



Practical protocols for multicomponent peptide bioregulators My Real Way

2019

The Protocols designed under the supervision of the European Academy of the Natural Sciences and the European Scientific Society (Germany)

Practical use of “My Real Way” bioregulators for prevention and as an additive in integrated treatment of diseases:

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PROTOCOLS for the immune system

I. Secondary immunodeficiency

Protocol 1. *(chronic infections, parasitic infestations, intoxication, stress syndrome, eating disorders, exhaustion, autoimmune diseases, endocrine diseases, injuries, and operations, receiving medications, accompanied by the development of secondary immunodeficiency and also for prevention of immune status in the period of seasonal respiratory virus infections and flu)*

My Real Way complex	Dosage and duration 30 days	Expected effect
ImmuneTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Increasing nonspecific resistance of the immune system
ThymusTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Improving the adaptogenic properties of the organism
MicrofloraTIDE PLUS	1 capsule in the afternoon	Normalization of intestinal microflora
EXTRACTcleansePLUS	1 capsule in the morning, 1 capsule in the evening	Antiparasitic complex

II. Allergosis *(respiratory allergy, atopic dermatitis)*

Protocol 2. Allergosis in acute condition

My Real Way complex	Dosage and duration 30 days	Expected effect
DetoxiTIDE PLUS	1 capsule in the morning; 1 capsule in the evening	Activation of natural detoxification
ImmuneTIDE PLUS	1 capsule in the morning, 1 capsule in the afternoon	Increasing nonspecific resistance of the immune system

Non-acute condition. Restoration of digestive system functions

Protocol 3. To increase the resistance of the mucous membrane of the gastrointestinal tract

My Real Way complex	Dosage and duration 30 days	Expected effect
DuodenumTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Improvement of reparative and regenerative processes in the duodenum, the normalization of its secretory function
FlatuTIDE PLUS	1 capsule in the morning, 1 capsule in the afternoon	Improving the processes of food digestion, nutrient absorption

Protocol 4. To eliminate motor and valve violations of the intestinal tube, to normalize biocenosis of intestine

My Real Way complex	Dosage and duration 30 days	Expected effect
MicrofloraTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Normalization of intestinal microflora
NervesTIDE PLUS	2 capsules in the evening	Normalization of metabolism and the regulatory function of the central and peripheral nervous system

Protocol 5. *Restoration of the respiratory system function:*

My Real Way complex	Dosage and duration 30 days	Expected effect
BreathTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Reduction of inflammatory process in the mucosa of the respiratory tract
ThymusTIDE PLUS	1 capsule in the afternoon, 1 capsule in the evening	Improving the adaptogenic properties of the organism

Protocol 6. *Restoration of the urinary system function:*

My Real Way complex	Dosage and duration 30 days	Expected effect
KidneyTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Normalization of kidney function
ThymusTIDE PLUS	1 capsule in the afternoon, 1 capsule in the evening	Improving the adaptogenic properties of the organism

Protocol 7. Restoration of the immune system function:

My Real Way complex	Dosage and duration 30 days	Expected effect
BreathTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Reduction of inflammatory process in the mucosa of the respiratory tract
ThymusTIDE PLUS	2 capsules in the afternoon, 2 capsules in the evening	Improving the adaptogenic properties of the organism
KidneyTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Normalization of kidney function

PROTOCOLS
in the integrated treatment of diseases involving acute
and chronic intoxication

Protocol 8. Intoxication with dysuric (urination violations) symptoms

My Real Way complex	Dosage and duration 30 days	Expected effect
DetoxiTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Activation of natural detoxification
UrinaTIDE PLUS	1 capsule in the morning, 1 capsule in the afternoon	Increasing diuresis, decreasing „volume”
NervesTIDE PLUS	1 capsule in the evening	Normalization of metabolism and the regulatory function of the central and peripheral nervous system

Protocol 9. Intoxication with symptoms of secondary immunodeficiency

My Real Way complex	Dosage and duration 30 days	Expected effect
DetoxiTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Activation of natural detoxification
ImmuneTIDE PLUS	1 capsule in the morning, 1 capsule in the afternoon	Increasing nonspecific resistance of the immune system
NervesTIDE PLUS	1 capsule in the evening	Normalization of metabolism and the regulatory function of the central and peripheral nervous system

Protocol 10. Intoxication with symptoms of liver failure

My Real Way complex	Dosage and duration 30 days	Expected effect
DetoxiTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Activation of natural detoxification
LiverTIDE PLUS	1 capsule in the morning, 1 capsule in the afternoon	Reducing manifestations of cardiac cirrhosis
NervesTIDE PLUS	1 capsule in the evening	Normalization of metabolism and the regulatory function of the central and peripheral nervous system

Protocol 11. Intoxication with symptoms of cardiac insufficiency

My Real Way complex	Dosage and duration 30 days	Expected effect
DetoxiTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Activation of natural detoxification
CardioTIDE PLUS	1 capsule in the morning, 1 capsule in the afternoon	Improve the contractility and metabolism of heart muscle
VessTIDE PLUS	1 capsule in the evening	Correction of vessels dysfunction

Protocol 12. Intoxication with symptoms of respiratory failure

My Real Way complex	Dosage and duration 30 days	Expected effect
DetoxiTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Activation of natural detoxification
BreathTIDE PLUS	1 capsule in the morning, 1 capsule in the afternoon	Reduction of inflammatory process in the mucosa of the respiratory tract
VessTIDE PLUS	1 capsule in the evening	Correction of vessels dysfunction

Protocol 13. Immune disorders during infectious and inflammatory diseases. The recovery period after infectious and inflammatory diseases. Prevention of seasonal viral respiratory infections and flue. Prevention of unfavorable environmental factors influence (environmental, industrial, geopathic).

My Real Way complex	Dosage and duration 30 days	Expected effect
ImmuneTIDE PLUS	1 capsule 2 times a day	Restoring the immune status
ThymusTIDE PLUS	1 capsule a day	Improving the adaptogenic properties of the organism
DetoxiTIDE PLUS	1 capsule 2 times a day	Activation of natural detoxification
PROTECTIONplus	1 capsule in the morning and 1 capsule in the evening	Anti-inflammatory activity

Protocol 14. Acute and chronic intoxications caused by unfavorable environmental factors, medications, alcohol, infectious or parasitic agents, insufficient functioning of organs and systems of the body (chronic cardiac, renal, hepatic, respiratory failure)

My Real Way complex	Dosage and duration 30 days	Expected effect
DetoxiTIDE PLUS	1 capsule 2 times a day	Activation of natural detoxification
ThymusTIDE PLUS	1 capsule a day	Improving the adaptogenic properties of the organism
VessTIDE PLUS	1 capsule 2 times a day	Improving microcirculation and hemorheologic properties of blood
Complex for a target organ (CardioTIDE PLUS or BreathTIDE PLUS or KidneyTIDE PLUS or UrinaTIDE PLUS or LiverTIDE PLUS, etc.)	1 capsule 2 times a day	Improvement of metabolism and functions of target organ
EXTRACTcleansePLUS	1 capsule in the morning and 1 capsule in the evening	Anti-parasitic activity

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PROTOCOLS

for prevention and restoring functions of hematopoietic system

Protocol 15. *Nutrients deficiency anemia (iron-deficiency anemia, vitamin B12-deficiency anemia, foils-deficiency anemia, protein-deficiency anemia, copper-deficiency anemia, zinc-deficiency anemia, etc.).*

My Real Way complex	Dosage and duration 30 days	Expected effect
Bone-marrowTIDE PLUS	1 capsule in the morning and in the evening	Normalization of hematopoiesis, prevention of iron-deficiency anemia, filling deficiency of iron, vitamins B6, B12, folic acid, copper
ThymusTIDE PLUS	1 capsule in the morning and in the evening	Improving the adaptogenic properties of the organism

Protocol 16. *Anemia caused by various toxic agents ((idiopathic aplastic anemia, aplastic anemia, aplastic anemia, caused by other external agents, neutropenia, toxic neutropenia)*

My Real Way complex	Dosage and duration 30 days	Expected effect
Bone-marrowTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Normalization of hematopoiesis, prevention of iron-deficiency anemia development, filling deficiency of iron, vitamins B6, B12, folic acid, copper
ThymusTIDE PLUS	1 capsule in the afternoon	Improving the adaptogenic properties of the organism
DetoxiTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Activation of natural detoxification

Protocol 17.

My Real Way complex	Dosage and duration 30 days	Expected effect
Bone-marrowTIDE PLUS	1 capsule 2 times a day	Filling the deficit of iron, vitamins B6, B12, folic acid, copper
ThymusTIDE PLUS	1 capsule a day	Improving adaptogenic properties of the organism
DetoxiTIDE PLUS	1 capsule 2 times a day	Activation of natural detoxification

Protocol 18. Acute and/or chronic posthemorrhagic anemia

My Real Way complex	Dosage and duration 30 days	Expected effect
Bone-marrowTIDE PLUS	1 capsule 2 times a day	Filling the deficit of iron, vitamins B6, B12, folic acid, copper
VessTIDE PLUS	1 capsule 2 times a day	Improving blood circulation, strengthening of vessels wall
ThymusTIDE PLUS	1 capsule a day	Improving adaptogenic properties of the organism

Protocol 19. Anemia in tumors, and as the effects of chemotherapy or radiation therapy.

My Real Way complex	Dosage and duration 30 days	Expected effect
Bone-marrowTIDE PLUS	1 capsule 2 times a day	Filling the deficit of iron, vitamins B6, B12, folic acid, copper
DetoxiTIDE PLUS	1 capsule 2 times a day	Activation of natural detoxification
ImmuneTIDE PLUS	1 capsule 2 times a day	Increasing non-specific resistance of the immune system
Complex for a target organ (BreathTIDE PLUS or KidneyTIDE PLUS or UrinaTIDE PLUS or LiverTIDE PLUS or PancreaTIDE PLUS, etc.)	1 capsule 2 times a day	Improving metabolic processes and functions of the target organ
PROTECTIONplus	1 capsule in the morning and 1 capsule in the evening	Anti-carcinogenic activity, prevention of neoplasms

Protocol 20. Anemia associated with diseases of the stomach, duodenum and large intestine

My Real Way complex	Dosage and duration 30 days	Expected effect
Bone-marrowTIDE PLUS	1 capsule 2 times a day	Filling the deficit of iron, vitamins B6, B12, folic acid, copper
VessTIDE PLUS	1 capsule 2 times a day	Improving blood circulation, strengthening of vessel wall
Complex for a target organ (HyperacidTIDE PLUS or LowacidTIDE PLUS or DuodenumTIDE PLUS or FlatuTIDE PLUS or MicrofloraTIDE PLUS, etc.)	1 capsule 2 times a day	Improving metabolic processes and functions of the target organ

Protocol 21. *For prevention of premature ageing and anemia in elderly and senile age.*

My Real Way complex	Dosage and duration 30 days	Expected effect
Bone-marrowTIDE PLUS	1 capsule 2 times a day	Filling the deficit of iron, vitamins B6, B12, folic acid, copper
VessTIDE PLUS	1 capsule 2 times a day	Improving blood circulation, strengthening of vessel wall
ImmuneTIDE PLUS	1 capsule 2 times a day	Increasing non-specific resistance of the immune system

PROTOCOLS «REPRODUCTIVE HEALTH OF WOMEN»

I. Climacteric syndrome

Group 1: Early symptoms (*vasomotor and psycho-emotional disorders*). *Hot flashes, night sweats, heart attacks, shivers, irritability, drowsiness, weakness, anxiety, forgetfulness*

Protocol 22.

My Real Way complex	Dosage and duration 30 days 1 time in 3-6 months	Expected effect
MenoTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Prevention of pre-mature ageing and improving the health of women
NervesTIDE PLUS	2 capsules in the evening	Normalization of metabolism and the regulatory function of the central and peripheral nervous system
CardioTIDE PLUS	2 capsules in the afternoon	Improve the contractility and metabolism of cardiac muscle

Group 2: Middle-term “deferred” symptoms (*urogenital and “atrophy” symptoms-changes and aging of skin and hair*) *Dryness in the genitals, itching, burning, recurrent inflammation of genitals, frequent urination, involuntary urination, cystitis. Dry and brittle hair and nails, wrinkles*

Protocol 23.

My Real Way complex	Dosage and duration 30 days 1 time in 3-6 months	Expected effect
MenoTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Prevention of pre-mature ageing and improving the health of women
UrinaTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Increasing diuresis, decreasing „volume“
SkinTIDE PLUS	2 capsules in the afternoon	Normalization of the structure and functions of skin

Protocol 24.

My Real Way complex	Dosage and duration 30 days 1 time in 3-6 months	Expected effect
MenoTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Prevention of pre-mature ageing and improving the health of women
NervesTIDE PLUS	2 capsules in the evening	Normalization of metabolism and the regulatory function of the central and peripheral nervous system
HairTIDE PLUS	2 capsules in the afternoon	Restoring the structure of hair and nails

Group 3: Late symptoms (*metabolic syndrome, neurological symptoms, musculoskeletal disorders*) *Osteoporosis, osteoarthritis, heart disease, loss of memory, vision, hearing*

Protocol 25.

My Real Way complex	Dosage and duration 30 days 1 time in 3-6 months	Expected effect
MenoTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Prevention of pre-mature ageing and improving the health of women
Bone TIDE PLUS	2 capsules in the afternoon	Compensation for calcium, magnesium and vitamin D3 deficiency
Vision TIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Restoration of metabolism in cells and tissues of the organ of vision

Protocol 26.

My Real Way complex	Dosage and duration 30 days 1 time in 3-6 months	Expected effect
UrinaTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Increasing diuresis, decreasing „volume“
JointsTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Restoration of structures and mobility of joints
BrainTIDE PLUS	2 capsules in the afternoon	Normalization of cerebral circulation

Protocol 27.

My Real Way complex	Dosage and duration 30 days 1 time in 3-6 months	Expected effect
CardioTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Improve the contractility and metabolism of cardiac muscle
NervesTIDE PLUS	2 capsules in the evening	Normalization of metabolism and the regulatory function of the central and peripheral nervous system
HearTIDE PLUS	2 capsules in the afternoon	Restoration of metabolism in cells and tissues of the organ of hearing

II. Premenstrual syndrome**Protocol 28.** *Swelling. Swelling of face, feet, lower belly, swelling and pain of mammary glands*

My Real Way complex	Dosage and duration 30 days before menstruation	Expected effect
WomenTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Prevention of pre-mature ageing and improving the health of women
UrinaTIDE PLUS	1 capsule in the afternoon	Increasing diuresis, decreasing „volume“
NervesTIDE PLUS	1 capsule in the evening	Normalization of metabolism and the regulatory function of the central and peripheral nervous system

Protocol 29. *Cephalgia. Strong headache several days before a menstrual period, nausea, vomiting, dizziness*

My Real Way complex	Dosage and duration 30 days before menstruation	Expected effect
WomenTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Prevention of pre-mature ageing and improving the health of women
Cardio TIDE PLUS	1 capsule in the afternoon	Improve the contractility and metabolism of heart muscle
BrainTIDE PLUS	1 capsule in the evening	Normalization of cerebral circulation

Protocol 30. *Neuropsychic disorders. Irritability, aggressiveness*

My Real Way complex	Dosage and duration 30 days before menstruation	Expected effect
WomenTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Prevention of pre-mature ageing and improving the health of women
NervesTIDE PLUS	2 capsules in the evening	Normalization of metabolism and the regulatory function of the central and peripheral nervous system

III. Inflammations of urogenital organs (*Chronic inflammatory diseases of urogenital system, inflammatory diseases of female genital organs, inflammation of the uterus and appendages: ovaries and fallopian tubes*)

Protocol 31. *To strengthen host defense and stimulate the immunity*

My Real Way complex	Dosage and duration 30 days	Expected effect
WomenTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Prevention of pre-mature ageing and improving the health of women
ImmuneTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Increasing nonspecific resistance of the immune system
PROTECTIONplus	1 capsule in the morning, 1 capsule in the evening	Anti-inflammatory activity

Protocol 32. *In acute inflammation, or presence of concomitant urinary tract infections (cystitis, urethritis)*

My Real Way complex	Dosage and duration 30 days	Expected effect
WomenTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Prevention of pre-mature ageing and improving the health of women
UrinaTIDE PLUS	1 capsule in the afternoon, 1 capsule in the evening	Increasing diuresis, decreasing „volume“
PROTECTIONplus	1 capsule in the morning, 1 capsule in the evening	Anti-inflammatory activity

Protocol 33. *When taking antibacterial drugs in inflammation or acute inflammation of genitals or hormonal drugs in menstrual disorders.*

My Real Way complex	Dosage and duration 30 days	Expected effect
WomenTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Prevention of pre-mature ageing and improving the health of women
LiverTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Improving the health of liver
PROTECTIONplus	1 capsule in the morning, 1 capsule in the evening	Anti-inflammatory activity

IV. Dyshormonal-dystrophic diseases of urogenital organs

Protocol 34. *Dyshomonal-dystrophic diseases of uterus: myoma (fibroid) uterus, endometriosis, hyperplasia of endometrium, polyps*

My Real Way complex	Dosage and duration 30 days 2-3 times a year	Expected effect
WomenTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Prevention of pre-mature ageing and improving the health of women
DetoxiTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Activation of natural detoxification
PROTECTIONplus	1 capsule in the morning, 1 capsule in the evening	Prevention of neoplasms

Protocol 35. *Dyshormonal diseases of mammary glands- diffuse mastopathy (fibrocystic), nodular and cystic mastopathy (before and after surgery).*

My Real Way complex	Dosage and duration 30 days 2-3 times a year	Expected effect
WomenTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Prevention of pre-mature ageing and improving the health of women
LiverTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Improving the health of the liver
PROTECTIONplus	1 capsule in the morning, 1 capsule in the evening	Prevention of neoplasms

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PROTOCOLS

«REPRODUCTIVE HEALTH OF MEN»

I. Androgen deficiency

Protocol 36. *To normalize hormonal metabolism, increase potency, libido, function of genitals, to increase level of testosterone and sperm quantity, to enhance host defense and stimulate the immunity*

My Real Way complex	Dosage and duration 30 days	Expected effect
ActiManTIDE PLUS	2 capsules in the morning	Improving the health of men, prevention of sexual disorders
ThymusTIDE PLUS	2 capsules in the evening	Improving the adaptogenic properties of the organism

Protocol 37. *Nervousness, increased excitability, insomnia, night sweating, sudden feeling of fever in the whole body*

My Real Way complex	Dosage and duration 30 days	Expected effect
ActiManTIDE PLUS	2 capsules in the morning,	Improving the health of men, prevention of sexual disorders
NervesTIDE PLUS	2 capsules in the evening	Normalization of metabolism and the regulatory function of the central and peripheral nervous system

Protocol 38. *When taking medicines, with deposit of fat in the breast, thighs, buttocks*

My Real Way complex	Dosage and duration 30 days	Expected effect
ActiManTIDE PLUS	1 capsule in the morning, 1 capsule in the afternoon	Improving the health of men, prevention of sexual disorders
LiverTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Improving the health of liver

II. Chronic prostatitis

Protocol 39. *Chronic prostatitis with dysuric (violations of urination) and pain symptoms*

My Real Way complex	Dosage and duration 30 days	Expected effect
UrinaTIDE PLUS	1 capsule in the morning, 1 capsule in the afternoon	Increasing diuresis, decreasing „volume“
ProstaTIDE PLUS	1 capsule in the afternoon, 1 capsule in the evening	Strengthening the health of men
PROTECTIONplus	1 capsule in the morning, 1 capsule in the evening	Prevention of inflammations

Protocol 40. *Chronic prostatitis with sexual dysfunction (erectile dysfunction, ejaculation etc.)*

My Real Way complex	Dosage and duration 30 days	Expected effect
ActiManTIDE PLUS	2 capsules in the morning	Improving the health of men, prevention of sexual disorders
ProstaTIDE PLUS	1 capsule in the afternoon 1 capsule in the evening	Strengthening the health of men
PROTECTIONplus	1 capsule in the morning, 1capsule in the evening	Prevention of inflammations

III. Benign prostate hypertrophy (BPH, prostate adenoma)

Protocol 41. *At the early stages of the disease (1 stage of BPH), as well as to men over 60. (delay of urination, weak stream of urine, feeling of incomplete emptying of the bladder, abdominal muscle tension when urinating, intermittent urination, "drop by drop" urinating, incontinence of urine)*

My Real Way complex	Dosage and duration 30 days	Expected effect
UrinaTIDE PLUS	1 capsule in the morning, 1 capsule in the afternoon	Increasing diuresis, decreasing „volume“
ProstaTIDE PLUS	1 capsule in the afternoon 1 capsule in the evening	Strengthening the health of men
PROTECTIONplus	1 capsule in the morning, 1capsule in the evening	Prevention of inflammations

Protocol 42. *At the later stages of the disease (2 stage), when refusing surgical treatment, as well as to men over 75. to prevent pyelonephritis, urolithiasis, chronic renal failure*

My Real Way complex	Dosage and duration 30 days	Expected effect
UrinaTIDE PLUS	1 capsule in the morning	Increasing diuresis, decreasing „volume“
ProstaTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Strengthening the health of men
DetoxiTIDE PLUS	1 capsule in the evening	Activation of natural detoxification
PROTECTIONplus	1 capsule in the morning, 1capsule in the evening	Prevention of inflammations

IV. Erectile dysfunction

Protocol 43. *To normalize hormonal metabolism and blood circulation, functions of genitals, to increase potency, libido, testosterone levels, to strengthen host defense and stimulate the immunity*

My Real Way complex	Dosage and duration 30 days	Expected effect
ActiManTIDE PLUS	2 capsules in the morning	Improving the health of men, prevention of sexual disorders
ImmuneTIDE PLUS	1 capsule in the afternoon	Increasing nonspecific resistance of the immune system
VessTIDE PLUS	1 capsule in the evening	Correction of vessels dysfunction

Protocol 44. *When taking medicine, alcohol, smoking, if overweight, jet lag, inflammation in the prostate*

My Real Way complex	Dosage and duration 30 days	Expected effect
ActiManTIDE PLUS	1 capsule in the morning, 1 capsule in the afternoon	Improving the health of men, prevention of sexual disorders
ProstaTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Strengthening the health of men
DetoxiTIDE PLUS	1 capsule in the evening	Activation of natural detoxification
PROTECTIONplus	1 capsule in the morning, 1 capsule in the evening	Prevention of inflammations

PROTOCOLS

for prevention and restoration of the urine system

Protocol 45. *Glomerular disease (glomerulonephritis, nephrotic syndrome, nephritic syndrome), glomerular lesions in diabetes, glomerular lesions in diseases endocrine, metabolic and nutritional disorders, tubulointerstitial nephritis, glomerular lesions in infectious and parasitic diseases)*

My Real Way complex	Dosage and duration 30 days	Expected effect
KidneyTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Normalization of kidney function
DetoxiTIDE PLUS	1 capsule in the morning, 1 capsule in the afternoon	Activation of natural detoxification
VessTIDE PLUS	1 capsule in the afternoon, 1 capsule in the evening	Correction of vessels dysfunction
EXTRACTcleansePLUS	1 capsule in the morning, 1 capsule in the evening	Anti-parasitic activity

Protocol 46. *In chronic condition of diseases*

My Real Way complex	Dosage and duration 30 days	Expected effect
KidneyTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Normalization of kidney function
VessTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Correction of vessels dysfunction

Protocol 47. *In acute infections of the urinary tract (acute pyelonephritis, acute cystitis, acute urethritis), chronic urinary tract infections (chronic pyelonephritis, chronic cystitis, urethritis) to reduce toxic symptoms, reduce inflammation in the kidney, activate the lymphatic drainage and enhanced diuresis (urination)*

My Real Way complex	Dosage and duration 30 days	Expected effect
UrinaTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Increasing diuresis, decreasing „volume“
VessTIDE PLUS	1 capsule in the morning, 1 capsule in the afternoon	Correction of vessels dysfunction
DetoxiTIDE PLUS	1 capsule in the afternoon, 1 capsule in the evening	Activation of natural detoxification
PROTECTIONplus	1 capsule in the morning, 1 capsule in the evening	Prevention of inflammations, antibacterial activity

Protocol 48. *In chronic condition of diseases (remission)*

My Real Way complex	Dosage and duration 30 days	Expected effect
UrinaTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Increasing diuresis, decreasing „volume“
ImmuneTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Increasing nonspecific resistance of the immune system
VessTIDE PLUS	1 capsule in the afternoon	Correction of vessels dysfunction

Protocol 49. *In chronic renal failure* to improve reparative and regenerative processes in cells of parenchyma and kidney stroma, to improve microcirculation in the kidney, to activate natural detoxification process, to enhanced diuresis (urination)

My Real Way complex	Dosage and duration 30-45 days*	Expected effect
KidneyTIDE PLUS	1 capsule in the morning, 1 capsule in the afternoon	Normalization of kidney function
UrinaTIDE PLUS	1 capsule in the morning, 1 capsule in the afternoon	Increasing diuresis, decreasing „volume“
DetoxiTIDE PLUS	1 capsule in the evening	Activation of natural detoxification
VessTIDE PLUS	1 capsule in the evening	Correction of vessels dysfunction

*Recommended frequency 3-4 times a years

Protocol 50. *Urolithiasis* - to reduce symptoms of intoxication, for strengthening of urination, for prevention of inflammatory process in urinary organs, for normalization of food digestion and absorption processes.

My Real Way complex	Dosage and duration 30 days	Expected effect
UrinaTIDE PLUS	1 capsule in the morning, 1 capsule in the afternoon	Increasing diuresis, decreasing „volume“
MicrofloraTIDE PLUS	1 capsule in the afternoon	Normalization of the intestine function and metabolism
DetoxiTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Activation of natural detoxification
PROTECTIONplus	1 capsule in the morning, 1 capsule in the evening	Prevention of inflammations, antibacterial activity

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PROTOCOLS for prevention and restoration of liver

Protocol 51. *Chronic inflammatory diseases of the liver (hepatitis)* to reduce inflammation and intoxication symptoms, cholestasis and asthenovegetative citolitic syndrome

My Real Way complex	Dosage and duration 30 days	Expected effect
LiverTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Improvement of the health of liver
DetoxiTIDE PLUS	1 capsule in the afternoon, 1 capsule in the evening	Activation of natural detoxification
ImmuneTIDE PLUS	1 capsule in the afternoon	Increasing non-specific resistance of the immune system
PROTECTIONplus	1 capsule in the morning, 1 capsule in the evening	Prevention of inflammations, hepatoprotective activity

Protocol 52. *Drug-induced liver injury and for prevention of pathological changes of medicinal origin* for hepatoprotection and activation of hemopoiesis, reducing intoxication symptoms

My Real Way complex	Dosage and duration 30 days	Expected effect
LiverTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Improvement of the health of liver
DetoxiTIDE PLUS	1 capsule in the afternoon, 1 capsule in the evening	Activation of natural detoxification
ThymusTIDE PLUS	1 capsule in the morning	Improvement of adaptogenic properties of the organism
PROTECTIONplus	1 capsule in the morning, 1 capsule in the evening	Prevention of inflammations, hepatoprotective activity

Protocol 53. *Alcohol-induced liver injury of acute and chronic genesis* - to prevent and restore autoimmune and degenerative liver and pancreatic injuries, to normalize blood circulation.

My Real Way complex	Dosage and duration 30 days	Expected effect
LiverTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Improving the health of liver
PancreaTIDE PLUS	1 capsule in the afternoon, 1 capsule in the evening	Improvement of reparative and regenerative processes in the pancreas, stimulation of its secretion function
VessTIDE PLUS	1 capsule in the afternoon	Correction of vessels dysfunction
PROTECTIONplus	1 capsule in the morning, 1 capsule in the evening	Hepatoprotective activity

Protocol 54. *Cholelithiasis* – for prevention of bile stagnation, formation of gallstones in gallbladder, settled sludge, biliary dyskinesia; for normalization of biliary excretion; for restoration of liver injury; for prevention of the pancreas injury (an increase of pressure in pancreatic duct) and normalization of duodenal motility.

My Real Way complex	Dosage and duration 30 days	Expected effect
LiverTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Improving the health of liver
DuodenumTIDE PLUS	1 capsule in the afternoon, 1 capsule in the evening	Improvement of reparative and regenerative processes of the duodenum, stimulation of its secretion function
PancreaTIDE PLUS	1 capsule in the afternoon	Improvement of reparative and regenerative processes in the pancreas, stimulation of its secretion function
EXTRACTcleansePLUS	1 capsule in the morning, 1 capsule in the evening	Bile-expelling activity

Protocol 55. *Nonspecific reactive hepatitis, chronic hepatitis (including viral), liver fibrosis*, cirrhosis, fatty degeneration of liver***

My Real Way complex	Dosage and duration 30 days	Expected effect
LiverTIDE PLUS	1 capsule 2 times a day	Improvement of reparative and regenerative processes in the liver
VessTIDE PLUS	1 capsule 2 times a day	Microcirculation improvement in the liver
NervesTIDE PLUS	1 capsule at night	Normalization of metabolism and the regulatory function of the central and peripheral nervous system
PROTECTIONplus	1 capsule in the morning, 1 capsule in the evening	Prevention of inflammations, antiviral, hepatoprotective activity

*Recommended frequency of use is 3-4 times a year and according to needs

Protocol 56. *Liver failure**

My Real Way complex	Dosage and duration 30 days	Expected effect
LiverTIDE PLUS	1 capsule 2 times a day	Improvement of metabolic processes in the liver, strengthening cell membranes of hepatocytes
VessTIDE PLUS	1 capsule 2 times a day	Improvement of microcirculation in the liver
DetoxiTIDE PLUS	1 capsule 2 times a day	Activation of natural detoxification
BrainTIDE PLUS	1 capsule 2 times a day	Reduction of toxic effect on the brain
PROTECTIONplus	1 capsule in the morning, 1 capsule in the evening	Prevention of inflammations, hepatoprotective activity

*Recommended frequency of use is 3-4 times a year and according to needs

If you do not find any protocol for yourself, our specialists will develop an individual protocol for you.

PROTOCOLS

«THE HEALTH OF THE MUSCULOSKELETAL SYSTEM»

I. Sciatica

Protocol 57. *Acute phase (after relieving pain with painkillers)*

My Real Way complex	Dosage and duration 30 days	Expected effect
JointsTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Restoration of structures and mobility of joints
DetoxiTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Activation of natural detoxification
PROTECTIONplus	1 capsule in the morning, 1 capsule in the evening	Reducing and preventing inflammation

Protocol 58. *For prevention, after reducing inflammation*

My Real Way complex	Dosage and duration 30 days	Expected effect
JointsTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Restoration of structures and mobility of joints
LigamenTIDE PLUS	2 capsules a day	Strengthening ligamentous apparatus
MuscleTIDE PLUS	2 capsules a day	Restoring muscles

II. Osteoporosis

Protocol 59. *In postmenopausal osteoporosis (mostly in women over 60)* - as preventive and additive means of integrated correction of climacteric syndrome, for normalization of suction and calcium absorption in the gut

My Real Way complex	Dosage and duration 30 days	Expected effect
BoneTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Correction of calcium, magnesium and vitamin D3 deficiency
MenoTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Pre-mature ageing prevention and improvement of the health of women
DuodenumTIDE PLUS	1 capsule in the afternoon	Improvement of reparative and regenerative processes in the duodenum, normalization of its secretory function.

Protocol 60. *In senile osteoporosis (in men and women over 70)* as a preventive and adjunctive agent in the integrated diet correction and for normalization of suction and calcium absorption in the gut

My Real Way complex	Dosage and duration 30 days	Expected effect
BoneTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Correction of calcium, magnesium and vitamin D3 deficiency
MicrofloraTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Normalization of the intestinal function and metabolic processes
DuodenumTIDE PLUS	1 capsule in the afternoon	Improvement of reparative and regenerative processes in the duodenum, normalization of its secretory function

Protocol 61. *For prevention of osteoporosis in women with menstrual cycle disorders; in thyroid gland diseases after removal of the ovaries at a young age; when taking hormonal drugs for normalization of suction and calcium absorption in the gut*

My Real Way complex	Dosage and duration 30 days	Expected effect
BoneTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Correction of calcium, magnesium and vitamin D3 deficiency
WomanTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Prevention of premature ageing and strengthening of the health of women
MicrofloraTIDE PLUS	1 capsule in the afternoon	Normalization of the intestinal function and metabolic processes

Protocol 62. *With increased demand in calcium (osteoporosis, in the recovery period after bone damages, after surgery of osteo-articular apparatus)*

My Real Way complex	Dosage and duration 30 days	Expected effect
ParathyroidTIDE PLUS	1 capsule a day	Improving functions of parathyroid glands, filling deficiency of calcium and vitamin D
BoneTIDE PLUS	1 capsule 2 times a day	Improving reparative and regenerative processes in bone tissue
VessTIDE PLUS	1 capsule 2 times a day	Improving circulation, strengthening vessel wall
ImmuneTIDE PLUS	1 capsule 2 times a day	Improving non-specific resistance of the immune system

III. Rheumatoid arthritis

Protocol 63. *In rheumatoid arthritis with defeat of kidneys (glomerulonephritis, pyelonephritis, amyloidosis) to normalize functions of joints, increase urination and reduce the severity of inflammation symptoms*

My Real Way complex	Dosage and duration 30 days	Expected effect
JointsTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Restoration of structures and mobility of joints
KidneyTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Normalization of kidney function
UrinaTIDE PLUS	1 capsule in the afternoon	Increasing diuresis, decreasing „volume“
PROTECTIONplus	1 capsule in the morning, 1 capsule in the evening	Reducing and preventing inflammation

Protocol 64. *In rheumatoid arthritis with defeat of cardio-vascular system (arterial hypertension, myocarditis, pericarditis, endocarditis, etc.)* to normalize the function of joints, central and peripheral blood circulation and for reducing inflammation symptoms

My Real Way complex	Dosage and duration 30 days	Expected effect
JointsTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Restoration of structures and mobility of joints
CardioTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Improvement of coronary circulation and metabolism in the myocardium
VessTIDE PLUS	1 capsule in the afternoon	Correction of vessels dysfunction
PROTECTIONplus	1 capsule in the morning, 1 capsule in the evening	Reducing and preventing inflammation

Protocol 65. *In rheumatoid arthritis with defeat of lungs (pericardial effusion, interstitial fibrosis, etc.)* to normalize functions of joints, respiratory function and reduce inflammation symptoms

My Real Way complex	Dosage and duration 30 days	Expected effect
JointsTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Restoration of structures and mobility of joints
BreathTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Reduction of inflammatory processes in the mucosa of the respiratory tract
DetoxiTIDE PLUS	1 capsule in the afternoon	Activation of natural detoxification
PROTECTIONplus	1 capsule in the morning, 1 capsule in the evening	Reducing and preventing inflammation

Protocol 66. *In rheumatoid arthritis with defeat of nervous system (vegetative dystonia, polyneuritis, diencephalic syndrome, etc.)* to normalize joints function, reduce symptoms of inflammation, normalize mental and regulatory functions of the nervous system

My Real Way complex	Dosage and duration 30 days	Expected effect
JointsTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Restoration of structures and mobility of joints
NervesTIDE PLUS	1 capsule in the afternoon, 1 capsule in the evening	Normalization of metabolism and the regulatory function of the central and peripheral nervous system
MemoryTIDE PLUS	1 capsule in the morning	Activation of bioenergetic processes in the central nervous system
PROTECTIONplus	1 capsule in the morning, 1 capsule in the evening	Reducing and preventing inflammation

Protocol 67. *In rheumatoid arthritis with defeat of eyesight (scleritis, Sjögren's syndrome, etc.)* to normalize functions of joints, reduce symptoms of inflammation, normalize metabolism and blood circulation in eyes

My Real Way complex	Dosage and duration 30 days	Expected effect
JointsTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Restoration of structures and mobility of joints
VisionTIDE PLUS	1 capsule in the afternoon, 1 capsule in the evening	Prevention of age-related eye diseases
VessTIDE PLUS	1 capsule in the morning	Correction of vessels dysfunction
PROTECTIONplus	1 capsule in the morning, 1 capsule in the evening	Reducing and preventing inflammation

IV. Osteoarthritis (deforming osteoarthritis)

Protocol 68. *For normalization of joints function (mobility restoration), cartilage surface, tendons and ligaments*

My Real Way complex	Dosage and duration 30 days	Expected effect
JointsTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Restoration of structures and mobility of joints
LigamenTIDE PLUS	1 capsule in the morning, 1 capsule in the afternoon	Strengthening of ligamentous apparatus
PROTECTIONplus	1 capsule in the morning, 1 capsule in the evening	Reducing and preventing inflammation

V. Gouty arthritis

Protocol 69. *To normalize the function of joints (mobility restoration) and kidneys, relieve the symptoms of intoxication*

My Real Way complex	Dosage and duration 30 days	Expected effect
JointsTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Restoration of structures and mobility of joints
KidneyTIDE PLUS	1 capsule in the morning	Normalization of kidney function
DetoxiTIDE PLUS	1 capsule in the afternoon, 1 capsule in the evening	Activation of natural detoxification processes

VI. Osteochondrosis

Protocol 70. *For normalization of the vertebral column function (mobility, flexibility restoration), reduce inflammation and pain symptoms, swelling*

My Real Way complex	Dosage and duration 15-30 days	Expected effect
JointsTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Restoration of structures and mobility of joints
LigamenTIDE PLUS	1 capsule in the morning, 1 capsule in the afternoon	Strengthening of ligamentous apparatus
PROTECTIONplus	1 capsule in the morning, 1 capsule in the evening	Reducing and preventing inflammation

VII. Prevention of muscles and ligaments diseases

Protocol 71. *In myositis, tendovaginitis, ligamentitis, bursitis, epicondylitis, etc. to normalize functions of joints and muscles, reduce symptoms of inflammation and pain, swelling*

My Real Way complex	Dosage and duration 30 days	Expected effect
Vess (Ligamen)TIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Correction of vessels dysfunction
Joints(Muscle)TIDE PLUS	1 capsule in the morning, 1 capsule in the afternoon	Restoration of structures and mobility of joints (strengthening muscular system)
PROTECTIONplus	1 capsule in the morning, 1 capsule in the evening	Reducing and preventing inflammation

Protocol 72. *Inflammatory diseases of the muscles (myositis, calcification and ossification of muscles, myalgia)*

My Real Way complex	Dosage and duration 30 days	Expected effect
MuscleTIDE PLUS	1 capsule 2 times a day	Muscles recovery
DetoxiTIDE PLUS	1 capsule 2 times a day	Activation of natural detoxification of the organism
VessTIDE PLUS	1 capsule 2 times a day	Improving blood circulation, strengthening vessel wall
PROTECTIONplus	1 capsule in the morning, 1 capsule in the evening	Reducing and preventing inflammation

Protocol 73. *Muscle exhaustion, muscular atrophy, muscle ischemic infarction, myotonia, myopathy*

My Real Way complex	Dosage and duration 30 days	Expected effect
MuscleTIDE PLUS	1 capsule 2 times a day	Muscles restoring
VessTIDE PLUS	1 capsule 2 times a day	Improving blood circulation, strengthening vessel wall
ImmuneTIDE PLUS	1 capsule 2 times a day	Increasing non-specific resistance of the immune system

Protocol 74. *Lesions of synovial membranes and tendons (synovitis and tenosynovite, including infectious, calcifying tendonitis)*

My Real Way complex	Dosage and duration 30 days	Expected effect
LigamenTIDE PLUS	1 capsule 2 times a day	Restoring ligaments and tendons
DetoxiTIDE PLUS	1 capsule 2 times a day	Activating natural detoxification of the organism
VessTIDE PLUS	1 capsule 2 times a day	Improving blood circulation, strengthening vessel wall
PROTECTIONplus	1 capsule in the morning, 1 capsule in the evening	Reducing and preventing inflammation

Protocol 75. *Rupture of synovial membrane, rupture of popliteal cyst*

My Real Way complex	Dosage and duration 30 days	Expected effect
LigamenTIDE PLUS	1 capsule 2 times a day	Restoring ligaments and tendons
VessTIDE PLUS	1 capsule 2 times a day	Improving blood circulation, strengthening vessel wall
ImmuneTIDE PLUS	1 capsule 2 times a day	Increasing non-specific resistance of the immune system
PROTECTIONplus	1 capsule in the morning, 1 capsule in the evening	Reducing and preventing inflammation

Protocol 76. *Diseases of soft tissues associated with load, overload and pressure («computer» carpal syndrome, bursitis of a hand, elbow joint, knee joint.), other bursopathy*

My Real Way complex	Dosage and duration 30 days	Expected effect
LigamenTIDE PLUS	1 capsule 2 times a day	Restoring ligaments and tendons
VessTIDE PLUS	1 capsule 2 times a day	Improving blood circulation, strengthening vessel wall
NervesTIDE PLUS	1 capsule 2 times a day	Normalization of metabolic processes in tissues of the central and peripheral nervous system, improving nervous regulation of nutrition and tone of muscles

Protocol 77. *Damages (injuries and their consequences) of muscles and tendons, crushing of muscles and tendons, dislocations, sprain of capsular-ligament apparatus*

My Real Way complex	Dosage and duration 30 days	Expected effect
MuscleTIDE PLUS	1 capsule 2 times a day	Restoring muscles
LigamenTIDE PLUS	1 capsule 2 times a day	Restoring ligaments and tendons
DetoxiTIDE PLUS	1 capsule 2 times a day	Activating processes of natural detoxification of the organism
VessTIDE PLUS	1 capsule 2 times a day	Improving blood circulation, strengthening vessel wall
NervesTIDE PLUS	1 capsule 2 times a day	Normalization of metabolic processes in tissues of the central and peripheral nervous system, improving nervous regulation of nutrition and tone of muscles

Protocol 78. *For prevention of dystrophic processes in the ligaments and joints, for prevention of diseases and age-related changes of articular-ligamentous apparatus*

My Real Way complex	Dosage and duration 30 days	Expected effect
MuscleTIDE PLUS	1 capsule 2 times a day	Restoring muscles
LigamenTIDE PLUS	1 capsule 2 times a day	Restoring ligaments and tendons
VessTIDE PLUS	1 capsule 2 times a day	Improving blood circulation, strengthening vessel wall
ImmuneTIDE PLUS	1 capsule 2 times a day	Increasing non-specific resistance of the immune system

VII. For musculoskeletal system, immune status and overall tone of the organism in accordance with the annual seasonal cycles, for people professionally or actively engaged in sport, fitness and with high physical exertion related to professional activities

To increase the hemoglobin in the blood, accelerate tissue healing, enhance physical and mental performance, for stimulation of blood circulation, immune system and body detoxification, anti-stress processes activation, to reduce feelings of anxiety and stress, for adaptation to changing seasons, normalization of sleep

Protocol 79. *Autumn-winter seasons* (1 time in a quarter – 30 days).

My Real Way complex	Dosage and duration 30 days	Expected effect
ImmuneTIDE PLUS	1 capsule in the morning	Increasing nonspecific resistance of the immune system
VessTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Correction of vessels dysfunction
Nerves TIDE PLUS	1 capsule in the evening	Normalization of metabolism and the regulatory function of the central and peripheral nervous system

Protocol 80. *Autumn-winter seasons* (1 time in a quarter – 30 days).

My Real Way complex	Dosage and duration 30 days	Expected effect
ThymusTIDE PLUS	1 capsule in the morning	Improving the adaptogenic properties of the organism
JointsTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Restoration of structures and mobility of joints
BrainTIDE PLUS	1 capsule in the evening	Exerts neuroprotective, neurotrophic and neurometabolic effect on brain tissues

Protocol 81. *Spring-summer seasons* (1 time in a quarter – 30 days).

My Real Way complex	Dosage and duration 30 days	Expected effect
DetoxiTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Activation of natural detoxification
BoneTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Correction of calcium, magnesium and vitamin D3 deficiency

Protocol 82. *Spring-summer seasons (1 time in a quarter – 30 days).*

My Real Way complex	Dosage and duration 30 days	Expected effect
Men – ActiManTIDE PLUS	2 capsules in the morning	Strengthening men’s health, prevention of sexual disorders
Women – WomanTIDE PLUS	2 capsules in the morning	Prevention of premature ageing and health improving
CardioTIDE PLUS	1 capsule in the afternoon, 1 capsule in the evening	Improvement of coronary circulation and metabolism in the myocardium

Protocol 83. *Under intensive and/or prolonged physical exercises, for athletes engaged in heavy sports, to shorten the recovery period after intensive exercising*

My Real Way complex	Dosage and duration 30 days	Expected effect
MuscleTIDE PLUS	1 capsule 2 times a day	Restoring muscles
LigamenTIDE PLUS	1 capsule 2 times a day	Restoring ligaments and tendons
VessTIDE PLUS	1 capsule 2 times a day	Improving blood circulation, strengthening vessel wall
ThymusTIDE PLUS	1 capsule 2 times a day	Improving adaptogenic properties of the organism

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«ANTI-AGEING» PROTOCOLS

PURPOSE: *maintaining self-control mechanisms at different levels of the vital activity of the body, normalization of protein synthetic functions of cells, homeostasis and trophic (feeding) of tissues.*

I. Age-related changes in the central and peripheral nervous system

For adaptation of the body to age-related changes in the nervous system (the processes of excitation and inhibition, activity modification, violation of tissues trophic (feeding) regulation, mental disorders - cognitive and mental functions).

Protocol 84.

My Real Way complex	Dosage and duration 30 days	Expected effect
BrainTIDE PLUS	1 capsule in the morning and in the evening	Exerts neuroprotective, neurotrophic and neurometabolic effect on brain tissues
VessTIDE PLUS	1 capsule in the afternoon	Correction of vessels dysfunction
Nerves TIDE PLUS	1 capsule in the evening	Normalization of metabolism and the regulatory function of the central and peripheral nervous system

Protocol 85 .

My Real Way complex	Dosage and duration 30 days	Expected effect
MemoryTIDE PLUS	1 capsule in the morning and in the evening	Activation of bioenergetic processes in the central nervous system
CardioTIDE PLUS	1 capsule in the afternoon	Improving the coronary circulation and metabolism in myocardium
Nerves TIDE PLUS	1 capsule in the evening	Normalization of metabolism and the regulatory function of the central and peripheral nervous system

Protocol 86.

My Real Way complex	Dosage and duration 30 days	Expected effect
VisionTIDE PLUS	1 capsule in the morning and in the evening	Restoration of metabolism in the cells and tissues of the organ of vision
HearTIDE PLUS	1 capsule in the morning and in the afternoon	Restoration of metabolism in the cells and tissues of the organ of hearing
Nerves TIDE PLUS	1 capsule in the evening	Normalization of metabolism and the regulatory function of the central and peripheral nervous system

II. Age-related changes in the cardiovascular system

Protocol 87 . *For the adaptation of the organism to age-related changes in cardiovascular system (reduced elasticity of the arteries walls and increased rigidity, extension of venous channel, reducing the tone of veins, reduction in the number of capillaries, tissue hypoxia, decreased myocardial contractility, etc.).*

My Real Way complex	Dosage and duration 30 days	Expected effect
CardioTIDE PLUS	1 capsule in the morning and in the evening	Improving the coronary circulation and metabolism in myocardium
VessTIDE PLUS	1 capsule in the afternoon	Correction of vessels dysfunction
Nerves TIDE PLUS	1 capsule in the evening	Normalization of metabolism and the regulatory function of the central and peripheral nervous system

III. Age-related changes in the respiratory system

Protocol 88. *For the adaptation of the organism to age-related changes in the respiratory system (atrophy of the mucous membrane of the respiratory organs, hardening of the cartilage of the tracheobronchial tree, thinning the walls of the alveoles, bronchial obstruction, accumulation of mucus in the bronchi, violation of pulmonary gas exchange, hypoxia, etc.).*

My Real Way complex	Dosage and duration 30 days	Expected effect
BreathTIDE PLUS	1 capsule in the morning and in the evening	Reduction of inflammatory activity in the mucosa of the respiratory tract
CardioTIDE PLUS	1 capsule in the afternoon	Improve the coronary circulation and metabolism in myocardium
Nerves TIDE PLUS	1 capsule in the evening	Normalization of metabolism and the regulatory function of the central and peripheral nervous system

IV. Age-related changes in the digestive system

For the adaptation of the organism to age-related changes in the digestive system (atrophy of the mucous membrane of the stomach and small intestine, decrease of secretory and motor functions of the stomach and small intestine, atrophy of acinous cells of the pancreas, reducing secretory function of the pancreas, decreased protein synthesis, detoxification, glikogen production and excretory function of liver, etc.).

Protocol 89.

My Real Way complex	Dosage and duration 30 days	Expected effect
Lowacid (Hyperacid) TIDE PLUS	1 capsule in the morning and in the evening	Correction of gastric mucosa disorder
DetoxiTIDE PLUS	1 capsule in the afternoon	Activation of natural detoxification
Nerves TIDE PLUS	1 capsule in the evening	Normalization of metabolism and the regulatory function of the central and peripheral nervous system

Protocol 90.

My Real Way complex	Dosage and duration 30 days	Expected effect
DuodenumTIDE PLUS	1 capsule in the morning and in the evening	Improvement of reparative and regenerative processes in the duodenum, the normalization of its secretory function
MicrofloraTIDE PLUS	1 capsule in the afternoon	Normalization of the intestinal microflora
Nerves TIDE PLUS	1 capsule in the evening	Normalization of metabolism and the regulatory function of the central and peripheral nervous system

Protocol 91.

My Real Way complex	Dosage and duration 30 days	Expected effect
PancreaTIDE PLUS	1 capsule in the morning and in the evening	Improvement of reparative and regenerative processes in the pancreas, stimulation of its secretion function
FlatuTIDE PLUS	1 capsule in the afternoon	Improving the processes of food digestion, nutrient absorption
Nerves TIDE PLUS	1 capsule in the evening	Normalization of metabolism and the regulatory function of the central and peripheral nervous system

Protocol 92.

My Real Way complex	Dosage and duration 30 days	Expected effect
LiverTIDE PLUS	1 capsule in the morning and in the evening	Reduction in manifestations of cardiac liver cirrhosis
DuodenumTIDE PLUS	1 capsule in the afternoon	Improvement of reparative and regenerative processes in the duodenum, the normalization of secretory function
Nerves TIDE PLUS	1 capsule in the evening	Normalization of metabolism and the regulatory function of the central and peripheral nervous system

V. Age-related changes in the urinary system

For the adaptation of the organism to age-related changes in the urinary system (renal vessels sclerosis, decreased renal blood flow, reducing all functions of kidney – excretion of protein metabolism products, electrolytes, water, atrophy of the mucous membrane and muscular layer, the weakening of the sphincters, etc.).

Protocol 93.

My Real Way complex	Dosage and duration 30 days	Expected effect
KidneyTIDE PLUS	1 capsule in the morning and in the evening	Normalization of kidney function
DetoxiTIDE PLUS	1 capsule in the afternoon	Activation of natural detoxification
Nerves TIDE PLUS	1 capsule in the evening	Normalization of metabolism and the regulatory function of the central and peripheral nervous system

Protocol 94.

My Real Way complex	Dosage and duration 30 days	Expected effect
UrinaTIDE PLUS	1 capsule in the morning and in the afternoon	Increasing diuresis, reducing „volume“
VessTIDE PLUS	1 capsule in the morning	Improving blood circulation
NervesTIDE PLUS	1 capsule in the evening	Normalization of metabolism and the regulatory function of the central and peripheral nervous system

VI. Osteoporosis (refer to Protocols for the Muscularskeletal system)**VII. For women suffering from climacteric syndrome (see the Protocols for female reproductive system)****VIII. Age-related changes in regulation of calcium metabolism in parathyroid glands, prevention of senile osteoporosis, fractures in elderly and senile age****Protocol 95.**

My Real Way complex	Dosage and duration 30 days	Expected effect
ParathyroidTIDE PLUS	1 capsule a day	Improving functions of parathyroid glands, filling deficiency of calcium, vitamin D
VessTIDE PLUS	1 capsule 2 times a day	Улучшение микроциркуляции, укрепление сосудистой стенки
ImmuneTIDE PLUS	1 capsule 2 times a day	Increasing non-specific resistance of the immune system

If you do not find a protocol for yourself, our specialists will develop an individual protocol for you

PROTOCOLS

for prevention and restoration of the respiratory system

Protocol 96 . *Acute respiratory infections of the upper respiratory tract, acute respiratory infections of the lower respiratory tract, chronic diseases of the lower respiratory tract in the acute stage.*

My Real Way complex	Dosage and duration 30 days	Expected effect
BreathTIDE PLUS	1 capsule 2 times a day	Reduction of inflammation in the mucosa of the respiratory tract
DetoxiTIDE PLUS	1 capsule 2 times a day	Activation of natural detoxification
VessTIDE PLUS	1 capsule 2 times a day	Improving blood circulation in the lungs
PROTECTIONplus	1 capsule in the morning, 1 capsule in the evening	Prevention and relieving inflammations, antibacterial activity

Protocol 97. *Acute respiratory infections of the upper respiratory tract in the recovery period, the acute respiratory infections of the lower respiratory tract in the recovery period, chronic diseases of the lower respiratory tract in remission **

My Real Way complex	Dosage and duration 30 days	Expected effect
BreathTIDE PLUS	1 capsule 2 times a day	Stimulation of reparative and regenerative processes in the various zones of the respiratory tract
ImmuneTIDE PLUS	1 capsule 2 times a day	Increasing non-specific resistance of the immune system
VessTIDE PLUS	1 capsule a day	Correction of vessels dysfunction
PROTECTIONplus	1 capsule in the morning, 1 capsule in the evening	Prevention and relieving inflammations, antibacterial activity

Protocol 98. *Lung disease caused by external agents - a high level of dust and/or gases in the air at work, at home**

My Real Way complex	Dosage and duration 30-45 days	Expected effect
BreathTIDE PLUS	1 capsule a day	Increasing the sustainability of lung tissue to the influences of external agents
DetoxiTIDE PLUS	1 capsule a day	Activation of natural detoxification
VessTIDE PLUS	1 capsule a day	Improvement of blood flow in the mucosa of the bronchi and lungs

Protocol 99. *As a supplement in dietary and nutritional correction when smoking*.*

My Real Way complex	Dosage and duration 30 days	Expected effect
BreathTIDE PLUS	1 capsule 2 times a day	Reduction of inflammation in the mucosa of the respiratory tract
DetoxiTIDE PLUS	1 capsule 2 times a day	Activation of natural detoxification
VessTIDE PLUS	1 capsule 2 times a day	Improving blood circulation in the lungs иx
ImmuneTIDE PLUS	1 capsule 2 times a day	Increasing non-specific resistance of the immune system

*Recommended frequency of use - 3-4 times a year.

If you do not find a protocol for yourself, our specialists will develop an individual protocol for you.

PROTOCOLS for prevention and restoration of the digestive system

Protocol 100. *Gastroesophageal reflux disease*, esophagitis*, esophageal erosion*, chronic gastritis with hyperacidity *, gastric ulcer **

My Real Way complex	Dosage and duration 30-45 days	Expected effect
HyperacidTIDE PLUS	1 capsule 2 times a day	Improvement of reparative, regenerative processes in the in the esophagus, stomach and duodenum, stimulation of their secretory function
VessTIDE PLUS	1 capsule 2 times a day	Improvement of microcirculation in the mucosa of esophagus, stomach and duodenum
NervesTIDE PLUS	1 capsule at night	Normalization of metabolism and the regulatory function of the central and peripheral nervous system
PROTECTIONplus	1 capsule in the morning, 1 capsule in the evening	Prevention of inflammations and neoplasms

* The dosage and duration shown in a table are given for the period of acute conditions of specified diseases. Recommended preventive course is minimum 2 times a year (autumn, spring) using ½ of the dosage.

Protocol 101. Chronic duodenitis*, peptic ulcer of the duodenum*

My Real Way complex	Dosage and duration 30-45 days	Expected effect
DuodenumTIDE PLUS	1 capsule 2 times a day	Improvement of reparative and regenerative processes in the duodenum, the normalization of its secretory function
VessTIDE PLUS	1 capsule 2 times a day	Improvement of microcirculation in the mucosa of the duodenum
NervesTIDE PLUS	1 capsule at night	Normalization of metabolism and the regulatory function of the central and peripheral nervous system
PROTECTIONplus	1 capsule in the morning, 1 capsule in the evening	Prevention of inflammations and neoplasms

* The dosage and duration shown in a table are given for the period of acute conditions of specified diseases. Recommended preventive course is minimum 2 times a year (autumn, spring) using ½ of the dosage.

Protocol 102. Chronic atrophic gastritis*, chronic gastritis with low acidity*, decreased appetite of various etiologies*, indigestion*.

My Real Way complex	Dosage and duration 30-45 days	Expected effect
LowacidTIDE PLUS	1 capsule 2 times a day	Improvement of reparative, regenerative processes in the stomach, stimulation of secretory function
VessTIDE PLUS	1 capsule 2 times a day	Improvement of microcirculation in the mucosa of the stomach
NervesTIDE PLUS	1 capsule at night	Normalization of metabolism and the regulatory function of the central and peripheral nervous system

*Recommended frequency of use is 3-4 times a year.

Protocol 103. *Non-infectious gastroenteritis*, chronic (ulcerative) enterocolitis*, chronic (ulcerative proctitis)*, chronic (ulcerative rectosigmoidit)*.*

My Real Way complex	Dosage and duration 30-45 days	Expected effect
FlatuTIDE PLUS	1 capsule 2 times a day	Improving the processes of food digestion, nutrient absorption
MicrofloraTIDE PLUS	1 capsule 2 times a day	Normalization of the intestinal microflora
VessTIDE PLUS	1 capsule a day	Improvement of microcirculation in the mucosa of the stomach and intestines
DetoxiTIDE PLUS	1 capsule a day	Activation of natural detoxification
EXTRACTcleansePLUS	1 capsule in the morning, 1 capsule in the evening	Antiparasitic activity

* Recommended frequency of use is 3-4 times a year.

Protocol 104. *Dysbacteriosis *, dyspepsia, digestive disorders *, treatment with antibacterial drugs (antibiotics for treatment of infectious diseases of any localization).*

My Real Way complex	Dosage and duration 30-45 days	Expected effect
DetoxiTIDE PLUS	1 capsule 2 times a day	Activation of natural detoxification
FlatuTIDE PLUS	1 capsule 2 times a day	Improving the processes of food digestion, nutrient absorption
MicrofloraTIDE PLUS	1 capsule 2 times a day	Normalization of the intestinal microflora

*Recommended frequency of use is 3-4 times a year.

Protocol 105. *Vascular disease of the bowel, chronic ischemic colitis, enteritis, enterocolitis, mesenteric arteriosclerosis*

My Real Way complex	Dosage and duration 30-45 days	Expected effect
VessTIDE PLUS	1 capsule 2 times a day	Improvement of microcirculation in the mucosa of the stomach and intestines
NervesTIDE PLUS	1 capsule at night	Normalization of metabolism and the regulatory function of the central and peripheral nervous system
FlatuTIDE PLUS	1 capsule 2 times a day	Improving the processes of food digestion, nutrient absorption
MicrofloraTIDE PLUS	1 capsule 2 times a day	Normalization of the intestinal microflora
DetoxiTIDE PLUS	1 capsule a day	Activation of natural detoxification

*Recommended frequency of use is 3-4 times a year.

Protocol 106. *Irritable bowel syndrome**, *irritable bowel syndrome with diarrhea**, *constipation**, *functional diarrhea**, *neurogenic excitability of intestines**.

My Real Way complex	Dosage and duration 30-45 days	Expected effect
DetoxiTIDE PLUS	1 capsule 2 times a day	Activation of natural detoxification
FlatuTIDE PLUS-	1 capsule 2 times a day	Improving the processes of food digestion, nutrient absorption
MicrofloraTIDE PLUS	1 capsule 2 times a day	Normalization of the intestinal microflora
NervesTIDE PLUS	1 capsule at night	Normalization of metabolism and the regulatory function of the central and peripheral nervous system

*Recommended frequency of use is 3-4 times a year.

Protocol 107. *Gallbladder, biliary tract and pancreas diseases: chronic cholecystitis**, *dyskinesia o biliary tract**, *chronic pancreatitis **, *atrophy of the pancreas gland**, *pancreatic fibrosis**.

My Real Way complex	Dosage and duration 30-45 days	Expected effect
PancreaTIDE PLUS	1 capsule 2 times a day	Improvement of reparative, regenerative processes in the mucosa of the gallbladder, biliary tract and pancreas, stimulation of the secretory function
VessTIDE PLUS	1 capsule 2 times a day	Improvement of microcirculation in the mucosa of the gallbladder, biliary tract and pancreas
FlatuTIDE PLUS	1 capsule 2 times a day	Improving the processes of food digestion, nutrient absorption
DetoxiTIDE PLUS	1 capsule a day	Activation of natural detoxification
EXTRACTcleansePLUS	1 capsule in the morning, 1 capsule in the evening	Antiparasitic activity

*Recommended frequency of use is 3-4 times a year.

If you do not find a protocol for yourself, our specialists will develop an individual protocol for you.

PROTOCOLS

for prevention and restoring the nervous system

Protocol 108. *Vascular diseases of the brain (cerebral arteriosclerosis *, hypertensive encephalopathy*, consequences of cerebral infarction (ischemic stroke)*, consequences of intracranial hemorrhage (a hemorrhagic stroke)*, transient cerebral ischemic attack, vascular Parkinsonism *, cerebellar ataxia **

My Real Way complex	Dosage and duration 30-45 days	Expected effect
MemoryTIDE PLUS	1 capsule 2 times a day	Activation of bioenergetic processes in the central nervous system
BrainTIDE PLUS	1 capsule 2 times a day	Exerts neuroprotective, neurotrophic and neurometabolic effect on brain tissue
VessTIDE PLUS	1 capsule 2 times a day	Normalization of cerebral circulation processes

*Recommended frequency of use is 3-4 times a year.

Protocol 109. *Diseases of the peripheral nervous system (polyneuropathy, alcoholic polyneuropathy, polyneuropathy caused by other toxic substances, polyneuropathy in infectious and parasitic illnesses, diabetic polyneuropathy polyneuropathy in other endocrine diseases and metabolic disorders.*

My Real Way complex	Dosage and duration 30-45 days	Expected effect
NervesTIDE PLUS	1 capsule at night	Normalizing metabolism of the peripheral nervous system
DetoxiTIDE PLUS	1 capsule 2 times a day	Activating processes of natural body detoxification
EXTRACTcleansePLUS	1 capsule in the morning, 1 capsule in the evening	Antiparasitic activity

Program 110. *Cognitive and mental dysfunctions of the central nervous system, hyperactivity, hyperexcitability, depression, anxiety, etc. (chronic psycho-emotional overloads *, emotional (professional) exhaustion*, chronic fatigue syndrome, sleep disorders caused by "shift work"**, jet lag (quick change of time zones), increased irritability, anxiety *)*

My Real Way complex	Dosage and duration 30 days	Expected effect
MemoryTIDE PLUS	1 capsule in the morning	Activation of bioenergetic processes in the central nervous system
BrainTIDE PLUS	1 capsule 2 times a day	Exerts neuroprotective, neurotrophic and neurometabolic effect on brain tissue
NervesTIDE PLUS	1 capsule at night	Normalization of metabolism and the regulatory function of the central and peripheral nervous system
DetoxiTIDE PLUS	1 capsule 2 times a day	Activation of natural detoxification

*Recommended frequency of use is 2-3 times a year and according to needs.

If you do not find a protocol for yourself, our specialists will develop an individual protocol for you.

PROTOCOLS

for prevention and restoring the cardiovascular system

Protocol 111. *Acute rheumatic cardiac disease, acute endocarditis (infectious), acute myocarditis (infectious), acute pericarditis (infectious), cardiomyopathy in infectious and parasitic disease, cardiomyopathy in metabolic and nutritional disorders.*

My Real Way complex	Dosage and duration 30-45 days	Expected effect
CardioTIDE PLUS	1 capsule 2 times a day	Improving the contractility and metabolism of cardiac muscle
DetoxiTIDE PLUS	1 capsule 2 times a day	Activation of natural detoxification
VessTIDE PLUS	1 capsule 2 times a day	Strengthening of the vessel wall
ImmuneTIDE PLUS	1 capsule 2 times a day	Increasing non-specific resistance of the immune system
EXTRACTcleansePLUS	1 capsule in the morning, 1 capsule in the evening	Antiparasitic activity

Protocol 112. *Chronic ischemic cardiac disease, hypertension (essential hypertension)*, secondary hypertension *, atherosclerosis *, neurocirculatory dystonia *, chronic impaired cardiac function in the stage of compensation *.*

My Real Way complex	Dosage and duration 30-45 days	Expected effect
Cardio TIDE PLUS	1 capsule 2 times a day	Improving the contractility and metabolism of cardiac muscle
VessTIDE PLUS	1 capsule 2 times a day	Strengthening of the vessel wall
Nerves TIDE PLUS	1 capsule 2 times a day	Normalization of metabolism and the regulatory function of the central and peripheral nervous system

Protocol 113. *Chronic cardiac decompensation*

My Real Way complex	Dosage and duration 30-45 days	Expected effect
CardioTIDE PLUS	1 capsule 2 times a day	Improving the contractility and metabolism of cardiac muscle
VessTIDE PLUS	1 capsule 2 times a day	Strengthening of the vessel wall
UrinaTIDE PLUS	1 capsule 2 times a day	Increased diuresis, reducing „volume“
LiverTIDE PLUS	1 capsule 2 times a day	Reducing manifestations of cardiac cirrhosis

*Recommended frequency of use is 3-4 times a year.

If you do not find a protocol for yourself, our specialists will develop an individual protocol for you .

PROTOCOLS

for prevention and restoring of the endocrine system

Protocol 114. *Diffuse (endemic) goitre related to iodine deficiency*, other thyroid diseases related to iodine deficiency *, subclinical hypothyroidism as an effect of iodine deficiency*, hypothyroidism induced by drugs and other exogenous substances *, post-viral hypothyroidism *, atrophy of thyroid (acquired)*, thyroiditis (autoimmune, medical, with transient thyrotoxicosis, fibrous)*.*

My Real Way complex	Dosage and duration 30-45 days	Expected effect
ThyroidTIDE PLUS	1 capsule 2 times a day	Normalization of the thyroid gland function
VessTIDE PLUS	1 capsule 2 times a day	Improving blood circulation in the thyroid gland
ImmuneTIDE PLUS	1 capsule 2 times a day	Increasing non-specific resistance of the immune system

*Recommended frequency of use is 3-4 times a year.

Protocol 115. *Thyrotoxicosis with diffuse goitre *, thyrotoxicosis with simple nodular toxic goitre *, thyrotoxicosis with multinodular toxic goiter*, other forms of thyrotoxicosis*.*

My Real Way complex	Dosage and duration 30-45 days	Expected effect
ThyroidTIDE PLUS	1 capsule 2 times a day	Normalization of the thyroid gland function
DetoxiTIDE PLUS	1 capsule 2 times a day	Activation of natural detoxification
VessTIDE PLUS	1 capsule a day	Strengthening the vessel wall
NervesTIDE PLUS	1 capsule at night	Normalization of metabolism and the regulatory function of the central and peripheral nervous system

*Recommended frequency of use is 3-4 times a year.

Protocol 116. *Primary and secondary hyperparathyroidism*, hypoparathyroidism*, osteoporosis (postmenopausal*, postsurgical*, drug-induced *, bad or slow healing of fracture).*

My Real Way complex	Dosage and duration 30-45 days	Expected effect
ParathyroidTIDE PLUS	1 capsule 2 times a day	Normalization of the parathyroid gland function
VessTIDE PLUS	1 capsule 2 times a day	Improving blood circulation in parathyroid gland
ImmuneTIDE PLUS	1 capsule 2 times a day	Increasing non-specific resistance of the immune system

*Recommended frequency of use is 3-4 times a year.

Protocol 117. *For normalization of the parathyroid glands, as an aid in the treatment of diseases of the parathyroid glands accompanied by calcium deficiency, for prevention of complications related to insufficiency and assimilation of calcium*

My Real Way complex	Dosage and duration 30 days	Expected effect
ParathyroidTIDE PLUS	1 capsule a day	Improving functions of parathyroid glands, filling the deficiency of calcium, vitamin D
VessTIDE PLUS	1 capsule 2 times a day	Improving blood circulation in parathyroid glands
NervesTIDE PLUS	1 capsule 2 times a day	Normalizing metabolism in tissues of the central and peripheral nervous system, improving nervous regulation of parathyroid glands function

Protocol 118. *After surgery on the thyroid gland with damages or removal of parathyroid glands*

My Real Way complex	Dosage and duration 30 days	Expected effect
ParathyroidTIDE PLUS	1 capsule a day	Improving functions of parathyroid glands, filling the deficiency of calcium, vitamin D
ThyroidTIDE PLUS	1 capsule 2 times a day	Normalizing functions of thyroid gland
VessTIDE PLUS	1 capsule 2 times a day	Improving blood circulation in parathyroid glands
ImmuneTIDE PLUS	1 capsule 2 times a day	Increasing non-specific resistance of the immune system

Protocol 119. *At reducing calcium in the body, caused by its insufficient intake and absorption (malabsorption in the gastrointestinal tract, kidney failure, deficiency of vitamin D, etc.).*

My Real Way complex	Dosage and duration 30 days	Expected effect
ParathyroidTIDE PLUS	1 capsule a day	Improving functions of parathyroid glands, filling the deficiency of calcium, vitamin D
VessTIDE PLUS	1 capsule 2 times a day	Improving blood circulation, strengthening the vessel wall
Complex for a target organ (HyperacidTIDE PLUS or LowacidTIDE PLUS or DuodenumTIDE PLUS or FlatuTIDE PLUS or MicrofloraTIDE PLUS or KidneyTIDE PLUS, etc.)	1 capsule 2 times a day	Improving metabolism and functions of targeted organ

Protocol 120. *Primary and secondary hyperaldosteronism**, *primary and secondary adrenal insufficiency**, *drug-induced failure of adrenal cortex**

My Real Way complex	Dosage and duration 30-45 days	Expected effect
AdrenalTIDE PLUS	1 capsule 2 times a day	Normalization of the adrenal glands function
VessTIDE PLUS	1 capsule 2 times a day	Improving microcirculation in the adrenal glands
ImmuneTIDE PLUS	1 capsule 2 times a day	Increasing non-specific resistance of the immune system

*Recommended frequency of use is 3-4 times a year.

Protocol 121. *Insulin dependent diabetes**, *achrestic diabetes**, *diabetes associated with malnutrition**.

My Real Way complex	Dosage and duration 30-45 days	Expected effect
PancreaTIDE PLUS	1 capsule 2 times a day	Improvement of reparative and regenerative processes in the pancreas, stimulation of its secretion function
VessTIDE PLUS	1 capsule 2 times a day	Improving microcirculation in the pancreas
DetoxiTIDE PLUS	1 capsule a day	Activation of natural detoxification

Protocol 122. *Defeat of kidneys in diabetes (diabetic nephropathy)**

My Real Way complex	Dosage and duration 30-45 days	Expected effect
PancreaTIDE PLUS	1 capsule 2 times a day	Improvement of reparative and regenerative processes in the pancreas, stimulation of its secretion function
LiverTIDE PLUS	1 capsule in the morning and in the evening	Improvement of reparative and regenerative processes in the liver
KidneyTIDE PLUS	1 capsule in the morning and in the evening	Normalization of the kidney function

Protocol 123. *Eye involvement in diabetes (diabetic retinopathy)**

My Real Way complex	Dosage and duration 30-45 days	Expected effect
PancreaTIDE PLUS	1 capsule 2 times a day	Improvement of reparative and regenerative processes in the pancreas, stimulation of its secretion function
LiverTIDE PLUS	1 capsule in the morning and in the evening	Improvement of reparative and regenerative processes in the liver
VisionTIDE PLUS	1 capsule in the morning and in the evening	Restoration of metabolism in cells and tissues of the organ of vision
MemoryTIDE PLUS	1 capsule 2 times a day	Activation of bioenergetic processes in the central nervous system

Protocol 124. Defeated blood vessels in diabetes*

My Real Way complex	Dosage and duration 30-45 days	Expected effect
PancreaTIDE PLUS	1 capsule 2 times a day	Improvement of reparative and regenerative processes in the pancreas, stimulation of its secretion function
VessTIDE PLUS	1 capsule in the morning and in the evening	Improving microcirculation in the pancreas
BrainTIDE PLUS	1 capsule 2 times a day	Exerts neuroprotective, neurotrophic and neurometabolic effect on brain tissue

Protocol 125. Diabetic gastropathy (gastroduodenopathy)*

My Real Way complex	Dosage and duration 30-45 days	Expected effect
PancreaTIDE PLUS	1 capsule 2 times a day	Improvement of reparative and regenerative processes in the pancreas, stimulation of its secretion function
VessTIDE PLUS	1 capsule in the morning and in the evening	Improving microcirculation in the pancreas and mucosa of the duodenum
DuodenumTIDE PLUS	1 capsule 2 times a day	Improvement of reparative and regenerative processes in the duodenum, the normalization of secretory function

*Recommended frequency of use is 3-4 times a year.

If you do not find a protocol for yourself, our specialists will develop an individual protocol for you.

PROTOCOLS for prevention and restoring of organs of vision

Protocol 126. In dystrophic diseases of the retina and vitreous diseases, violation of colour perception, violations of eye sight (hyperopia, myopia, astigmatism)

My Real Way complex	Dosage and duration 30 days*	Expected effect
VisionTIDE PLUS	1 capsule in the morning	Restoration of metabolism in the cells and tissues of organs of vision
BrainTIDE PLUS	1 capsule in the morning	Normalization of cerebral circulation
VessTIDE PLUS	1 capsule in the afternoon	Correction of vascular disorders

*Recommended frequency of use is 3-4 times a year.

Protocol 127. Eyesight problems in women over 45

My Real Way complex	Dosage and duration 30 days*	Expected effect
VisionTIDE PLUS	1 capsule in the morning	Restoration of metabolism in the cells and tissues of organs of vision
MenoTIDE PLUS	1 capsule in the morning	Prevention of premature aging and improving the health of women
BoneTIDE PLUS	1 capsule in the morning/in the afternoon	Correction of calcium, magnesium and vitamin D3 deficiency
VessTIDE PLUS	1 capsule in the afternoon	Correction of vascular disorders

*Recommended frequency of use is 3-4 times a year.

Protocol 128. Computer vision syndrome

My Real Way complex	Dosage and duration 30 days*	Expected effect
VisionTIDE PLUS	1 capsule in the morning	Restoration of metabolism in the cells and tissues of organs of vision
BrainTIDE PLUS	1 capsule in the morning	Normalization of cerebral circulation
NervesTIDE PLUS	1 capsule in the evening	Normalization of metabolism and the regulatory function of the central and peripheral nervous system
VessTIDE PLUS	1 capsule in the afternoon	Correction of vascular disorders

*Recommended frequency of use is 3-4 times a year.

Protocol 129. Prevention of age-related eye diseases.

My Real Way complex	Dosage and duration 30 days*	Expected effect
VisionTIDE PLUS	1 capsule in the morning	Restoration of metabolism in the cells and tissues of organs of vision
VessTIDE PLUS	1 capsule in the morning	Correction of vascular disorders
DetoxiTIDE PLUS	1 capsule in the morning/in the afternoon	Activation of natural detoxification
CardioTIDE PLUS	1 capsule in the afternoon	Improvement of coronary circulation and metabolism in the myocardium
BrainTIDE PLUS	1 capsule in the afternoon	Normalization of cerebral circulation

*Recommended frequency of use is 3-4 times a year.

If you do not find a protocol for yourself, our specialists will develop an individual protocol for you.

PROTOCOLS

for prevention and restoring of organs of hearing

Protocol 130. *Sensorineural hearing loss, the weakening of the sense of hearing. Prevention of hereditary predisposition to early hearing loss.*

My Real Way complex	Dosage and duration 30 days*	Expected effect
HearTIDE PLUS	1 capsule in the morning	Restoration of metabolism in the cells and tissues of the organs of hearing
MemoryTIDE PLUS	1 capsule in the morning	Strengthening the transmission of nervous excitement in brain tissue
VessTIDE PLUS	1 capsule in the afternoon	Correction of vascular disorders
BrainTIDE PLUS	1 capsule in the afternoon	Normalization of cerebral circulation processes

*Recommended frequency of use is 3-4 times a year

Protocol 131. *Age-related hearing loss (senile hearing loss). Subjective ear noise (Tinnitus) - acoustic sensation arising in the absence of an external audio source*

My Real Way complex	Dosage and duration 30 days*	Expected effect
HearTIDE PLUS	1 capsule in the morning	Restoration of metabolism in the cells and tissues of the organs of hearing
VessTIDE PLUS	1 capsule in the morning	Correction of vascular disorders
DetoxiTIDE PLUS	1 capsule in the morning/in the afternoon	Activation of natural detoxification
CardioTIDE PLUS	1 capsule in the afternoon	Improvement of coronary circulation and metabolism in the myocardium
BrainTIDE PLUS	1 capsule in the afternoon	Normalization of cerebral circulation processes

*Recommended frequency of use is 3-4 times a year

Protocol 132. *Earlier viral infections, diseases of bacterial etiology with complication on the organ of hearing. Recovery period after inflammatory diseases of different genesis*

My Real Way complex	Dosage and duration 30 days	Expected effect
HearTIDE PLUS	1 capsule in the morning	Restoration of metabolism in the cells and tissues of the organs of hearing
DetoxiTIDE PLUS	1 capsule in the morning/in the afternoon	Activation of natural detoxification
ImmuneTIDE PLUS	1 capsule in the morning	Strengthening the immunity and vitality
PROTECTIONplus	1 capsule in the morning, 1 capsule in the evening	Preventing and relieving inflammation, antibacterial activity

Protocol 133. *A high level of background noise - exceeding the permitted level of noise at work or at home. Acoustic and mechanical trauma in the organs of hearing.*

My Real Way complex	Dosage and duration 30 days	Expected effect
HearTIDE PLUS	1 capsule in the morning	Restoration of metabolism in the cells and tissues of the organs of hearing
NervesTIDE PLUS	1 capsule in the evening	Normalization of metabolism and the regulatory function of the central and peripheral nervous system
VessTIDE PLUS	1 capsule in the afternoon	Correction of vascular disorders

*Recommended frequency of use is 3-4 times a year

PROTOCOLS in neoplasms of different localizations

Protocol 134. *Neoplasms of different localization, accompanied by intoxication syndrome*

My Real Way complex	Dosage and duration 30 days	Expected effect
DetoxiTIDE PLUS	1 capsule 2 times a day	Activation of natural detoxification
ImmuneTIDE PLUS	1 capsule 2 times a day	Increasing non-specific resistance of the immune system
My Real Way bioregulator for a target organ	1 capsule 2 times a day	Improving function of an affected organ
PROTECTIONplus	1 capsule in the morning, 1 capsule in the evening	Prevention of neoplasms

Protocol 135. *Neoplasms of different localization, accompanied by dyspeptic symptoms*

My Real Way complex	Dosage and duration 30 days	Expected effect
DetoxiTIDE PLUS	1 capsule 2 times a day	Activation of natural detoxification
ImmuneTIDE PLUS	1 capsule 2 times a day	Increasing non-specific resistance of the immune system
FlatuTIDE PLUS	1 capsule 2 times a day	Improving the processes of food digestion, nutrient absorption
MicrofloraTIDE PLUS	1 capsule 2 times a day	Normalization of the intestinal microflora
PROTECTIONplus	1 capsule in the morning, 1 capsule in the evening	Prevention of neoplasms

Protocol 136. *Neoplasms of different localization, causing asthenic syndrome*

My Real Way complex	Dosage and duration 30 days	Expected effect
DetoxiTIDE PLUS	1 capsule 2 times a day	Activation of natural detoxification
ImmuneTIDE PLUS	1 capsule 2 times a day	Increasing non-specific resistance of the immune system
MemoryTIDE PLUS	1 capsule in the morning	Activation of bioenergetic processes in the central nervous system
NervesTIDE PLUS	1 capsule at night	Normalization of metabolism and the regulatory function of the central and peripheral nervous system
PROTECTIONplus	1 capsule in the morning, 1 capsule in the evening	Prevention of neoplasms

Protocol 137. *Neoplasms of different localization against a background of ongoing chemotherapy or radiation treatment**

My Real Way complex	Dosage and duration 30 days	Expected effect
DetoxiTIDE PLUS	1 capsule 2 times a day	Activation of natural detoxification
My Real Way bioregulator for a target organ	1 capsule 2 times a day	Improving functions of an affected organ
FlatuTIDE PLUS	1 capsule 2 times a day	Improving the process of food digestion, nutrient absorption
LiverTIDE PLUS	1 capsule 2 times a day	Improving reparative and regenerative processes in the liver
PROTECTIONplus	1 capsule in the morning, 1 capsule in the evening	Prevention of neoplasms

*Recommended frequency of use: in accordance with the frequency of chemotherapy or radiation therapy courses.

If you do not find a protocol for yourself, our specialists will develop an individual protocol for you.

PROTOCOLS «COSMETOLOGY for women»

18+*

Protocol 138.

My Real Way complex	Dosage and duration 30 days	Expected effect
ImmuneTIDE PLUS	1 capsule in the morning	Strengthening the immunity and vitality
SkinTIDE PLUS	1 capsule in the morning	Normalization of the structure and functions of the skin
DetoxiTIDE PLUS	1 capsule in the afternoon	Activation of host defense
HairTIDE PLUS	1 capsule in the afternoon	Restoring the structure of hair and nails

*Recommended frequency of use is once a quarter.

35+*

Protocol 139.

My Real Way complex	Dosage and duration 30 days	Expected effect
SkinTIDE PLUS	1 capsule in the morning	Normalization of the structure and functions of the skin
MicrofloraTIDE PLUS	1 capsule in the morning	Normalization of the intestine and metabolism
DetoxiTIDE PLUS	1 capsule in the afternoon	Activation of host defense
HairTIDE PLUS	1 capsule in the afternoon	Restoring the structure of hair and nails

*Recommended frequency of use is 2-3 times a year.

Protocol 140.

My Real Way complex	Dosage and duration 30 days	Expected effect
ImmuneTIDE PLUS	1 capsule in the morning	Strengthening the immunity and vitality
WomanTIDE PLUS	1 capsule in the afternoon	Prevention of premature aging and improving the health of women
HairTIDE PLUS	1 capsule in the afternoon	Restoring the structure of hair and nails

*Recommended frequency of use is 2-3 times a year.

45+*

Protocol 141.

My Real Way complex	Dosage and duration 30 days	Expected effect
SkinTIDE PLUS	1 capsule in the morning	Normalization of the structure and functions of the skin
ThyroidTIDE PLUS	1 capsule in the morning	Normalization of the thyroid gland function and metabolism
DetoxiTIDE PLUS	1 capsule in the afternoon	Activation of host defense
HairTIDE PLUS	1 capsule in the afternoon	Restoring the structure of hair and nails

*Recommended frequency of use is 2-3 times a year.

Protocol 142.

My Real Way complex	Dosage and duration 30 days	Expected effect
ImmuneTIDE PLUS	1 capsule in the morning	Strengthening the immunity and vitality
SkinTIDE PLUS	1 capsule in the morning	Normalization of the structure and functions of the skin
MenoTIDE PLUS	1 capsule in the morning/in the afternoon	Prevention of premature aging and improving the health of a woman
VisionTIDE PLUS	1 capsule in the afternoon	Prevention of age-related eye diseases
HairTIDE PLUS	1 capsule in the afternoon	Restoring the structure of hair and nails

If you do not find a protocol for yourself, our specialists will develop an individual protocol for you.

PROTOCOLS «COSMETOLOGY for men»

18+*

Protocol 143.

My Real Way complex	Dosage and duration 30 days	Expected effect
ActiManTIDE PLUS	1 capsule in the morning	Strengthening men's health, prevention of sexual disorders
SkinTIDE PLUS	1 capsule in the morning	Normalization of the structure and functions of the skin
DetoxiTIDE PLUS	1 capsule in the afternoon	Activation of host defense
HairTIDE PLUS	1 capsule in the afternoon	Restoring the structure of hair and nails

*Recommended frequency of use is once a quarter.

45+*

Protocol 144._

My Real Way complex	Dosage and duration 30 days	Expected effect
ProstaTIDE PLUS	1 capsule in the morning	Improving the health of men
SkinTIDE PLUS	1 capsule in the morning	Normalization of the structure and functions of the skin
DetoxiTIDE PLUS	1 capsule in the afternoon	Activation of host defense
HairTIDE PLUS	1 capsule in the afternoon	Restoring the structure of hair and nails

*Recommended frequency of use is 2-3 times a year.

Protocol 145.

My Real Way complex	Dosage and duration 30 days	Expected effect
SkinTIDE PLUS	1 capsule in the morning	Restoration of the structure and functions of the skin
LiverTIDE PLUS	1 capsule in the morning	Improving the health of liver
VisionTIDE PLUS	1 capsule in the afternoon	Prevention of age-related eye diseases
HairTIDE PLUS	1 capsule in the afternoon	Restoring the structure of hair and nails

*Recommended frequency of use is 2-3 times a year.

If you do not find a protocol for yourself, our specialists will develop an individual protocol for you.

PROTOCOLS for sportsmen and people who actively take up sports and fitness

I. In increased physical activity related to professional activity see Protocols 71, 72, 76, 77, 79-83

II. During sports competitions

Protocol 146. *To reduce the emotional stress, for adaptation to time zones changes, for strengthening the immune system, increasing hemoglobin in the blood, accelerating process of tissues healing, enhancing exercise and mental performance*

My Real Way complex	Dosage and duration 30 days	Expected effect
ImmuneTIDE PLUS	1 capsule in the morning	Strengthening the immunity and resistance of the body
JointsTIDE PLUS	1 capsule in the afternoon	Restoring and strengthening structure and mobility of joints
NervesTIDE PLUS	2 capsules in the evening	Normalization of metabolism and the regulatory function of the central and peripheral nervous system

Protocol 147 *Under intensive and/or long physical activity, for athletes engaged in heavy sports, to shorten the recovery period after intensive training*

My Real Way complex	Dosage and duration 30 days	Expected effect
MuscleTIDE PLUS	1 capsule 2 times a day	Restoring muscles
LigamenTIDE PLUS	1 capsule 2 times a day	Restoring ligaments and tendons
VessTIDE PLUS	1 capsule 2 times a day	Improving blood circulations, strengthening vessel wall
ThymusTIDE PLUS	1 capsule a day	Increasing adaptogenic properties of the organism

If you do not find a protocol for yourself, our specialists will develop an individual protocol for you.