overview of the line

Health Sets

Health Sets are groupings of 2 or 3 individual products. They address multiple complex conditions through synergistic action. There are two advantages to using a Health Set. The first is detailed dosing protocols by condition. The second is their deep psychological insight into the type of person for whom a health set is indicated.

For example, Mellow Flow (Seraphyn + Toniquel), is for tense, high strung patients seeking to relax into themselves and say “I can go along with anything that happens today.” The endobiogenic pattern is a primary autonomic-neurotransmitter imbalance resulting in a secondary endocrine imbalance. Seraphyn addresses neurotransmitter and metabolic issues related to gut-brain dysfunction. Toniquel addresses autonomic and inflammatory issues related to gut-brain dysfunction. Both products improve corticotropic adaptability with Black currant (Black currant bud) and Eleuthero.

Pediatric: *ANS, Corticotropic, Thyrotropic, Brain-Gut, Insulin, Metabolism*

- **GROW AND THRIVE**: Catavance, Levovance, Toniquel

Body-Mind: *ANS, Corticotropic, Thyrotropic regulation, Insulin, Metabolism*

- **RADIANT POWER**: Catavance + Levovance
- **QUIET STRENGTH:** Cataquel + Levoquel

Mind-Body: *Neurotransmitter support, Cortisol, Estrogens, Insulin*

- **MELLOW FLOW:** Seraphyn + Toniquel
- **BRIGHT LIFT:** Seraphyn + Catavance
- **HEALING SELF:** Seraphyn + Cataquel + Toniquel

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Dosing Guidelines

Endologica products use ultra-low drop dosing for profound effects because of:

- Exclusive use of fresh plants, which are more dynamic than dried ones
- Terrain-based management of disorders focusing on root cause healing
- Plant synergy for symptomatic relief, drainage and restoration of buffering capacity
- Improved bioavailability of 10x liposomal concentrates, from contact with the oral mucosa to gastric absorption, reducing hepatic first-pass metabolism. This means faster onset and higher concentrations compared to standard tinctures and encapsulated supplements.

Three ways to dose based on physiologic actions

The endobiogenic approach to tincture dosing recognizes three levels of dosing: regulating, managing and quasi-pharmacologic.

Regulating

Definition: maintains optimal physiologic processes

When to use: prevention, maintenance when symptoms have resolved but the terrain is not fully corrected into a pre-critical terrain

Managing

Definition: works with the body to correct disequilibrium by addressing several areas of central and peripheral physiologic imbalances simultaneously

When to use: active disease states (critical terrain)

Quasi-Pharmaceutical

Definition: drug-like actions: suppression, forced activity, overcoming resistance mechanisms, etc.

When to use: resistance to lower dosing, or, for which medications are not available.

Dosing in Children

Based on standard pharmacologic dosing protocols and my experience treating children, I developed a suggested pediatric dosing protocol based on body surface area (BSA) to account for metabolic mass. Typical ages are matched with body surface area using U.S. growth charts for healthy children; dosing should be adjusted in cases of failure to thrive, atypical development, or obesity. For infants 6–12 months, dilute 1 drop of Endologica tincture in 5 mL of water, formula, or expressed breast milk and give 1.25 mL (¼ teaspoon) 3–4 times daily, equivalent to 0.125 mL of non-concentrated tincture. Pediatric use should be guided by an experienced practitioner. All products may be used in children, except Levoquel, which should be reserved for exceptional circumstances under expert supervision.

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Dosing Guidelines

The endobiogenic approach finds that fresh plant material, such as mother tinctures, though less concentrated than fluid extracts (1:10 vs. 1:3) are more potent because of the dynamism and vitality contained in the living plant material. Thus, a lower quantity is often needed in treatment.

Endologica dosing comparison with other traditions

Standard dose (mL)	Endologica Drops	Servings per bottle	Duration (weeks)*	Endobiogenic effect	Adult dosing tradition			Endologica pediatric dosing recommendations	
0.4	1	750	54					1-3 yo	3-5 yo
0.8	2	375	27					5-8 yo	
1.2	3	250	18						
1.6	4	188	13	Regulating					9-11 yo
2	5	150	11		France				
2.4	6	125	8.9					12+	
2.8	7	107	7.7						
3.2	8	94	6.7	Managing		US			
3.6	9	83	6.0						
4	10	75	5.4						
4.4	11	68	4.9						
4.8	12	63	4.5				UK		
6	15	50	3.6	Quasi-pharmaceutical					
6.4	16	47	3.3						
6.8	17	44	3.2						
7.2	18	42	3.0						
7.6	19	39	2.8						
8	20	38	2.7						

Note: Dosing is presented for Adults and children 12 and older, based on US volumetric dosing, where 20 drops = 1 ml. Endologica products use standard US integrated glass pipettes.

** Twice daily dosing*

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Compounding Guidelines

Being 10x concentrates, Endologica formulations may easily be added to a non-concentrate preparation with 3 advantages:

- **COST**: Lower total cost for a complete endobiogenic treatment
- **CONVENIENCE** and **COMPLIANCE**: single-bottle dosing for multiple complex conditions
- **EFFICACY**: improved absorption and clinical outcomes

2-3 tinctures in a single bottle

For example, you are treating a 22 year old with menorrhagia, depression and SIBO. Once you have prepared a custom tincture for her menstrual issues, you can add Mellow Flow Health Set, containing Seraphyn + Toniquel. This combination directly addresses depression and SIBO, and complements the menstrual treatment by balancing neurotransmitters, adrenals, dysbiosis, spasmophilia and emunctory congestion. The method is as follows:

1. In a 500 ml bottle, add 1-2 bottles (30-60 ml) your preferred Endologica formulation(s), for example, Mellow Flow Health Set (30 ml Seraphyn + 30 ml Toniquel)
2. Add 400-440 ml of your preferred non-concentrate formulation
3. Maintain standard dosing for the single non-concentrate tincture

NB: Instruct the patient to shake vigorously 3-5 times before each dose. This improves the dispersal of liposomal and non-liposomal components for better absorption.



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Allergens

All Endologica products are free of gluten, dairy and nuts and are manufactured on equipement that is free of these materials.

Two important caveats. Seraphyn uses the bud of the Hazel tree. This does not involve the hazel nut, but a potential allergic response to other parts of the tree cannot be ruled out. The facility that processes our tinctures also manufactures protein powders containing whey protein isolate and bovine colostrum. However they are mixed and processed in a separate area.



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Catavance™

Liposomal Tincture Blend | 30ml

Key Notes:
Resilience • Vitalizing • Fortifying • Uplifting

Health Sets:
Bright Lift, Growth and Thrive, Radiant Power

Essence:
Cortico-Neuro-Immunologic booster



USAGE

Low cortisol states associated with one or more of the following: immune, cognitive, intestinal dysregulation.

ACTIONS

- Improves production of all adrenal hormones
- Inhibits Histamine, Interleukins, Eosinophil migration
- Improves neurotransmitter activity

CLINICAL INDICATIONS

- **ADRENAL:** AM fatigue and afternoons, best energy is mid-day, paradoxical energy after sunset
- **IMMUNE**: allergies (food, environmental), eczema, asthma, urticaria, EMF and chemical sensitivity, leaky gut
- **PSYCHO-COGNITIVE**: Brain fog, depression, emotional and mental exhaustion
- **ID**: Dysbiosis, Chronic Lyme, Chronic fungal infections, Wet bronchitis, prolonged or recurring infections of a mild nature

TESTING INDICATIONS

Abnormalities in 1 or more the following favor use of Catavance

- **GEMMA**: Adrenal Balance, Allergy, Endocheck, Inflammation
- **Hormones**: LOW: Cortisol, Cortisol/DHEA ratio; HIGH: DHEA
- **Lyme:** neurocognitive, neuromuscular subtypes
- **Urinary Neurotransmitters**: LOW: Noradrenaline, Dopamine, Serotonin, GABA, Adrenaline; HIGH: Histamine, PEA
- **Stool**: Intestinal inflammation, dysbiosis, fungal overgrowth

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Catavance™

Liposomal Tincture Blend | 30ml

NEUROENDOCRINE TERRAIN

- **Systemic**: Improves corticotropic regulation of adaptation and recovery syndromes through horizontal pituitary and radial management
- **CNS**: Improves Noradrenaline, Dopamine, Serotonin activity
- **Parasympathetic**: reduces excessive tone through the support of digestion and emunctory function
- **Corticotropic**: Adaptogen: regulates imbalanced ACTH, Cortisol, Anabolic steroids; supports adaptive and permissive cortisol activity

EMUNCTORIES

- **Primary**: Liver and Kidney
- **Secondary**: Skin
- **Tertiary**: Spleen and Lymphatics

DOSING AND DURATION

Twice daily: AM and Noon-5PM (during second period of fatigue), for 2-4 months, then re-evaluate.

Age	Suggested Dose
12+	5-10 drops
9-11	3-6 drops
5-8	2-4 drops
3-5	1-2 drops
1-3	1 drop
< 1	C.f. Dosing guide

INGREDIENTS

Liposomal 10x concentrates of

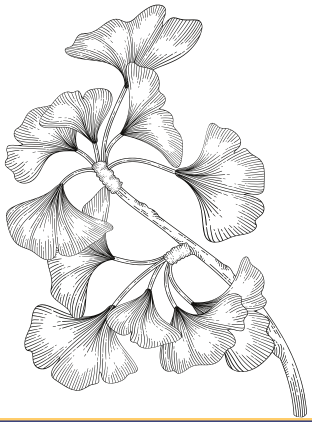
- Black currant bud (*Ribes nigrum*) GM 1:20
- Ginkgo leaf (*Ginkgo biloba*) MT 1:1
- Sea buckthorn bud (*Hippophae rhamnoides*) GM 1:20
- Burdock root (*Arctium lappa*) MT 1:1
- Wild pansy leaf (*Viola tricolor*) MT, 1:1
- Oak bud (*Quercus robur*) GM, 1:20
- Ginkgo bud (*Ginkgo biloba*) GM, 1:20
- Pokeweed root (*Phytolacca ssp.*) MT, 1:1
- Oak catkins (*Quercus robur*) GM 1:20

Excipients: Ethanol (34%), glycerin, water, sunflower-derived lecithin

CONTRAINDICATIONS AND PRECAUTIONS

Use during pregnancy, breastfeeding and younger children is not recommended except under the supervision of a qualified healthcare professional with appropriate expertise.

Patients with diabetes, or those receiving anticoagulants or non-steroidal anti-inflammatory drugs, should be monitored during use.



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Cataquel™

Liposomal Tincture Blend | 30ml

Key Notes:
Harmonizing • Soothing • Restorative
• Calming • Grounding

Health Sets:
Quiet strength, Gentle Joy, Healing Self

Essence:
Cortico-Neuro-Immunologic Regulator



USAGE

High cortisol states associated with one or more of the following:
immune, cognitive, intestinal, joint, sleep dysregulation.

ACTIONS

- Regulates CNS perception of stress and solicitation of the corticotropic axis
- Dampens cortisol excretion while shifting metabolism towards anabolic endurance recovery steroids
- Manages hyper-immunity, inflammation and leukocyte infiltration

CLINICAL INDICATIONS

- **ADRENAL**: chronic fatigue syndrome, fatigue throughout the day, reduced exercise tolerance OR high energy benefiting from intense exercise
- **NEURO**: stress-induced memory impairment, brain fog, migraines, perseveration, OCD, insomnia, depression and anxiety with psychomotor agitation, traumatic rumination, difficulty recovering from EMDR or other trauma-based therapies, the need to speak one's truth with confidence
- **IMMUNE**: all high cortisol or high insulin inflammatory conditions, fibromyalgia, recurrent herpes and shingles (varicella), autoimmune flare ups (Ulcerative Colitis, Crohn's, Multiple sclerosis, Lupus), complementary to Levoquel for Basedow (Grave's) hyperthyroidism
- **GI**: SIBO, gastroesophageal reflux (GERD), gastro-duodenal ulcers, SIBO, dysbiosis
- **OTHER**: degenerative joint disease, interstitial cystitis, calcium kidney stones, gall stones, dry bronchitis, pulmonary fibrosis, chronic ENT, pelvic, urinary infections

TESTING INDICATIONS

Abnormalities in 1 or more the following favor use of Cataquel

- **GEMMA**: Adrenal Balance, Anxiety Tendency, Endocheck, Inflammatory Tendency
- **Hormones**: LOW: DHEA; HIGH: Cortisol, Cortisol/DHEA ratio;
- **Lyme:** neuromuscular subtype
- **Urinary Neurotransmitters:** LOW: Serotonin, GABA; HIGH: Noradrenaline, Dopamine, PEA
- **Stool**: Intestinal inflammation, dysbiosis

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Cataquel™

Liposomal Tincture Blend | 30ml

NEUROENDOCRINE TERRAIN

- **Systemic**: Shifts physiology from adaptive to permissive and recovery function with a greater sense of stability and tranquility
- **CNS**: GABA-ergic, anxiolytic, neurotonic, neurotrophic, harmonizes cerebral hemispheres
- **ANS**: Sympatholytic
- **Corticotropic**: Reduces CRH, ACTH, Cortisol; improves anabolic steroids (DHEA, Androstenedione)
- **Immune**: Anti-inflammatory (all mucosal surfaces, especially intestines and bronchi), Immuno-regulatory, regulates microbiome

EMUNCTORIES

- **Primary**: Liver, Kidney, Intestines
- **Secondary**: Brain and brainstem
- **Tertiary**: Gallbladder

DOSING AND DURATION

Twice daily before meals for 2-4 months, then re-evaluate.

Age	Suggested Dose
12+	5-10 drops
9-11	3-6 drops
5-8	2-4 drops
3-5	1-2 drops
1-3	1 drop
< 1	C.f. Dosing guide

INGREDIENTS

Liposomal 10x concentrates of

- Magnolia bark (*Magnolia officinalis*) MT 1:1
- Passionflower leaf and flower (*Passiflora incarnata*) MT 1:1
- Dandelion leaf (*Taraxacum officinalis*) MT 1:1
- Mallow leaf and flower (*Malva sylvestris*) MT 1:1
- Heather shoots (*Calluna vulgaris*) GM 1:20
- Sequoia shoots (*Sequoia gigantea*) GM 1:20
- Dog rose shoots (*Rosa canina*) GM 1:20
- Rowan bud (*Sorbus aucuparia*) GM 1:20

Excipients: Ethanol (35%), glycerin, water, sunflower-derived lecithin

CONTRAINDICATIONS AND PRECAUTIONS

Use during pregnancy, breastfeeding and younger children is not recommended except under the supervision of a qualified healthcare professional with appropriate expertise.

Concomitant use with sedative medications should be reviewed with, and monitored by, the prescribing physician.



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Levovance™

Liposomal Tincture Blend | 30ml

Key Notes:
Clarifying • Invigorating • Revitalizing • Focused

Health Sets:
Grow & Thrive, Radiant Power

Essence:
Neuro-Thyro-Immuno-Metabolic Booster



USAGE

Low thyroid states and/or related conditions: cognitive, metabolic, cardiometabolic, neurometabolic, osteometabolic, immune

ACTIONS

- Improves production of T4, T3, cortisol and reduces thyroid antibodies
- Accelerates metabolism
- Enhances cognitive function

CLINICAL INDICATIONS

- **THYROID**: Thyroid fatigue or any thyroid insufficiency: Hashimoto's thyroiditis, sick euthyroid, functional and absolute hypothyroidism, and, elevated thyroid antibodies and/or thyroid nodules
- **METAB**: asthenia (physical exhaustion), lack of exercise endurance, diabetes type 2, obesity, weight gain, hypercholesterolemia, atherosclerosis, osteopenia, osteoporosis, risk of bone fracture
- **PSYCHO-COGNITIVE**: brain fog, executive dysfunction, difficulty completing tasks, emotional and intellectual burnout (asthenia), ADHD, Autism, other learning disorders
- **GU**: Polymenorrhea, PMS (breast tenderness, food cravings, vivid dreams and/or bloating), amenorrhea, infertility (men and women), erectile dysfunction, sexual frigidity, vaginismus
- **GI**: dyspepsia, dysbiosis, leaky gut
- **OTHER**: Ankle edema, poor circulation, recurrent ENT infections, arthrosis, arthritis

TESTING INDICATIONS

Abnormalities in 1 or more the following favor use of Levovance

- **GEMMA**: Endocheck, Inflammatory Tendency, Thyroid Evaluation
- **Hormones**: LOW, Suboptimal low: fT4, fT3; HIGH, Suboptimal High: TSH, rT3, thyroid antibodies
- **Lyme:** neurocognitive, articular subtypes
- **Urinary Neurotransmitters:** LOW: Dopamine, Adrenaline; HIGH: Histamine
- **Stool**: Intestinal inflammation, dysbiosis, parasites, fungal overgrowth, Lyme disease

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Levovance™

Liposomal Tincture Blend | 30ml

NEUROENDOCRINE TERRAIN

- **Systemic**: General fortifier of mind and body, general detoxifier, especially in the early spring
- **CNS**: Neuro-revitalizer and protective improves dopamine, focus and task completion, emotional stability in states of hysteria or tantrums
- **ENDO**: Improves thyroid sensitivity to TSH, production of T4 and T3, cortisol, androgens and estrogens (in hyper-FSH states)
- **GU**: spermatogenic, oocyte production, aphrodisiac
- **METAB**: metabolic up-regulator, lipid lowering, blood sugar lowering, improves bone density

EMUNCTORIES

- **Primary**: Liver and Kidney
- **Secondary**: Thyroid, Lymphatics, Tonsils
- **Tertiary**: Gallbladder, Intestines

DOSING AND DURATION

Twice daily for 2-4 months, then re-evaluate. Optimal absorption before meals.

Age	Suggested Dose
12+	5-10 drops
9-11	3-6 drops
5-8	2-4 drops
3-5	1-2 drops
1-3	1 drop
< 1	C.f. Dosing guide

INGREDIENTS

Liposomal 10x concentrates of

- Milky Oat shoots & roots (*Avena Sativa*) GM, 1:10
- Irish sea moss fronds (*Chondrus crispus*) MT, 1:1
- Bacopa whole plant (*Bacopa monnieri*) MT, 1:1
- White Ginseng root (*Panax ginseng*) MT, 1:1
- Birch bud (*Betula pubescens*) GM, 1:20
- Milk thistle leaf (*Carduus marianus*) MT, 1:1
- Kidney Bean pod (*Phaseolus vulgaris*) MT, 1:1
- Bladderwrack fronds (*Fucus vesiculosa*) MT 1:1
- Black seed (*Nigella sativa*) MT, 1:1
- Birch sap (*Betula ssp*)GM, 1:20
- Milky Oat stem and leaf (*Avena Sativa*) MT, 1:1

Excipients: Ethanol (37%), glycerin, water, sunflower-derived lecithin

CONTRAINDICATIONS AND PRECAUTIONS

Use during pregnancy, breastfeeding and younger children is not recommended except under the supervision of a qualified healthcare professional with appropriate expertise.

Patients with diabetes, or those receiving anticoagulants or non-steroidal anti-inflammatory drugs, should be monitored during use. Monitor for signs of elevated free T4 and adjust dosing accordingly, particularly in cases of concomitant tamoxifen use due to its effects on thyroid binding globulin.



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Levoquel™

Liposomal Tincture Blend | 30ml

Key Notes:
Mental Centering • Emotional Balancing
• Calm poise

Health Sets:
Quiet Strength

Essence:
Neuro-Thyro-Immuno-Metabolic Regulator



USAGE

All states of central or peripheral hyperthyroidism, especially when associated with elevated sympathetic tone and inflammation.

ACTIONS

- Hypothalamic-Pituitary regulatory
- CNS-ANS harmonizer
- Thyroid regulator
- Immune down-regulator

CLINICAL INDICATIONS

- **THYROID**: Thyroid excess: Grave's (Basedow's) disorder, functional and absolute hyperthyroidism, elevated thyroid antibodies and/or risk of thyroid cancer
- **METAB**: Uterine fibroids, fibrocystic breasts, ovarian cysts, cystic acne, support for the physiology related to estrogen-sensitive adenocarcinomas (breast, pancreas, lungs, brain), all inflammatory states
- **PSYCHO-COGNITIVE**: Anxiety (especially with arrhythmias, tachycardia, PVC's, irritable bowel, diarrhea or muscular tension/spasms), stress induced difficulty with making decisions, traumatic rumination, difficulty completing tasks, mania and hypomania, intellectual numbness, emotional distancing, states of dissociation or de-realization
- **GU**: Oligomenorrhea, PMS (hysterical emotionality, tearfulness, vivid dreams, intense sugar cravings, breast tenderness, abdominal cramps), interstitial cystitis
- **CV**: Arrhythmias, tachycardia, PVC's, atrial fibrillation, young atherosclerotic plaques at risk of thromboembolism
- **DERM**: Psoriasis

TESTING INDICATIONS

Abnormalities in 1 or more the following favor use of Levoquel

- **GEMMA**: Anxiety Tendency, Endocheck, Inflammatory Tendency, Thyroid Quantitative, Thyroid Functional, Thyroid Autoimmune
- **Hormones**: LOW, Suboptimal Low: TSH; HIGH, Suboptimal high: fT4, fT3, thyroid antibodies
- **Lyme:** neurologic, articular subtypes
- **Urinary Neurotransmitters**: LOW: GABA, Dopamine, Acetylcholine; HIGH: Dopamine
- **Stool**: Intestinal inflammation, dysbiosis, parasites (Leishmania), fungal overgrowth,

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Levoquel™

Liposomal Tincture Blend | 30ml

NEUROENDOCRINE TERRAIN

- **Systemic**: General revitalizer of mind and body, general detoxifier, especially in the spring and autumn and in all inflammatory and autoimmune states
- **CNS**: Neuro-stabilizer and optimizer in states of hyperfunction, GABA-ergic (anxiolytic), regulates dopamine, choline, improves focus, awareness, coordination in states of hyperexcitable startle and clumsiness, emotional stability in states of traumatic over-response
- **ENDO**: Reduces thyroid sensitivity to TSH, production of T4 and T3, down-regulates cortisol and harmonizes cortisol, androgens and estrogens
- **GI**: orexigenic, eupeptic, carminative, anti-spasmodic, choleretic

EMUNCTORIES

- **Primary**: Ground matrix, Lymphatics, Veins
- **Secondary**: Kidney, Liver, Thyroid
- **Tertiary**: Intestines, Gallbladder

DOSING AND DURATION

Adults 18 and older, take 5-10 drops twice daily before meals for 2-4 months, then re-evaluate.

INGREDIENTS

Liposomal 10x concentrates of

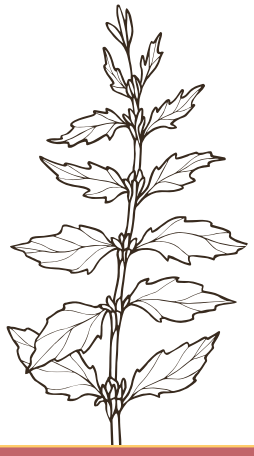
- Gypsywort leaf (*Lycopus europaeus*) MT 1:1
- Pichi leaf (*Fabiana imbricata*) MT 1:1
- Motherwort whole plant (*Leonurus cardiaca*) MT 1:1
- Corn rootlet (*Zea mais*) GM 1:20
- Turmeric root (*Curcuma longa*) MT 1:1
- Ashwagandha (*Withania somniferi*) MT 1:1
- Cleavers aerial parts (*Gallium aparine*) MT 1:1
- Birch catkins (*Betula pubescens*) MT, 1:1
- Melissa leaf (*Melissa officinalis*) MT 1:1
- Chaste tree berry (*Vitex agnus castus*), MT 1:1
- Fritillary bulb (*Fritillaria thunbergii*), MT 1:1
- Bupleurum root (*Bupleurum falcatum*) MT 1:1
- Linden bud (*Tilia tomentosa*) GM 1:20

Excipients: Ethanol (38%), glycerin, water, sunflower-derived lecithin

CONTRAINDICATIONS AND PRECAUTIONS

Intended for adult use. As thyrotropic regulation plays a critical role during pregnancy and throughout pediatric growth and development, use in these populations is not recommended except under the supervision of a qualified healthcare professional with appropriate expertise.

This product is contraindicated in patients on thyroid replacement for hypothyroid states except for specific states of evolution of De Quervain's granulomatous thyroiditis. This product may have complementary actions to those used in the treatment of thyroid cancers and dosing may need to be adjusted and effects monitored. Use with caution when dosing with methimazole or other central thyroid inhibitors. Dosing may need to be adjusted and effects should be monitored. Patients taking anticoagulants, antidepressants or immunosuppressants should have their condition monitored while taking this product.



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Toniquel™

Liposomal Tincture Blend | 30ml

Key Notes:
Unwinding • Soothing • Easing • Relaxing • Comforting

Health Sets:
Grow & Thrive, Mellow Flow, Healing Self

Essence:
Master Brain-Gut-Muscular Regulator



USAGE

All states of Gut-Brain and Neuromuscular imbalance

ACTIONS

- Regulates all states of sympathetic-parasympathetic imbalance
- Address all states of digestive and intestinal motricity issues
- Supports release of cognitive and neuromuscular tension

CLINICAL INDICATIONS

- **CNS**: Insomnia, migraines, anxiety (mental and somatic), tantrums, anger, nervous tension, inability to cope with daily stressors, feelings of compulsion, coercion and resentment
- **ANS**: Spasmophilia levels 1-3, elevated noradrenaline or adrenaline, low adrenaline
- **GI**: Intestinal spasms, dyspepsia, indigestion, post-prandial heat or fatigue, burping, food intolerance, dysbiosis, leaky gut, SIBO, bloating
- **NEUROMUSCULAR**: All muscle tensions and knots, distorted posture, back pain, torticollis, myalgia, myositis, uterine and vaginal spasms, post-exercise myalgia, secondary support for fibromyalgia
- **OTHER**: MCAS (mast cell activation syndrome), secondary support for eczema, allergies (food and environmental), urticaria, acne

TESTING INDICATIONS

Abnormalities in 1 or more the following favor use of Toniquel

- **GEMMA**: Anxiety Tendency, Spasmophilia Tendency, Endocheck
- **Hormones**: HIGH, LOW or Non-circadian: Cortisol; LOW: Estradiol, Estriol, Testosterone
- **Lyme:** neurologic, articular subtypes
- **Urinary Neurotransmitters**: LOW: GABA, Dopamine, Adrenaline, Endorphins, Serotonin; HIGH: Serotonin
- **Stool**: Intestinal inflammation, dysbiosis, parasites (Malaria), fungal overgrowth (candida) and/or elevated fungal endotoxins

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Toniquel™

Liposomal Tincture Blend | 30ml

NEUROENDOCRINE TERRAIN

- **Systemic**: Neuro-Corticotropic Adaptogen, balances cortisol and androgens
- **CNS**: Anxiolytic, GABA-ergic, sedative, antalgic
- **ANS**: Sympatholytic, vagolytic, adrenaline adaptogen
- **GI**: improves production and flow of all digestive juices, improves digestive motricity in states of constipation, calms spasmodic diarrhea, addresses all levels of dysbiosis (bacterial and parasitic, small and large intestine)
- **IMMUNE**: anti-inflammatory, especially within the GI tract and brain

EMUNCTORIES

- **Primary**: Liver, Spleen
- **Secondary**: Pancreas, Kidney, Lungs
- **Tertiary**: Skin

DOSING AND DURATION

Twice daily before meals for 2-4 months, then re-evaluate.

Age	Suggested Dose
12+	5-10 drops
9-11	3-6 drops
5-8	2-4 drops
3-5	1-2 drops
1-3	1 drop
< 1	C.f. Dosing guide

INGREDIENTS

Liposomal 10x concentrates of

- German Chamomile flower (*Matricaria chamomilla*) MT 1:1
- Hawthorn shoots (*Crataegus oxycantha*) GM 1:20
- Eleuthero root (*Eleutherococcus senticosus*) MT 1:1
- Valerian root (*Valeriana officinalis*) MT 1:1
- Cleavers *(Galium aparine)* MT 1:1
- Agrimony (*Agrimonia eupatoria*) MT 1:1
- Burdock (*Arctium lappa*) MT 1:1
- Milk Thistle, (Carduus marianus) MT 1:1
- French Tamarind shoots (*Tamarix gallica*) GM 1:20
- Plantain Leaf *(Plantago major)* MT 1:1
- Walnut Hull (*Juglans regia)* MT 1:1

Excipients: Ethanol (37%), glycerin, water, sunflower-derived lecithin

CONTRAINDICATIONS AND PRECAUTIONS

Use during pregnancy, breastfeeding and younger children is not recommended except under the supervision of a qualified healthcare professional with appropriate expertise.

Concomitant use with sedative medications should be reviewed with, and monitored by, the prescribing physician.



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Seraphyn™

Liposomal Tincture Blend | 30ml

Key Notes:
Tranquility • Confidence • Serenity • Comforting • Uplifting

Health Sets:
Mellow Flow, Bright Lift, Gentle Joy, Healing Self

Essence:
Psycho-Neuro-Endocrine-Immune Regulator



USAGE

States of neuroendocrine dysregulation dependent on proper neurotransmitter activity

ACTIONS

- Neuro-Cardio-Pulmonary regulator
- Cortisol adaptogen
- Inflammatory regulator

CLINICAL INDICATIONS

- **CNS**:
  - **Depression**: psychomotor retardation, traumatic rumination, violent nightmares or recurring dreams, PMDD (Premenstrual dysphoria disorder), post-myocardial infarction with delayed cardiac recovery and/or with anemia
  - **Anxiety**: generalized and situational with a stronger mental and emotional feelings of disquiet, worry, fear of loss of control than somatic symptoms
  - **Psycho-Social**: social anxiety, difficulty reading social cues
  - **Other**: Restless leg syndrome, Learning disorders, memory loss, feelings of compulsion, coercion or resentment, recurrent sighing or difficulty taking satisfying breath; Use during Dialectical Behavioral Therapy or after EMDR or Brain Spotting
- **ENDO**: Cortisol-Estrogen balancer, PMS with spotting, periodic but passing sadness or tearfulness, pelvic congestion (heavy uterus or legs, cold feet)
- **IMMUNE**: Cerebral and brainstem inflammation, Fibromyalgia, MCAS (Mast cell activation syndrome), Urticaria with an emotional component, Psoriasis
- **GI**: Brain-gut axis disturbance due to dysbiosis or glucose imbalances
- **PULM**: COPD, emphysema, chronic bronchitis, pulmonary fibrosis/sclerosis
- **METAB**: Any of the above with the following co-morbidities: diabetes, osteopenia, osteoporosis, social isolation

TESTING INDICATIONS

Abnormalities in 1 or more the following favor use of Seraphyn

- **GEMMA**: Anxiety Tendency, Spasmophilia Tendency
- **Hormones**: HIGH, LOW or Non-circadian: Cortisol; LOW: Estradiol, Estriol
- **Lyme:** neurologic, articular subtypes
- **Urinary Neurotransmitters:** LOW: GABA, Serotonin, Endorphins, Oxytocin; HIGH: Histamine, HIGH or LOW MSH
- **Stool**: Intestinal inflammation, dysbiosis, fungal overgrowth and/or elevated fungal endotoxins

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Seraphyn™

Liposomal Tincture Blend | 30ml

NEUROENDOCRINE TERRAIN

- **Systemic**: Global adaptogenic: Neuro-Autonomic-Endocrine
- **CNS**: Serotonergic, GABA-ergic, Euphoric, neurosedative, Oxytocic, anti-neuralgic
- **ANS**: Sympatholytic, Parasympatholytic
- **ENDO**: Corticotropic adaptogen (MSH, ACTH, Cortisol), improves estrogen sensitivity, improves insulin
- **IMMUNE**: Anti-inflammatory, anti-histaminic
- **METAB**: lipid lowering, blood sugar lowering, anti-sclerotic, anti-cirrhotic, osteo-regenerator

EMUNCTORIES

- **Primary**: Brainstem, Liver, Kidney, Pancreas
- **Secondary**: Pelvis, Lungs
- **Tertiary**: Spleen, Intestines

DOSING AND DURATION

Twice daily before meals for 2-4 months, then re-evaluate.

Age	Suggested Dose
12+	5-10 drops
9-11	3-6 drops
5-8	2-4 drops
3-5	1-2 drops
1-3	1 drop
< 1	C.f. Dosing guide

INGREDIENTS

Liposomal 10x concentrates of

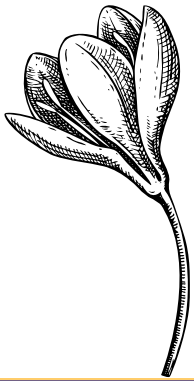
- Black Currant bud, (*Ribes nigrum*) GM, 1:20
- Lavender flowering tops (*Lavandula angustifolia*) MT 1:1
- Saffron stigma (Crocus sativa) MT 1:1
- Agrimony leaf (*Agrimonia eupatoria*) MT 1:1
- Lithy bud (*Viburnum lantanum*) GM 1:20
- Turmeric root (*Curcuma longa*) MT 1:1
- Spanish Sage (Salvia lavandulifolia) MT 1:1
- French Tamarind young shoots (Tamarix gallica) MT 1:1
- Hazel bud (*Corylus avellana*) GM 1:20
- Black Mulberry root (*Morus nigra*) GM 1:20

Excipients: Ethanol (35%), glycerin, water, sunflower-derived lecithin

CONTRAINDICATIONS AND PRECAUTIONS

Use during pregnancy, breastfeeding and younger children is not recommended except under the supervision of a qualified healthcare professional with appropriate expertise.

Patients with diabetes, or those receiving anticoagulants, estrogen blockers, or non-steroidal anti-inflammatory drugs, should be monitored during use.



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HEALTH SETS



Grow and Thrive

Combination formulas

Key Notes:

Clearer focus • Dynamic immunity • Broader digestion • Calmer days • Smoother nights

Composition:

Catavance, Levovance, Toniquel



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Grow and Thrive

Catavance | Levovance | Toniquel



CLINICAL PATTERNS

Grow and Thrive is for children and teens with neuro-atypical development. The endobiogenic pattern is underpowered cortico-thyrotropic signaling with secondary brain–gut dysregulation with immune dysregulation. Catavance supports pineal-neuro-cortico-immune capacity. Levovance reinforces thyro-metabolic and cognitive function. Toniquel regulates autonomic tone, gastrointestinal motility and the microbiome.

These children are uneasy in the world. They can suffer from sensory integration, being sensitive to loud noises, bright lights, rough textures of food or clothing. They seek self-calming through deep imaginative play, withdrawal or self-stimulation. When emotionally dysregulated, they respond well to deep hugs or gentle pressure on the chest. Tantrums can be violent or prolonged, provoked by hunger, thirst or bowel dysregulation. From an early age they can exhibit social or separation anxiety including parents leaving the bedroom before sleep.Insomnia involves tossing and turning for up to 1 hour, night waking or both.



They suffer from poor stress management and a need for highly regulated environments. Learning or attention issues are common, as are atopy and chronic low-grade fungal infections. One or more brain-gut issues will be present as well: bloating, irregular or sticky stools, food intolerance, mood changes to certain foods or hyperactivity with sugar.

FUNCTIONAL TESTING

Abnormalities in 1 or more the following favor use of Grow and Thrive

- **GEMMA**: Adrenal balance, Anxiety, Spasmophilia, Thyroid Quantitative, Thyroid Functional, Thyroid Autoimmune

- **Hormones**:
  - LOW, Suboptimal or non-circadian: Cortisol, Cortisol/DHEA ratio, TSH, fT4, fT3
  - HIGH: DHEA

- **Lyme:** congenital and acquired, neuro and GI variants

- **Urinary Neurotransmitters**:
  - LOW: Noradrenaline, Dopamine, GABA, Serotonin, Adrenaline
  - HIGH: Serotonin, Histamine, PEA, Adrenaline

- **Stool**: Intestinal inflammation, dysbiosis, parasites, fungal overgrowth

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Grow and Thrive

Catavance | Levovance | Toniquel



CLINICAL INDICATIONS

- **CNS:**
  - **Neurologic**: sensory integration disorder (overly sensitive to light, sound, touch or smells), “stimming”, self-injury, sleep disruption (avoids going to sleep, tosses and turns, or wakes in the first 4 hours after sleep, seizure tendency
  - **Learning**: Autistic spectrum, ADD, ADHD, general issues of focus, concentration, executive function (following instructions and completing tasks), fidgeting
  - **Behavioral**: tantrums, anger management, situational anxiety such as separation, school, performance related activities, etc.
- **ENDO:**
  - **Pineal**: Irregular behavior or food sensitivity,
  - **Adrenal fatigue**: difficulty waking up, sluggish until mid-day, fatigued after school, second wind after sunset if not prepared for bed;
  - **Thyroid insufficiency**: failure to thrive, delayed cognitive development, recurrent infections, poor exercise endurance, impaired memory
- **GI**: SIBO, burping, bloating, Pica (consumption of paper, paint chips, dirt, etc.), insertion of finger into anus, stool smearing, constipation, loose stools, sticky stools
- **IMMUNE**: chronic fungal, parasitic or Lyme disease (acquired or inherited), asthma, allergies, eczema

DOSING PROTOCOLS

General dosing (2 or more of the following conditions)

- AM and after school / mid-afternoon

Learning and behavioral challenges in main-stream school-aged children

- Catavance + Levovance: AM and after school / mid-afternoon
- Toniquel: before starting homework and 1 hour before bed

Autistic Spectrum, Global Developmental delay, Behavioral and Sleep disorders

- Catavance + Levovance: AM and after school / mid-afternoon
- Toniquel: AM, 1 hour before bed

GI issues including physical growth retardation (failure to thrive)

- 0-6: 3 times per day before meals
- 7 and older: twice daily before breakfast and dinner

Other conditions:

- AM and after school / mid-afternoon

INGREDIENTS

Please refer to the technical sheets for Catavance, Levovance and Toniquel

CONTRAINDICATIONS AND PRECAUTIONS

Use during pregnancy, breastfeeding and younger children is not recommended except under the supervision of a qualified healthcare professional with appropriate expertise.

Concomitant use with sedative medications should be reviewed with, and monitored by, the prescribing physician. Patients with diabetes, receiving anticoagulants or non-steroidal anti-inflammatory drugs, should be monitored during use.

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HEALTH SETS



Radiant Power

Combination formulas

Key Notes:
Vitality • Mental Clarity • Performance • Immunity

Composition:
Catavance, Levovance



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Radiant Power

Catavance | Levovance



CLINICAL PATTERNS

Radiant power is for those with low energy, exercise intolerance, poor focus or impaired immunity. The endobiogenic pattern is underpowered cortico-thyrotropic signaling. Catavance supports neuro-cortico-immune capacity. Levovance reinforces thyro-metabolic and cognitive function. Radiant power is more appropriate for children who are not neuro-atypical or who don't suffer from prominent brain-gut dysfunction.

The profile is intelligent, creative, sensitive, shy or giving in or giving up easily. They are often filled with self-doubt or perfectionist tendencies and performance anxiety. Associated features include weight gain with a love of sweet or rich foods or from exercise intolerance.



In childhood they were characterized as easy or ideal children, though they tended to suffer from ear, nose, throat, or intestinal infections, enlarged tonsils, atopic disease, etc. As they age, they are more susceptible to metabolic disorders: hypercholesterolemia, diabetes, atherosclerosis, osteoporosis and Alzheimer's disease. Thus, Radiant power can be part of a long-term preventive strategy for longevity and vitality. It's also appropriate in cases of advanced burnout with low cortisol and thyroid function.

FUNCTIONAL TESTING

- **GEMMA**: Adrenal balance, Allergy, Anxiety, Endocheck, Inflammatory Tendency, Thyroid Quantitative, Thyroid Functional, Thyroid Autoimmune
- **Lyme**: neurocognitive, articular and neuromuscular subtypes
- **Hormones**:
  - LOW/Suboptimal: Cortisol, DHEA, Cortisol/DHEA ratio, fT4, fT3
  - HIGH: TSH, thyroid antibodies
- **Urinary Neurotransmitters**:
  - LOW: Noradrenaline, Adrenaline, Dopamine, Serotonin, GABA
  - HIGH: Histamine
- **Stool**: Intestinal inflammation, dysbiosis, parasites, fungal overgrowth

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Radiant Power

Catavance | Levovance



CLINICAL INDICATIONS

- **ENDO:**
  - **Adrenal fatigue:** AM fatigue and afternoons, best energy is mid-day, paradoxical energy after sunset
  - **Thyroid fatigue or any thyroid insufficiency**: Hashimoto's thyroiditis, sick euthyroid, functional and absolute hypothyroidism, and, elevated thyroid antibodies and/or thyroid nodules
- **IMMUNE**: allergies (food, environmental), eczema, asthma, urticaria, EMF and chemical sensitivity, leaky gut
- **ID**: Dysbiosis, Chronic Lyme, Chronic fungal infections, Wet bronchitis, prolonged or recurring infections of a mild nature, bronchiolitis, immune insufficiencies
- **NEURO-COGNITIVE**: Brain fog, depression, emotional and mental exhaustion, executive dysfunction, difficulty completing tasks, executive dysfunction, emotional and intellectual burnout (asthenia), ADHD, Autism, or other learning disorders in adolescents and adults.
- **METAB**: asthenia (physical exhaustion), lack of exercise endurance, diabetes type 2, obesity, weight gain, hypercholesterolemia, atherosclerosis, osteopenia, osteoporosis, risk of bone fracture
- **GU**: Polymenorrhea, PMS (breast tenderness, food cravings, vivid dreams and/or bloating), amenorrhea, infertility (men and women), erectile dysfunction, sexual frigidity, vaginismus
- **GI**: dyspepsia, dysbiosis, leaky gut
- **OTHER**: Ankle edema, poor circulation, recurrent ENT infections, arthrosis, arthritis

DOSING PROTOCOLS

General (2 or more of the following conditions)
- Catavance: AM and evenings before meals
- Levovance: AM and evenings before meals

Fatigue and Burnout
- Catavance: AM and 12-3 PM
- Levovance: AM and evenings

Allergies, Immunity, Infectious, GI, GU, Metabolic
- Catavance: AM and evenings before meals
- Levovance: AM and evenings before meals

Cognitive
- Catavance: AM and evenings before meals
- Levovance: AM and 12-3 PM

INGREDIENTS

Please refer to the technical sheets for Catavance and Levovance

CONTRAINDICATIONS AND PRECAUTIONS

Use during pregnancy, breastfeeding and younger children is not recommended except under the supervision of a qualified healthcare professional with appropriate expertise.

Patients with diabetes, or those receiving anticoagulants or non-steroidal anti-inflammatory drugs, should be monitored during use. Monitor for signs of elevated free T4 and adjust dosing accordingly, particularly in cases of concomitant tamoxifen use due to its effects on thyroid binding globulin.

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HEALTH SETS



Quiet Strength

Combination formulas

Key Notes:
Soothing • Hormonal Balance • Emotional Harmony • Clarity

Composition:
Cataquel, Levoquel



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Quiet Strength

Cataquel | Levoquel



CLINICAL PATTERNS

Quiet Strength is for patients seeking internal equilibrium, to settle into themselves and say with confidence, “I can handle anything today.” The endobiogenic pattern is a primary endocrine excess (cortico-thyrotropic) creating a secondary neurotransmitter imbalance. Cataquel addresses high cortisol states. Levoquel addresses various thyrotropic imbalances: low TSH, high TRH, fT4, fT3, etc.

They appear vigilant, anxious or tense. If they suffer from insomnia, it involves difficulty falling asleep, early waking (4-6 AM) or both. They have a higher incidence of autoimmune disorders as well.

The first phenotype is the fast walker, with fists clenched and a blank stare, engrossed in catastrophizing thoughts. Vigorous exercise in the early morning or after work helps keep them emotionally regulated. If they suffer from depression, they remain high-achieving.



The second phenotype is an evolution of the first type being a high cortisol burnout state. These patients are slow walkers with deep fatigue and aching muscles. Historically they were over-achievers, do-it-all types that have burned themselves out. The intensity of alpha-sympathetic, TSH and somatotropic desynchronization shifts them into this terrain. If depressed, they appear sullen or hopeless.

FUNCTIONAL TESTING

- **GEMMA**: Adrenal Balance, Anxiety Tendency, Endocheck, Inflammatory Tendency, Thyroid Quantitative, Thyroid Functional, Thyroid Autoimmune
- **Hormones**:
  - LOW, Suboptimal Low: DHEA, TSH
  - HIGH: Cortisol, Cortisol/DHEA ratio; HIGH, Suboptimal high: fT4, fT3, thyroid antibodies;
- **Lyme:** articular and neuromuscular subtypes
- **Urinary Neurotransmitters**:
  - LOW: Serotonin, GABA, Dopamine, Acetylcholine;
  - HIGH: Noradrenaline, Dopamine, PEA
- **Stool**: Intestinal inflammation, dysbiosis, parasites (Leishmania), fungal overgrowth

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Quiet Strength

Cataquel | Levoquel



CLINICAL INDICATIONS

- **ENDO:**
  - **Adrenal**: chronic fatigue syndrome, fatigue throughout the day, reduced exercise tolerance OR high energy benefiting from intense exercise
  - **Thyroid excess:** Grave's (Basedow's) disorder, functional and absolute hyperthyroidism, elevated thyroid antibodies and/or risk of thyroid cancer
- **CNS:**
  - **Neuropsych**: Anxiety (especially with arrhythmias, tachycardia, PVC's, irritable bowel, diarrhea or muscular tension/spasms), perseveration, OCD, insomnia, depression and anxiety with psychomotor agitation, mania and hypomania, traumatic rumination, difficulty recovering from EMDR or other trauma-based therapies, need to speak one's truth with confidence, states of dissociation or de-realization
  - **Neurocognitive:** stress-induced memory impairment, brain fog, migraines, stress induced difficulty with making decisions, traumatic rumination, difficulty completing tasks, intellectual numbness, emotional distancing
- **CV**: Arrhythmias, tachycardia, PVC's, atrial fibrillation, young atherosclerotic plaques at risk of thromboembolism
- **IMMUNE**: all inflammatory and autoimmune states: fibromyalgia, recurrent herpes and shingles (varicella), Ulcerative Colitis, Crohn's, Multiple sclerosis, Lupus, etc.
- **GI**: SIBO, gastroesophageal reflux (GERD), gastro-duodenal ulcers, SIBO, dysbiosis
- **GYN/GU**: Uterine fibroids, fibrocystic breasts, ovarian cysts, Oligomenorrhea, PMS (hysterical emotionality, tearfulness, vivid dreams, intense sugar cravings, breast tenderness, abdominal cramps), pelvic and urinary tract infections, interstitial cystitis
- **ONC**: support for the physiology related to estrogen-sensitive adenocarcinomas (breast, pancreas, lungs, brain)
- **DERM**: Psoriasis, cystic acne
- **OTHER**: degenerative joint disease, interstitial cystitis, calcium kidney stones, gall stones, dry bronchitis, pulmonary fibrosis, chronic ENT

DOSING PROTOCOLS

General (2 or more of the following conditions)

- Cataquel and Thyroquel: AM and before bed

Adrenal & Thyroid

- Cataquel and Thyroquel: AM and early evenings
- **Grave's induced tachycardia:** 4 drops every 1-3 hours up to 6 hours in addition to standard of care

Neuro-cognitive

- Cataquel and Thyroquel: AM, 12-3 PM OR before bed if insomnia is a prominent condition
- **Active Migraines, Panic attacks:** 2-3 drops every 1-2 hours up to 6 hours in addition to standard of care until migraines are resolved

Cardiovascular

- Cataquel and Thyroquel: AM and early evenings
- **Active arrhythmia:** 4 drops every hour up to 4 hours in addition to standard of care

Immune, Gyn, onc, derm and other

- Cataquel and Thyroquel: AM and early evenings
- **Acute infections, Crohn's, Ulcerative colitis flare ups**: 8-10 drops 3-4 times per day for 4-7 days in addition to standard of care

INGREDIENTS

Please refer to the technical sheets for Cataquel and Levoquel

CONTRAINDICATIONS AND PRECAUTIONS

Intended for adult use. As thyrotropic regulation plays a critical role during pregnancy and throughout pediatric growth and development, use in these populations is not recommended except under the supervision of a qualified healthcare professional with appropriate expertise.

This product is contraindicated in patients on thyroid replacement for hypothyroid states except for specific states of evolution of De Quervain's granulomatous thyroiditis. This product may have complementary actions to those used in the treatment of thyroid cancers and dosing may need to be adjusted and effects monitored. Use with caution when dosing with methimazole or other central thyroid inhibitors. Dosing may need to be adjusted and effects should be monitored. Patients taking anticoagulants, antidepressants, sedative medications or immunosuppressants should have their condition monitored while taking this product.

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HEALTH SETS



Mellow Flow

Combination formulas

Key Notes:

Easy days • Good mood • Relaxed body • Smooth digestion • Bowel regularity

Composition:

Seraphyn, Toniquel



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Mellow Flow

Seraphyn | Toniquel



CLINICAL PATTERNS

Mellow Flow is for tense, high strung patients seeking to relax into themselves and say with confidence “I can go along with anything that happens today.” The endobiogenic pattern is a primary autonomic-neurotransmitter imbalance resulting in a secondary endocrine imbalance (the inverse of Quiet Strength). Seraphyn addresses neurotransmitter and metabolic issues related to gut-brain dysfunction. Toniquel addresses autonomic and inflammatory issues related to gut-brain dysfunction. Both products improve corticotropic adaptability with Black currant and Eleuthero.

Neuropsychiatric, neuromuscular and neurodigestive issues predominate. They fear unanticipated changes to the day, with greater hypervigilance and reactivity than the Quiet Strength type. They walk with shrugged shoulders or rub their necks in conversation. They may clasp their solar plexus or abdomen when speaking about difficult events. They can be sensitive to a long list of foods, even stating that water makes them bloat. Insomnia occurs between 1-4 AM, with difficulty falling back asleep. They can work in bursts of activity to the point of exhaustion and irritability, complaining others don’t assist when it is they who don’t allow collaboration. A certain subtype can be process oriented, finding it difficult to alter plans or “go with the flow.” They may present as depressed or ill-humored. If they appear excessively cheerful or helpful, it’s compensatory for their feelings of unworthiness in a relationship.



FUNCTIONAL TESTING

- **GEMMA**: Anxiety Tendency, Spasmophilia Tendency, Endocheck
- **Hormones**:
  - HIGH, LOW or Non-circadian: Cortisol;
  - LOW: Estradiol, Estriol, Testosterone
- **Lyme:** neurologic, articular subtypes
- **Urinary Neurotransmitters**:
  - LOW: GABA, Dopamine, Adrenaline, Endorphins, Serotonin, Oxytocin;
  - HIGH: Serotonin, Histamine,
  - HIGH or LOW: MSH
- **Stool**: Intestinal inflammation, dysbiosis, parasites (Malaria), fungal overgrowth (candida) and/or elevated fungal endotoxins

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Mellow Flow

Seraphyn | Toniquel



CLINICAL INDICATIONS

- **NEUROPSYCH**:
  - **Depression**: with 1 or more of the following: sub-mania, psychomotor retardation, traumatic rumination, violent nightmares or recurring dreams, PMDD (Premenstrual dysphoria disorder), post-myocardial infarction with delayed cardiac recovery and/or with anemia
  - **Anxiety**: mental, emotional and/or somatic symptoms
  - **Psycho-Social:** social anxiety, difficulty reading social cues
  - **Other**: Insomnia, migraines, anxiety (mental and somatic), tantrums, anger, nervous tension, inability to cope with daily stressors, feelings of compulsion, coercion and resentment; Restless leg syndrome, Learning disorders, memory loss, feelings of compulsion, coercion or resentment, recurrent sighing or difficulty taking satisfying breath;

  NB: Use during Dialectical Behavioral Therapy or after EMDR or Brain Spotting
- **NEUROMUSCULAR**: Spasmophilia 1-3, elevated noradrenaline, high or low adrenaline, all muscle tensions and knots, distorted posture, back pain, torticollis, myalgia, myositis, uterine and vaginal spasms, post-exercise myalgia, secondary support for fibromyalgia
- **NEURO-GI**: Brain-gut axis disturbance due to dysbiosis or glucose imbalances, Intestinal spasms, SIBO, IBS, IBD, dyspepsia, indigestion, burping, bloating, post-prandial heat or fatigue, food intolerance, dysbiosis, leaky gut
- **IMMUNE**: Fibromyalgia, MCAS (Mast cell activation syndrome), urticaria with an emotional component, psoriasis, eczema, allergies (food and environmental), acne (papular or cystic)
- **ENDO**: Cortisol imbalance: high, low, or circadian disruption, Cortisol-Estrogen balancer, PMS with spotting, periodic but passing sadness or tearfulness, pelvic congestion (heavy uterus or legs, cold feet)
- **PULM**: COPD, emphysema, chronic bronchitis, pulmonary fibrosis/sclerosis

DOSING PROTOCOLS

General (2 or more of the following conditions)

- Seroquel and Toniquel: AM and evenings

Neuropsych

- Seroquel and Toniquel: AM and evenings
- Insomnia: AM and 1 hour before bed (higher dose within the suggested range)
- Night waking: ½ to full dose middle of night as needed

Neuromuscular, Neuro-GI

- Seroquel and Toniquel: AM, before dinner

Immune, Endocrine, Pulmonary

- Seroquel and Toniquel: AM and evenings
- Urticaria: ½ to full dose as needed up to every 30 minutes, up to 4 doses

INGREDIENTS

Please refer to the technical sheets for Seraphyn and Toniquel

CONTRAINDICATIONS AND PRECAUTIONS

Use during pregnancy, breastfeeding and younger children is not recommended except under the supervision of a qualified healthcare professional with appropriate expertise.

Concomitant use with sedative medications should be reviewed with, and monitored by, the prescribing physician. Patients with diabetes, or those receiving anticoagulants, estrogen blockers, or non-steroidal anti-inflammatory drugs, should be monitored during use.

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HEALTH SETS



Bright Lift

Combination formulas

Key Notes:
Motivation and Mood • Renewal: Emotional, Mental and Physical

Composition:
Seraphyn, Catavance



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Bright Lift

Seraphyn | Catavance



CLINICAL PATTERNS

Bright lift is indicated for patients suffering from depression, lack of motivation, focus or confidence. The endobiogenic pattern is underpowered corticotropic signaling with secondary disruption in neurotransmitters. Catavance supports corticotropic reintegration. Seraphyn supports neurotransmitter balance and calming of inflammation throughout the central nervous system.



The profile is the conscientious, sensitive, idealistic type who appears sad or depressive, with social anxiety or self-consciousness in public settings. They can always find a way to talk themselves out of any momentary sense of joy. They lack motivation to start or complete tasks, tending to be lackluster and sluggish. Their inner critic (shadow consciousness) is prominent and pessimistic. If they are productive, it's the strength of their mind and a sense of compulsion that pulls them through the day. Their depressive type is psychomotor retardation: hypersomnia, slow moving, slow thinking with a lack of interest or ability to exercise (versus Mellow Flow and Healing Self) and a tendency to sigh after being lost in thought.

Women with this profile tend to have irregular menstrual cycles, Premenstrual dysphoria or irritability. It's also appropriate for those in advanced low cortisol burnout with depressive symptoms.

FUNCTIONAL TESTING

- **GEMMA**: Adrenal Balance, Allergy, Anxiety Tendency, Endocheck, Inflammatory Tendency, Spasmophilia Tendency

- **Hormones**:
  - HIGH, LOW or Non-circadian: Cortisol;
  - LOW: Cortisol/DHEA ratio, Estradiol, Estriol;
  - HIGH: DHEA

- **Lyme:** neurocognitive, neuromuscular subtypes

- **Urinary Neurotransmitters**:
  - LOW: Noradrenaline, Dopamine, GABA, Serotonin, Endorphins, Oxytocin, Adrenaline;
  - HIGH: Histamine, PEA, HIGH or LOW MSH

- **Stool**: Intestinal inflammation, dysbiosis, fungal overgrowth and/or elevated fungal endotoxins

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Bright Lift

Seraphyn | Catavance



CLINICAL INDICATIONS

- **NEUROPSYCH:**
  - **Depression**: psychomotor retardation, traumatic rumination, violent nightmares or recurring dreams, PMDD (Premenstrual dysphoria disorder)
  - **Anxiety**: generalized and situational with a stronger mental and emotional feelings of disquiet, worry, fear of loss of control than somatic symptoms
  - **Psycho-Social:** social anxiety, difficulty reading social cues
  - **Cognitive**: Brain fog, depression, emotional and mental exhaustion, executive dysfunction, difficulty completing tasks
  - **Other**: recurrent sighing or difficulty taking satisfying breath; Use during Dialectical Behavioral Therapy or after EMDR or Brain Spotting
- **ENDO**:
  - **Adrenal fatigue:** AM fatigue and afternoons, best energy is mid-day, paradoxical energy after sunset,
  - **Menstruation:** PMS with spotting, periodic but passing sadness or tearfulness, pelvic congestion (heavy uterus or legs, cold feet)
- **IMMUNE**: MCAS (Mast cell activation syndrome), Urticaria with an emotional component, allergies (food, environmental), eczema, asthma, urticaria, EMF and chemical sensitivity, leaky gut

DOSING PROTOCOLS

General (2 or more of the following conditions)

- Seraphyn, Catavance: AM and evenings

Depression with a strong fatigue component

- Seraphyn: AM, evenings
- Catavance: AM, 12-3 PM
- EMDR: After therapy if patient is having trouble processing

Brain Fog

- Seraphyn, Catavance: AM, 12-3 PM

All other conditions

- Seraphyn, Catavance: AM and evenings

INGREDIENTS

Please refer to the technical sheets for Seraphyn and Catavance

CONTRAINDICATIONS AND PRECAUTIONS

Use during pregnancy, breastfeeding and younger children is not recommended except under the supervision of a qualified healthcare professional with appropriate expertise.

Patients with diabetes, or those receiving anticoagulants, estrogen blockers, or non-steroidal anti-inflammatory drugs, should be monitored during use.

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HEALTH SETS



Gentle Joy

Combination formulas

Key Notes:
Ability through Stability • Bright Mood • Refreshed Outlook • Poise under Pressure

Composition:
Seraphyn, Cataquel



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Gentle Joy

Seraphyn | Cataquel



CLINICAL PATTERNS

Gentle Joy is for patients seeking internal poise, ability through neuroendocrine stability, to thrive, not just survive. The endobiogenic pattern is a primary endocrine corticotropic excess with secondary neurotransmitter imbalance. Cataquel addresses elevated cortisol. Seraphyn regulates neurotransmitters.



The profile is one of mental and emotional lability. They have some combination of being short-tempered, irritable, anxious or depressed. They feel burned out but have no time to stop and rest. They have too many demands by too many people, completing all their tasks at the expense of their own happiness. They collapse into bed exhausted, though sleep is rarely restorative. They jump out of bed from compulsion to serve others once again. When their own needs have gone unanswered for too long, they tend to suffer from migraines, autoimmune conditions, fibromyalgia or chronic fatigue syndrome. Gentle Joy is appropriate for those in high cortisol burnout with a strong depressive component.

FUNCTIONAL TESTING

- **GEMMA**: Adrenal Balance, Anxiety Tendency, Endocheck, Inflammatory Tendency, Spasmophilia Tendency

- **Hormones**:
  - LOW: DHEA, Estradiol, Estriol
  - HIGH, LOW or Non-circadian: Cortisol;
  - HIGH: Cortisol/DHEA ratio;

- **Lyme**: neurologic, neuromuscular, articular subtypes

- **Urinary Neurotransmitters:**
  - LOW: GABA, Serotonin, Endorphins, Oxytocin;
  - HIGH: Histamine, Noradrenaline, Dopamine, PEA,
  - HIGH or LOW: MSH

- **Stool**: Intestinal inflammation, dysbiosis, fungal overgrowth and/or elevated fungal endotoxins

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Gentle Joy

Seraphyn | Cataquel



CLINICAL INDICATIONS

- **NEUROPSYCH**:
  - **Depression**: psychomotor retardation, traumatic rumination, violent nightmares or recurring dreams, PMDD (Premenstrual dysphoria disorder), post-myocardial infarction with delayed cardiac recovery and/or with anemia
  - **Anxiety**: generalized and situational with a stronger mental and emotional feelings of disquiet, worry, fear of loss of control than somatic symptoms
  - **Psycho-Social**: social anxiety, the need to speak one's truth with confidence
  - **Other**: Restless leg syndrome, Learning disorders, memory loss, feelings of compulsion, coercion or resentment, recurrent sighing or difficulty taking satisfying breath; Use during Dialectical Behavioral Therapy or after EMDR or Brain Spotting
- **NEURO-COGNITIVE**: stress-induced memory impairment, brain fog, migraines, perseveration, OCD, insomnia,
- **ENDO:** Adrenal: chronic fatigue syndrome, fatigue throughout the day, reduced exercise tolerance OR high energy benefiting from intense exercise
- **IMMUNE**: Fibromyalgia, Psoriasis
- **GI**: SIBO, gastroesophageal reflux (GERD), gastro-duodenal ulcers, dysbiosis

DOSING PROTOCOLS

General (2 or more of the following conditions)
- Seraphyn Cataquel: AM, Evenings

Anxiety, Depression, Insomnia
- Seraphyn Cataquel: AM, Evenings

Brain fog, Impaired memory
- Seraphyn Cataquel: AM, Noon

Migraines, Fibromyalgia, Chronic fatigue syndrome
- Seraphyn Cataquel: AM, Evenings
- Migraines: additional doses can be administered up to every hour for 4-6 hours

All other conditions
- Seraphyn Cataquel: AM, Evenings

INGREDIENTS

Please refer to the technical sheets for Seraphyn and Cataquel

CONTRAINDICATIONS AND PRECAUTIONS

Use during pregnancy, breastfeeding and younger children is not recommended except under the supervision of a qualified healthcare professional with appropriate expertise.

Patients with diabetes, or those receiving anticoagulants, estrogen blockers, or non-steroidal anti-inflammatory drugs, should be monitored during use. Concomitant use with sedative medications should be reviewed with, and monitored by, the prescribing physician.

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HEALTH SETS



Healing Self

Combination formulas

Key Notes:
Self-Healing • Emotional Renewal •
Tension Release • Hormonal Balance

Composition:
Seraphyn, Cataquel, Toniquel



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Healing Self

Seraphyn | Cataquel | Toniquel



CLINICAL PATTERNS

Healing Self is for patients with emotional depletion, autonomic tension, and hormonal imbalance reinforcing each another in a downward spiral of depression and high cortisol burnout. The endobiogenic pattern is a comprehensive disruption of perception and response to stress: high cortisol, high autonomic nervous system activity with neurotransmitter dysregulation. This terrain reflects patients who are simultaneously overactivated and exhausted, vigilant yet depleted, driven yet inwardly collapsed. Seraphyn regulates neurotransmitters to improve the perception of stress, and calms neuroinflammatory signaling across the central and enteric nervous systems.



Cataquel moderates elevated cortisol states and supports restoration of neuroendocrine stability. Toniquel supports autonomic regulation, digestive motility, inflammatory resolution, and gut–brain adaptability. Together, this combination promotes gradual tension release, emotional renewal, and re-establishment of adaptive hormonal rhythm.

These patients feel responsible for holding everything together while feeling internally frayed. They oscillate between irritability, anxiety, sadness, or emotional numbness. Unlike Mellow Flow alone, their distress is not limited to reactivity or tension; unlike Gentle Joy alone, their burnout is not purely endocrine but deeply somatic and digestive. They may appear outwardly functional, helpful, or even cheerful, yet internally experience resentment, guilt, or a persistent sense of being overwhelmed and overburdened.

They are sensitive to stress, food, and relational dynamics. Neurodigestive complaints are prominent, with bloating, spasms, alternating stools, or post-prandial fatigue. Often there is insomnia and/or generally non-restorative sleep due to stress dreams or nightmares, though it's difficult for them to recall their dreams in the morning. Muscular tension, migraines, fibromyalgia-like pain, pelvic congestion, or restless legs are common expressions of unresolved autonomic load and disrupted neurotransmitter-endocrine overdrive. In moments of compromise they wish they could "check out" and not exist for a few hours just to find some relief from the pressures of their life.

Healing Self is particularly appropriate for patients in high cortisol burnout with simultaneous nervous system intolerance to even a minor unanticipated event or stressor. It supports those seeking not only symptom relief, but a felt sense of internal safety, self-regulation, and capacity for self-healing.

FUNCTIONAL TESTING

- **GEMMA**: Adrenal Balance, Anxiety Tendency, Endocheck, Inflammatory Tendency, Spasmophilia Tendency
- **Hormones**:
  - LOW: DHEA, Estradiol, Estriol, Testosterone
  - HIGH, LOW or Non-circadian: Cortisol;
  - HIGH: Cortisol/DHEA ratio;
- **Lyme**: neurologic, neuromuscular, articular subtypes
- **Urinary Neurotransmitters**:
  - LOW: GABA, Serotonin, Dopamine, Adrenaline, Endorphins, Oxytocin;
  - HIGH: Histamine, Serotonin, Noradrenaline, Dopamine, PEA,
  - HIGH or LOW: MSH
- **Stool**: Intestinal inflammation, dysbiosis, parasites (Malaria), fungal overgrowth (candida) and/or elevated fungal endotoxins

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Healing Self

Seraphyn | Cataquel | Toniquel



CLINICAL INDICATIONS

- **NEUROPSYCH**:
  - **Depression**: psychomotor retardation, traumatic rumination, violent nightmares or recurring dreams, PMDD (Premenstrual dysphoria disorder), post-myocardial infarction with delayed cardiac recovery and/or with anemia
  - **Anxiety**: generalized and situational with a stronger mental and emotional feelings of disquiet, worry, fear of loss of control than somatic symptoms
  - **Psycho-Social**: social anxiety, the need to speak one's truth with confidence
  - **Cognitive**: Learning disorders, memory loss, feelings of compulsion, coercion or resentment, recurrent sighing or difficulty taking satisfying breath; Use during Dialectical Behavioral Therapy or after EMDR or Brain Spotting
  - **Other**: Restless leg syndrome, Insomnia, migraines, anxiety (mental and somatic), tantrums, anger, nervous tension, inability to cope with daily stressors, feelings of compulsion, coercion and resentment, stress-induced memory impairment, brain fog, migraines, perseveration, OCD, insomnia,
- **ANS**: Spasmophilia levels 1-3, elevated noradrenaline or adrenaline, low adrenaline
- **NEUROMUSCULAR**: All muscle tensions and knots, distorted posture, back pain, torticollis, myalgia, myositis, uterine and vaginal spasms, post-exercise myalgia, secondary support for fibromyalgia
- **GI**: Intestinal spasms, dyspepsia, indigestion, post-prandial heat or fatigue, burping, food intolerance, dysbiosis, leaky gut, SIBO, bloating
- **ENDO: Adrenal**: chronic fatigue syndrome, fatigue throughout the day, reduced exercise tolerance OR high energy benefiting from intense exercise
- **IMMUNE**: Fibromyalgia, Psoriasis

DOSING PROTOCOLS

General (2 or more of the following conditions)
- Seraphyn, Cataquel, Toniquel: AM and evenings

Anxiety, Emotional Lability, Autonomic Tension
- Seraphyn, Cataquel, Toniquel: AM and evenings

Depression with Burnout, Chronic Fatigue, or Fibromyalgia
- Seraphyn, Toniquel: AM and evenings
- Cataquel: AM, afternoons
- Migraines or fibromyalgia flares: Additional doses may be administered up to every hour for 4–6 hours as needed, within the suggested dosing range.

Insomnia, Non-restorative Sleep, Night Waking
- Seraphyn, Cataquel, Toniquel: AM and 1 hour before bed
- Night waking (1–4 AM): ½ to full dose may be taken during the night as needed.

Neuro-GI, Neuro-Muscular, or Pelvic Congestion Patterns
- Seraphyn, Cataquel, Toniquel: AM and before dinner

All other conditions
- Seraphyn, Cataquel, Toniquel: AM and evenings

INGREDIENTS

Please refer to the technical sheets for Seraphyn, Cataquel and Toniquel.

CONTRAINDICATIONS AND PRECAUTIONS

Use during pregnancy, breastfeeding and younger children is not recommended except under the supervision of a qualified healthcare professional with appropriate expertise.

Patients with diabetes, or those receiving anticoagulants, estrogen blockers, or non-steroidal anti-inflammatory drugs, should be monitored during use. Concomitant use with sedative medications should be reviewed with, and monitored by, the prescribing physician.

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Endologica™ Health Set quick selection guide

Grow and Thrive: *Catavance, Levovance, Toniquel*

Choose Grow and Thrive for children and adolescents with neuro-atypical development, learning challenges, sensory sensitivity, and brain-gut- immune dysregulation. It is most appropriate when corticothyrotropic signaling is underpowered, with secondary thyroid, digestive, and immune compromise. This set supports cognitive development, emotional regulation, digestion, and growth in children who require highly regulated internal and external environments.

Radiant Power: *Catavance, Levovance*

Choose Radiant Power for patients with low vitality, poor endurance, cognitive fatigue, and impaired immunity driven by low cortisol and thyroid function. It is best suited for adolescents and adults with burnout, metabolic slowdown, or recurrent infections. This set supports long-term resilience, metabolic clarity, and preventive vitality.

For those who suffer from the above but also with strong autonomic reactivity or brain–gut dysfunction add Toniquel (cf. Grow and Thrive).

Quiet Strength: *Cataquel, Levoquel*

Choose Quiet Strength for patients with high cortisol and/or thyrotropic excess presenting as vigilance, anxiety, insomnia, autoimmune activity, or inflammatory overload. It is ideal for high-achieving, driven individuals who struggle to down-regulate and may progress into high-cortisol burnout. This set promotes internal equilibrium, emotional steadiness, and recovery from stress-induced overactivation.

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Endologica™ Health Set quick selection guide

Mellow Flow: *Seraphyn, Toniquel*

Choose Mellow Flow for patients with autonomic nervous system dysregulation characterized by tension, reactivity, digestive spasm, and difficulty “going with the flow.” It is indicated when neuropsychiatric, neuromuscular, and neuro-GI symptoms predominate, often with food sensitivity and night waking between 1-4 AM. This set supports relaxation, digestive ease, emotional flexibility, and smoother daily adaptation.

Bright Lift: *Seraphyn, Catavance*

Choose Bright Lift for patients with depression marked by low motivation, psychomotor slowing, cognitive fatigue, and low cortisol states. It is most appropriate when sadness, self-doubt, and lack of initiative predominate over anxiety or somatic tension. This set restores corticotropic drive while gently uplifting mood, clarity, and confidence.

Gentle Joy: *Seraphyn, Cataquel*

Choose Gentle Joy for patients in high cortisol burnout with emotional lability, irritability, anxiety, and depressive features who continue to function despite deep exhaustion. It is ideal when endocrine overdrive drives neurotransmitter imbalance, poor sleep quality, and stress intolerance. This set supports neuroendocrine stability, emotional poise, and the ability to thrive rather than merely cope.

Healing Self: *Seraphyn, Cataquel, Toniquel*

Choose Healing Self when endocrine burnout and autonomic nervous system dysregulation coexist, producing emotional depletion, digestive disturbance, muscular tension, and stress intolerance. It is most appropriate when neither calming nor stimulation alone is sufficient, and symptoms span mood, sleep, digestion, pain, and immune activation. This set supports deep self-regulation, emotional renewal, and restoration of internal safety and resilience.

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How to select the right Health Set for your patient

Health Set	When to Choose	Dominant Terrain	Clinical Focus
Grow and Thrive	Neuro-atypical children/adolescents with learning, sensory, and brain-gut-immune challenges	Underpowered cortico-thyrotropic signaling	Learning, digestion, growth, emotional regulation
Radiant Power	Low vitality, endurance, cognition, or immunity without marked autonomic reactivity	Low corticotropic and thyrotropic signaling	Energy, metabolism, immune resilience
Quiet Strength	High cortisol or thyroid excess with vigilance, anxiety, insomnia, or autoimmunity	Cortico-thyrotropic excess	Stress tolerance, immune modulation, emotional steadiness
Mellow Flow	Tension, reactivity, digestive spasm, food sensitivity, difficulty adapting to change	Autonomic-neurotransmitter imbalance	Relaxation, digestion, emotional flexibility
Bright Lift	Depression with low motivation, psychomotor slowing, and low cortisol	Underpowered corticotropic signaling	Mood elevation, motivation, cognitive clarity
Gentle Joy	High-functioning burnout with emotional lability, anxiety, and depressive features	Corticotropic excess with neurotransmitter imbalance	Neuroendocrine stability, mood balance, sleep quality
Healing Self	Combined endocrine burnout and autonomic dysregulation affecting multiple systems	High cortisol burnout with ANS intolerance	Deep regulation, emotional renewal, gut–brain integration

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Endologica Ordering Form					
Actions	Products	Quantity	Units	Price	Total
Raise Cortisol	Catavance		1	$59.33	
Lower Cortisol	Cataquel		1	$59.33	
Boost thyroid	Levovance		1	$59.33	
Calm thyroid	Levoquel		1	$59.33	
ANS-Gut	Toniquel		1	$59.33	
Neurotrans-mitters	Seraphyn		1	$59.33	
	SUMMARY OF ORDER	Total Units			Total
	TOTAL				

Personal Details					
User Information					
First Name					
Last Name					
GEMMA email account					
Company					
Shipment Information					
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Postcode					
Country					

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