



Jim O'Connor, Pharmacist

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Recommendations to Obtain Optimal Benefits from Prokarin™

1. Prokarin™ is the consistency of whipped cream or shaving cream.
2. The first patch of the day is applied in the morning as close to when you get up as possible and then 8 hours later the patch is removed and the second patch is applied.
3. The patch is sealed airtight to the skin. When a patch is removed at the end of 8 hours, the remaining cream is moist and rubs into the skin and vanishes like a lotion. There should not be any white chalky residue on the skin after rubbing the cream into the skin.
4. The Prokarin™ is stored in the door of the refrigerator and the temperature is monitored at 40-42degF with a thermometer placed in the door of the refrigerator.
5. During transport the amber bag of Prokarin™ syringes must be wrapped in sufficient bubble wrap or Styrofoam wrap to protect the syringes from coming in contact with the ice gel pack.
6. The diet needs adequate fat. Low fat diets and Prokarin™ don't work well together. The diet should consist of adequate saturated fats to balance unsaturated fats. Eat at least 1 serving of red meat every other day or preferably every day and some butter such as a pat of butter on vegetables every day.
7. The diet should not be supplemented with flaxseed oil, primrose oil, borage oil, fish oils or Omega-3 or 6 as these are polyunsaturated to super-unsaturated fats that can potentially increase imbalance in unsaturated to saturated fats. It is important to get some Omega-3 unsaturated fat in the diet and this can be accomplished by eating some fish each week.



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8. The diet should be supplemented with the following:
 - a. Minimum of 1500 mg of calcium with 700-750 mg of magnesium per day.
Be sure to take this with meals.
 - b. Multivitamin and mineral supplement per day.
 - c. Vitamin B12 1000mcg per day oral or sublingual.
 - d. Zinc 30-50 mg per day.
 - e. NO Co-Q 10
NO licorice root
NO low fat diet
NO essential fatty acid supplements such as flaxseed, primrose, borage,
fish oils or Omega 3 or 6

9. Exercises to strengthen the nerve pathways are done repetitively several times a day, 5 to 10 repetitions per set and 3 to 4 sets per day.

10. ATTENTION: The FDA has not evaluated this information or the compounded product "Procarin™". This information is not intended to diagnose, treat, cure or prevent any disease.