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Advanced Search Word or Item#



## HEALTH PROTOCOLS

### Life Extension Suggestions

Quick Menu:

Life Extension Suggestions



- **Apigenin** (/search/products.aspx?k=dptApigenin): 20 – 50 mg daily.
- **Astragalus** (/search/products.aspx?k=dptAstragalus): 2000 – 4000 mg daily.
- **Blueberry** (/search/products.aspx?k=dptBlueberry): 900 – 1800 mg daily.
- **Chrysin** (/search/products.aspx?k=dptChrysin): 1000 – 2000 mg daily.
- **Coffee** (/search/products.aspx?k=dptCoffee): 400 mg, three times daily.
- **Cruciferous vegetable extract** (/search/products.aspx?k=dptCruciferous): 1 – 2 capsules per day.
- **Curcumin** (/search/products.aspx?k=dptCurcumin): 400 mg three times daily (as highly absorbable BCM-95™).
- **Lightly caffeinated green tea extract** (/search/products.aspx?k=dptGreenTea): three 725 mg capsules, two times a day with meals. Use decaffeinated green tea extract if you are sensitive to caffeine or want to use a less-stimulating version with the evening dosage.
- **CLA or CLA with guarana** (/search/products.aspx?k=dptCLA): 3000 – 4000 mg daily of CLA and about 300 mg of guarana, early in the day.
- **Lignans** (/search/products.aspx?k=dpt114098Lignans): 75 – 125 mg daily.
- **Melatonin** (/search/products.aspx?k=dptMelatonin): 3 – 50 mg at bedtime.
- **Pomegranate** (/search/products.aspx?k=dptPomegranate): 280 – 375 mg daily of punicalagins.
- **Powders** (/search/products.aspx?k=dptmixpowder) (broccoli, cabbage, and other cruciferous vegetables that provide sulforaphane and other cancer-fighting plant extracts): 1 – 2 tbsp daily.
- **PSK** (from the mushroom *Coriolus versicolor*): 3 g daily.
- **Pterostilbene** (/search/products.aspx?k=dptPterostilbene): 1 – 3 mg daily.
- **Quercetin** (/search/products.aspx?k=dptQuercetin): 1000 – 3000 mg daily.
- **Se-methylselenocysteine** (/search/products.aspx?k=dptSeMC): 200 – 400 mcg daily.
- **Sulforaphane** (/search/products.aspx?k=dptSulforaphane): 400 – 1600 mg daily of a broccoli extract.
- **CoQ10** (/search/products.aspx?k=dptCoQ10) (as ubiquinol): three 100 mg softgels in divided doses. Note the caution stated in this protocol.
- **EPA/DHA** (/search/products.aspx?k=dptEPADHA) (with sesame lignans): 2 - 4 grams daily. Take with nonfiber meals.
- **Vitamin D3** (/search/products.aspx?k=dptVitaminD3): 4000 – 6000 IU taken daily with monthly blood testing to monitor for toxicity. Reduce dosage at 6 months.
- **Water-soluble vitamin A** (/search/products.aspx?k=dptvitaminAwatersoluble): 100000 – 300000 IU daily with monthly blood testing to monitor for toxicity. Reduce dosage at 6 months.
- **Vitamin E** (/search/products.aspx?k=dptVitaminE): succinate (tocopheryl succinate), 1200 IU daily.
- **Gamma tocopherol** (/search/products.aspx?k=dptGammaEHigh): 1 capsule daily.
- **Vitamin C** (/search/products.aspx?k=dptVitaminC): 4000 – 12000 mg throughout the day.
- **Gamma linolenic acid** (/search/products.aspx?k=dptMegaGLA): 299 - 1495 mg daily
- **Whey protein concentrate-isolate** (/search/products.aspx?k=dptwheyprotein): 30 – 60 g daily in divided doses.
- **Calcium** (/search/products.aspx?k=dptcalcium): 1000 - 1200 mg daily
- **Magnesium** (/search/products.aspx?k=dptmagnesium): 200 - 1000 mg daily
- **Vitamin K** (/search/products.aspx?k=dptVitaminK): 10 mg daily.
- **Silicon** (/search/products.aspx?k=dptSilicon): 6 mg daily.
- **Multinutrient formula** (/search/products.aspx?k=dptmultivitaminmineral): daily.

**Reminder:** Bisphosphonate (injectable Zometa or Aredia) drug therapy is strongly encouraged for all breast cancer patients as well as aromatase-inhibitor therapy (Arimidex, Femara, or Aromasin) if appropriate.

**Note:** If chemotherapy and/or radiation are being considered, refer to the *Cancer Chemotherapy* and *Cancer Radiation* protocols. Also refer to the protocols titled *Cancer Treatment: The Critical Factors* and *Cancer Adjuvant Therapy*.

### Disclaimer and Safety Information

This information (and any accompanying material) is not intended to replace the attention or advice of a physician or other qualified health care professional. Anyone who wishes to embark on any dietary, drug, exercise, or other lifestyle change intended to prevent or treat a specific disease or condition should first consult with and seek clearance from a physician or other qualified health care professional. Pregnant women in particular should seek the advice of a physician before using any protocol listed on this website. The protocols described on this website are for adults only, unless otherwise specified. Product labels may contain important safety information and the most recent product information provided by the product manufacturers should be carefully reviewed prior to use to verify the dose, administration, and contraindications. National, state, and local laws may vary regarding the use and application of many of the treatments discussed. The reader assumes the risk of any injuries. The authors and publishers, their affiliates and assigns are not liable for any injury and/or damage to persons arising from this protocol and expressly disclaim responsibility for any adverse effects resulting from the use of the information contained herein.

The protocols raise many issues that are subject to change as new data emerge. None of our suggested protocol regimens can guarantee health benefits. The publisher has not performed independent verification of the data contained herein, and expressly disclaim responsibility for any error in literature.

Page	1 (/Protocols/Cancer/Breast-Cancer/Page-01)	2 (/Protocols/Cancer/Breast-Cancer/Page-02)
3 (/Protocols/Cancer/Breast-Cancer/Page-03)	4 (/Protocols/Cancer/Breast-Cancer/Page-04)	
5 (/Protocols/Cancer/Breast-Cancer/Page-05)	6 (/Protocols/Cancer/Breast-Cancer/Page-06)	
7 (/Protocols/Cancer/Breast-Cancer/Page-07)	8 (/Protocols/Cancer/Breast-Cancer/Page-08)	
9 (/Protocols/Cancer/Breast-Cancer/Page-09)	10 (/Protocols/Cancer/Breast-Cancer/Page-10)	
11 (/Protocols/Cancer/Breast-Cancer/Page-11)	12 (/Protocols/Cancer/Breast-Cancer/Page-12)	
13 (/Protocols/Cancer/Breast-Cancer/Page-13)	14 (/Protocols/Cancer/Breast-Cancer/Page-14)	
15 (/Protocols/Cancer/Breast-Cancer/Page-15)	16 (/Protocols/Cancer/Breast-Cancer/Page-les)	
17 (/Protocols/Cancer/Breast-Cancer/Page-refs)	Next (/Protocols/Cancer/Breast-Cancer/Page-refs)	

### Featured Blood Tests

- » Cancer Antigen 15-3 Blood Test (/Vitamins-Supplements/itemLC143404/Cancer-Antigen-15-3-Blood-Test)
- » Cancer Antigen 27.29 Blood Test (/Vitamins-Supplements/itemLC140293/Cancer-Antigen-2729-Blood-Test)
- » Carcinoembryonic Antigen (CEA) Blood Test (/Vitamins-Supplements/itemLC002139/Carcinoembryonic-Antigen-CEA-Blood-Test)
- » Vitamin D, 25-Hydroxy Blood Test (/Vitamins-Supplements/itemLC081950/Vitamin-D-25-Hydroxy-Blood-Test)
- » Human Epididymis Protein 4 (HE4) Blood Test (/Vitamins-Supplements/itemLC081700/Human-Epididymis-Protein-4-HE4-Blood-Test)

### Life Extension Magazine

- » An Alternative To Conventional Breast Cancer Treatment (/Magazine/2015/9/An-Alternative-To-Conventional-Breast-Cancer-Treatment/Page-01)

- » [The Silent Epidemic of Iodine Deficiency \(/Magazine/2011/10/The-Silent-Epidemic-of-Iodine-Deficiency/Page-The-Silent-Epidemic-of-Iodine-Deficiency\)](/Magazine/2011/10/The-Silent-Epidemic-of-Iodine-Deficiency/Page-The-Silent-Epidemic-of-Iodine-Deficiency/)
- » [Elevated Glucose Increases Incidence of Breast Cancer and Brain Shrinkage \(/Magazine/2013/2/elevated-glucose-increases-incidence-of-breast-cancer-and-brain-shrinkage/Page-01\)](/Magazine/2013/2/elevated-glucose-increases-incidence-of-breast-cancer-and-brain-shrinkage/Page-01)
- » [Cell-Assisted Lipotransfer Breast Restoration: Discussion of the Underlying Science with Suzanne Somers' Surgeon \(/Magazine/2011/12/Cell-Assisted-Lipotransfer-Breast-Restoration/Page-01\)](/Magazine/2011/12/Cell-Assisted-Lipotransfer-Breast-Restoration/Page-01)
- » [Suzanne Somers Uses Novel Stem Cell Therapy During Breast Rejuvenation \(/Magazine/2011/12/Suzanne-Somers-Uses-Stem-Cell-Therapy-Breast-Rejuvenation/Page-01\)](/Magazine/2011/12/Suzanne-Somers-Uses-Stem-Cell-Therapy-Breast-Rejuvenation/Page-01)
- » [New Scientific Options for Preventing Breast Cancer \(/Magazine/2008/10/Scientific-Options-for-Preventing-Breast-Cancer/Page-01\)](/Magazine/2008/10/Scientific-Options-for-Preventing-Breast-Cancer/Page-01)
- » [Scientific Methods to Reduce Breast and Prostate Cancer Risk \(/Magazine/2007/11/report\\_breastProstate/Page-01\)](/Magazine/2007/11/report_breastProstate/Page-01)
- » [The Silent Epidemic of Iodine Deficiency \(/Magazine/2011/10/The-Silent-Epidemic-of-Iodine-Deficiency/Page-01\)](/Magazine/2011/10/The-Silent-Epidemic-of-Iodine-Deficiency/Page-01)
- » [Novel Citrus Extract Blocks Deadly Cancer Cell Signaling \(/Magazine/2011/7/Novel-Citrus-Extract-Blocks-Deadly-Cancer-Cell-Signaling/Page-01\)](/Magazine/2011/7/Novel-Citrus-Extract-Blocks-Deadly-Cancer-Cell-Signaling/Page-01)
- » [How Curcumin Protects Against Cancer \(/Magazine/2011/3/How-Curcumin-Protects-Against-Cancer/Page-01\)](/Magazine/2011/3/How-Curcumin-Protects-Against-Cancer/Page-01)
- » [Circulating Tumor Cell Assays: A Major Advance in Cancer Treatment \(/Magazine/2010/4/Circulating-Tumor-Cell-Assays/Page-01\)](/Magazine/2010/4/Circulating-Tumor-Cell-Assays/Page-01)
- » [CoQ10 and Cancer Treatment \(/Magazine/2009/9/CoQ10-And-Cancer-Treatment/Page-01\)](/Magazine/2009/9/CoQ10-And-Cancer-Treatment/Page-01)



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 [Privacy Policy \(/Legal/Privacy-Policy\)](/Legal/Privacy-Policy)  
 [Terms of Use \(/Legal/Legal-Notices\\_01\)](/Legal/Legal-Notices_01)  
 [Site Map \(/sitemap\)](/sitemap)

[Shipping Information \(/Vitamins-Supplements/Shipping/Shipping-Information\)](/Vitamins-Supplements/Shipping/Shipping-Information)  
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