

A PRACTICAL GUIDE FOR PARENTS

Mold, damp homes and your family

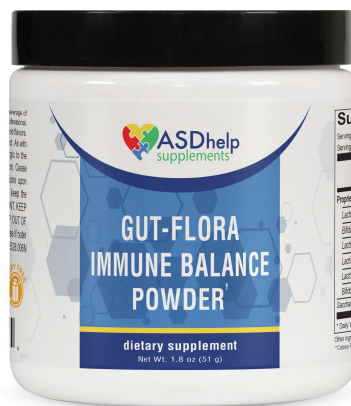
How a water-damaged home can affect breathing, mood, sleep and focus, and a practical plan for the home, testing and support.

Fix the home first. Then support the body.

Home checklist • The CIRS model • Testing • Thirteen product profiles



Mold-Plex Detox Complex



Gut Flora Immune Balance Probiotic



Spectrum Liver Detox Formula

01

Your home

02

Body and mood

03

The CIRS model

04

Testing and food

05

Support plan and profiles

Written from a functional and integrative medicine view, with public-health guidance alongside. Thirteen product profiles with ordering links: options to discuss with your clinician, not a thirteen-product regimen.

Damp homes are surprisingly common

Mold is only the visible part of what grows in a building that stays wet.

WHO estimates that dampness affects 10 to 50% of homes across Europe, North America, Australia, India and Japan ([WHO 2009, PMID 23785740](#)). Pooled US housing surveys put signs of dampness or mold at close to half of homes, and an EPA analysis attributed about 21% of current US asthma, some 4.6 million cases, to damp and moldy homes

([Mudarri 2007, PMID 17542835](#)).



More than mold

A building that stays wet grows a mix: molds and the mycotoxins some of them make, bacteria and their endotoxins, microbial gases that give the musty smell, and particles such as glucans ([Thrasher 2009, PMID 19793773](#)). Functional medicine practitioners look at that whole mix rather than one "toxic" species, which is why the name of a single mold rarely tells the full story

([Hope 2013, PMID 23710148](#)).

Where water hides

Above

Roof and attic leaks, ice dams, skylights, condensation on cold ceilings.

Inside walls

Past plumbing leaks, showers and tubs, windows and doors, kitchen sinks, built-in fridges.

Below

Basements, crawl spaces, carpets on concrete, air-conditioning drains.

Tight, energy-efficient homes keep heat in, and moisture and indoor pollutants too, unless ventilation keeps up. School counts as well: in 12 inner-city schools, mold spores turned up in every one of 180 classroom air samples, and levels varied widely from one classroom to the next

([Baxi 2013, PMID 24112429](#)).

Fix the water, then the air

No supplement makes ongoing exposure safe. A dry, properly cleaned home is the foundation of every plan.

- 1 **Find the water.** Leaks, condensation, past flooding, a musty smell or staining. Mold can grow behind walls or under floors with nothing visible in the room.
- 2 **Dry within 24 to 48 hours** anything that gets wet, and replace porous materials that stayed wet. Painting over mold doesn't fix it ([US EPA 2026](#)).
- 3 **Hold humidity at 30 to 50%**, never above 60%. A cheap humidity meter tells you; a dehumidifier and bathroom and kitchen exhaust fans do the work ([US EPA 2026](#)).
- 4 **Size up the job.** Areas under about 10 square feet can usually be cleaned yourself. Larger, hidden, recurring or sewage-related problems need professionals with containment. Keep children and anyone with asthma away during removal ([US EPA 2026](#)).
- 5 **Clean the air and the dust.** A HEPA air cleaner sized for the room and a HEPA vacuum help, but they don't fix moisture. Avoid ozone generators. After remediation, ISEAI recommends a detailed small-particle clean of the room and its contents ([ISEAI 2024](#)).

Why it's worth it

In a randomized trial with 62 children with asthma living in moldy homes, repairing water entry and removing damaged materials, alongside asthma care, cut symptom days ([Kercsmar 2006, PMID 17035145](#)).

Quick checks can mislead

A dry moisture-meter reading or one air sample per room can't prove a building is clear: mold can sit inside a wall cavity, and no mold test can show that a cleanup worked ([California Department of Public Health 2016](#)). A visual inspection by an experienced professional comes first.

Damp homes, body and mood

Breathing problems are the best-documented effect. Mood, sleep and focus are often where families notice it first.

Airways. Damp, moldy homes go with more cough, wheeze, infections and asthma. A meta-analysis of 16 studies linked them to about a 50% higher risk of new asthma ([Quansah 2012, PMID 23144822](#)), and for children's asthma flare-ups the link is now considered causal ([Kanchongkittiphon 2015, PMID 25303775](#)).

Mood, anxiety and stress. A 2024 review of 19 studies found damp, moldy housing linked to depression, anxiety and stress in adults and to emotional symptoms in children ([Gatto 2024, PMID 39162373](#)). In eight European cities, adults in damp or moldy homes were about 40% more likely to be depressed, partly through physical illness and a sense of having lost control of their home ([Shenassa 2007, PMID 17761567](#)).

Children's emotions and learning. Among 4,860 ten-year-olds, mould and dampness went with more emotional problems, while hyperactivity did not track mould ([Casas 2013, PMID 22487276](#)). In a Polish birth cohort, more than two years in a home with visible mold went with lower IQ scores at age six ([Jedrychowski 2011, PMID 21763705](#)). These studies show associations, not proof of cause.

The functional medicine view: inflammation

Practitioners describe a chain: inhaled mold fragments and endotoxin switch on the immune system, mast cells release histamine, and the brain's own immune cells (microglia) become reactive, which they link to anxiety, fears, sensory sensitivity, poor sleep and brain fog; a 2018 review sets out this mast-cell model ([Ratnaseelan 2018, PMID 29880330](#)). Lab work supports pieces of it. In mice, inhaled mold spores, even with the toxins extracted, triggered brain inflammation and anxiety-like behaviour ([Harding 2020, PMID 31751617](#)). In people given a tiny dose of endotoxin, researchers see tiredness, low appetite and social withdrawal within hours ([Lasselin 2021, PMID 34761246](#)).

Get urgent care now for difficult breathing, blue lips, severe wheezing, fainting or a fast-developing allergic reaction. Persistent fever, a worsening cough or significant illness in a child with weak immunity also needs prompt care.

Biotoxin illness and CIRS

A framework many integrative practitioners use for people who stay unwell after time in a water-damaged building.

Dr Ritchie Shoemaker described chronic inflammatory response syndrome (CIRS) as an ongoing, body-wide inflammatory response to the biotoxins in water-damaged buildings. In his model, an immune make-up that clears these compounds poorly, linked to certain HLA-DR gene types, explains why one family member gets sick while others in the same house do not

([Shoemaker 2018, CIRS consensus statement](#)).

How practitioners assess it

History and symptoms

Exposure to a damp building plus symptoms in several body systems: fatigue, pain, brain fog, sinus and gut symptoms, mood and sleep changes. The 2018 consensus treats 8 or more of 13 symptom clusters, 6 in children, as close to diagnostic

([Shoemaker 2018, CIRS consensus statement](#)).

Tests in the CIRS workup

Visual contrast sensitivity, a short vision test, abnormal in every patient of the first series ([Shoemaker 2006, PMID 17010568](#)). **Blood markers**: low MSH and VIP; raised TGF- β 1, C4a or MMP-9; HLA-DR typing. **Brain MRI volumes** (NeuroQuant): a distinct pattern in 17 patients against 18 controls

([Shoemaker 2014, PMID 24946038](#)).

The treatment sequence

The Shoemaker protocol starts with leaving or fixing the building, then uses a prescription binder, then treats nasal staph colonization and works through the abnormal markers one by one ([Shoemaker 2018, CIRS consensus statement](#)). Those are medical steps for a CIRS-trained clinician. This guide covers nutrition and supplements, not prescription treatment.

Where opinion splits. ISEAI, a society of about 350 clinicians and building specialists, treats CIRS as one form of environmentally acquired illness ([ISEAI 2026](#)). Allergy and occupational-medicine groups do not accept it as an established diagnosis and regard several of its tests as unvalidated. Families usually meet both views; it helps to know which one a clinician works from.

Testing the home and the person

Testing earns its cost when you know which decision the result will change.

Testing the home

Inspection first. When mold is visible, sampling usually isn't needed, and there are no federal limits for spores ([US EPA 2026](#)).

ERMI measures DNA from 36 mold species in settled dust; EPA scientists built it for research ([Vesper 2007, PMID 17693779](#)), and EPA hasn't validated it for decisions about a home.

HERTSMI-2 scores five species linked to illness relapse; in one clinic's 807 patients, low scores went with staying well on re-entry ([Shoemaker, HERTSMI-2 consensus](#)).

ISEAI advises having a medically informed indoor environmental professional choose and read these tests ([ISEAI 2024](#)).

Testing the person

Urine mycotoxin panels are used by many functional practitioners; in one clinic series, 93% of 112 patients with chronic fatigue tested positive ([Brewer 2013, PMID 23580077](#)). Healthy people carry food mycotoxins too: 87% of 101 German adults had at least one ([Gerding 2014, PMID 25243722](#)). CDC calls these tests unvalidated for diagnosing building-related illness ([Kawamoto 2015, PMID 25695323](#)), and the CIRS consensus doesn't use them.

Organic acids tests include markers read as yeast or fungal activity in the gut; diet can raise them, and they don't measure the home.

Mold antibody panels are used by some practitioners; allergy reviews regard them as unvalidated ([Chang 2019, PMID 31608429](#)).

Basic labs worth asking about

Blood count, ferritin and iron, and zinc. Gut problems can lower iron and zinc absorption, and low iron alone can cause tiredness and poor focus ([NIH Office of Dietary Supplements, iron](#)).

ASDHelp consultation

We can talk through whether testing is useful and which laboratory fits your location and question. This guide carries no laboratory links.

Mycotoxins on the plate

Some exposure comes from food, so kitchen habits matter alongside the home.

Mycotoxins can form in crops before harvest and in storage, and some survive ordinary cooking ([WHO, mycotoxins fact sheet](#)). Ordinary diets carry small amounts, which is why most healthy adults have some in their urine ([Gerding 2014, PMID 25243722](#)).

- 1 **Buy sound food and store it dry.** Keep grains, nuts, seeds and dried fruit sealed and use them up; refrigerate perishables promptly.
- 2 **Throw out, don't scrape.** Visibly moldy bread, soft fruit, leftovers and other soft foods go in the bin.
- 3 **Keep the menu varied.** Don't drop whole food groups, especially for a picky eater; restrictive eating creates its own gaps.

Low-mold eating in practice

Some practitioners use a few weeks of lower-mycotoxin eating, limiting stored grains, peanuts and dried fruit. Food is the main source of the mycotoxins most people carry ([Gerding 2014, PMID 25243722](#)), so diet matters when reading a urine test. Treat it as a short, supervised experiment, not a permanent rule.

Where binder research comes from

The best human data on binders are food studies. In randomized trials, a specific calcium montmorillonite clay lowered aflatoxin markers in Ghanaian and Kenyan adults ([Wang 2008, PMID 18478481](#); [Awuor 2017, PMID 27603954](#)), and chlorophyllin taken with meals cut aflatoxin-DNA markers by 55% ([Egner 2001, PMID 11724948](#)). Those trials used particular materials against food aflatoxin; they were not trials of indoor mold illness or of the products in this guide.

The integrative order of support

Remove the exposure, keep the exits open, then support the gut, the liver and the cells.

- 1 **Reduce exposure:** the home steps on page 3. Time away from the building often tells you more than any test.
- 2 **Keep the exits open.** Practitioners make sure of a daily bowel movement, fluids, movement and sleep before anything else, because binders can constipate and many compounds leave through bile and stool ([Hope 2013, PMID 23710148](#)).
- 3 **Gut:** meal enzymes, one probiotic, one prebiotic.
- 4 **Binder,** adults only, at a separate time from food, medicines and supplements.
- 5 **Liver and glutathione.** The liver clears mycotoxins in two phases, and glutathione carries much of phase II; reviews describe mycotoxins lowering it ([Guilford 2014, PMID 24517907](#)), and a functional-medicine review sets out food and nutrient support for both phases ([Hodges 2015, PMID 26167297](#)).
- 6 **Biofilm enzymes and botanicals** later, practitioner-directed.

Children, with practitioner dosing

Chewable Enzymes, Gut Flora Immune Balance Probiotic, PreBIO Formula XOS, Bio Defence, SF Lecithin Phospholipids.

Adults; teens only with clearance

Spectrum Biofilm, Spectrum Liver Detox Formula, Glutathione + Liquid Formula, Detox Synergy. **Adults only:** GI Binder Detox, D-Tox Complex, Mold-Plex Detox Complex, L+G Detox.

Before the first dose

Give the clinician a complete list of medicines, supplements, allergies and conditions. Add one product at a time, a week apart, at an amount the clinician writes down, with a review date and stop rules. Don't run both routines at once, and don't read worsening symptoms as proof that "detox is working". The same order, with every dose, is on our [Mold Detox Support protocol](#) page.

Chewable Enzymes

A cherry chewable with a 320 mg enzyme blend for protein, fat, starch and sugars, taken as the meal starts.



Chewable Enzymes

What is inside

Two chewables supply a 320 mg microbial enzyme blend: proteases and peptidases with DPP-IV activity for protein, amylases for starch, lactase, sucrase and maltase for sugars, lipase for fat, and enzymes for plant fibre. Sweetened with xylitol and mannitol, cherry flavour with licorice extract. **Contains wheat.**

Where it fits

In integrative mold plans, better digestion means less undigested food reaching the colon to feed the wrong microbes. It is digestion support, not a mold treatment. Trials of other enzyme formulas in autistic children were mixed

(Saad 2015, PMID 26243847; Munasinghe 2010, PMID 20204691).

For children

The label gives adults two tablets at the start of each meal and leaves children's amounts to a healthcare professional. The child must chew safely. DPP-IV activity doesn't make gluten safe in celiac disease or wheat allergy.

[Shop this product →](#)

FORMAT

Chewables

PACK SIZE

180 chewable tablets

ROLE IN THE PROTOCOL

Gut step. Children with practitioner dosing. Contains wheat.

Gut Flora Immune Balance Probiotic and PreBIO Formula XOS

One probiotic and one prebiotic: live bacteria plus the fibre that feeds them.



Gut Flora Immune Balance Probiotic



PreBIO Formula XOS

What is inside

Gut Flora: one scoop (1.7 g) of plain powder gives 20 billion CFU from six *Lactobacillus* and *Bifidobacterium* strains plus 3 billion CFU of *Saccharomyces boulardii*; dairy-free. **PreBIO Formula XOS:** two sour-apple chewables give 2.8 g of xylooligosaccharides, sweetened with xylitol and monk fruit.

Where it fits

A healthy microbiome helps break down some mycotoxins and holds the gut lining against endotoxin, which is why integrative plans include probiotics ([Hope 2013](#), [PMID 23710148](#)). In a placebo-controlled trial, 2.8 g of XOS a day, this label serving, raised bifidobacteria more than 1.4 g ([Finegold 2014](#), [PMID 24513849](#)).

For children

Both labels leave children's amounts to the practitioner. Stir the probiotic into a cool drink, never a hot one. Probiotics aren't for severely immunocompromised children or those with a central line. Start XOS at one tablet and build up over a week; gas or loose stools mean slow down. Xylitol is toxic to dogs.

Gut Flora →

PreBIO Formula XOS →

FORMAT

Powder / Chewables

PACK SIZE

51 g (1.8 oz) / 60 chewable tablets

ROLE IN THE PROTOCOL

Gut step. Children with practitioner dosing. One probiotic at a time.

Spectrum Biofilm and Bio Defence

Two enzyme formulas taken away from food, the integrative approach to biofilm. One at a time.



Spectrum Biofilm



Bio Defence

What is inside

Spectrum Biofilm, per capsule: monolaurin 200 mg, trypsin 100 mg, nattokinase 75 mg, serrapeptase 50 mg, ginger extract 30 mg, lumbrokinase 10 mg; 1 capsule 1 to 2 times a day. **Bio Defence**, per capsule: a 425 mg blend of fibre-, starch- and protein-digesting enzymes with lysozyme from egg white; the label gives 1 capsule 1 to 4 times a day between meals, depending on age and size. **Contains egg.**

Where it fits

Microbes shelter inside biofilms, a slime they build around themselves, and practitioners use enzymes between meals to work on that matrix ([Brewer 2013, PMID 24368325](#)). In the lab, matrix-digesting enzymes make biofilms easier to clear; no clinical trial has tested oral enzyme formulas in mold illness, and the trials of serrapeptase are small ([Bhagat 2013, PMID 23380245](#)).

Who can take which

Spectrum Biofilm: adults. Nattokinase, serrapeptase and lumbrokinase break down clots, so not with blood thinners, aspirin or a bleeding disorder, and stop before surgery as your clinician directs. The label asks for practitioner clearance for minors. **Bio Defence:** children with practitioner dosing; swallow whole, since opening the capsule is not confirmed by the manufacturer.

[Spectrum Biofilm →](#)

[Bio Defence →](#)

FORMAT

Capsules / Capsules

PACK SIZE

60 capsules / 60 capsules

ROLE IN THE PROTOCOL

Later step, practitioner-directed. One enzyme formula, not both.

GI Binder Detox

Zeolite clay, activated charcoal, shilajit and fulvic acid in a two-capsule serving taken between meals.



GI Binder Detox

What is inside

Per 2 capsules: zeolite clay (G-PUR, standardized to 70% clinoptilolite) 400 mg, activated charcoal 100 mg, shilajit (PrimaVie) 100 mg and fulvic acid 50 mg, with 2 mg of iron. The label serving is 2 capsules between meals.

Where it fits

Binders hold compounds in the gut so they leave in the stool, a standard step in integrative mold plans ([Hope 2013, PMID 23710148](#)). The strongest human evidence comes from food-aflatoxin trials of a specific clay ([Wang 2008, PMID 18478481](#)); activated charcoal and zeolite are supported by lab and animal work rather than human mycotoxin trials.

Adults only, and timing matters

The label carries a California Prop 65 warning for lead, so ASDHelp lists it for adults only. Binders also hold medicines and nutrients: take it apart from food, medicines and other supplements, and have a pharmacist set the gap for each medicine. Never move or skip a prescribed medicine to fit it in. It can constipate, so keep a daily bowel movement and stop if constipation sets in.

[Shop this product \(adults\) →](#)

FORMAT

Capsules

PACK SIZE

60 capsules

ROLE IN THE PROTOCOL

Binder step. Adults only.

Spectrum Liver Detox Formula and Glutathione + Liquid Formula

A vanilla nutrient powder for phase I and II, and a glutathione liquid taken by the teaspoon.



Spectrum Liver Detox Formula Phase I & II



Glutathione + Liquid Formula

What is inside

Liver Detox Formula: one scoop (8.97 g) in 4 to 6 oz of water once a day: vitamin C 850 mg, active B vitamins including 4 mg B6 as P-5-P, a 5,025 mg amino acid blend with NAC and glycine, and a 1,400 mg blend with milk thistle, quercetin and MCT oil. **Glutathione liquid:** 5 mL once or twice a day gives NAC 125 mg and 175 mg of reduced and S-acetyl glutathione; refrigerate and use within 60 days of opening.

Where it fits

Phase I and II support is the core of the liver step in functional plans ([Hodges 2015, PMID 26167297](#)), and glutathione drives much of phase II ([Guilford 2014, PMID 24517907](#)). No human trial has measured mycotoxins after these nutrients.

Who they're for

Both labels ask for practitioner clearance for anyone under 18, and both sit in our adults-only Detox Support protocol. Use the powder's own scoop. Count B6 and vitamin C across all products; we keep total B6 at or under 25 mg a day for adults.

[Liver Detox Formula →](#)

[Glutathione liquid →](#)

FORMAT

Powder / Liquid

PACK SIZE

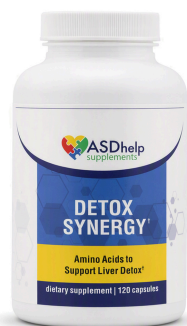
376.7 g (0.83 lb) / 8 fl oz (236 mL)

ROLE IN THE PROTOCOL

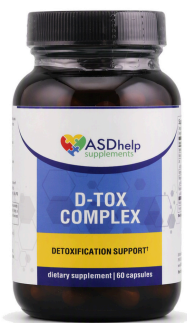
Liver step. Adults; under 18 only with practitioner clearance.

Detox Synergy and D-Tox Complex

Amino acids, antioxidants and trace minerals the liver's clearing pathways use.



Detox Synergy



D-Tox Complex

What is inside

Detox Synergy, per 4 capsules: glycine 400 mg, citrulline 400 mg, NAC 250 mg, alpha-ketoglutaric acid 200 mg, reduced glutathione 200 mg, methionine 200 mg, ornithine 200 mg. **D-Tox Complex**, per 2 capsules with meals: vitamin C 500 mg, zinc 15 mg, selenium 100 mcg, manganese 3 mg, molybdenum 100 mcg, NAC 250 mg, R-lipoic acid 30 mg, with green tea, turmeric and grape seed extracts and tocotrienols.

Where it fits

Glycine and cysteine from NAC are building blocks of glutathione; selenium and molybdenum are cofactors for antioxidant and sulfite-clearing enzymes. Both formulas support the liver's natural detoxification pathways ([Hodges 2015, PMID 26167297](#)).

Adults only

Both labels give adult servings. D-Tox Complex's zinc and selenium are above young children's limits; keep to one zinc source. Both contain NAC, as does the glutathione liquid, so review the overlap before combining. Detox Synergy's amino acids need a metabolic specialist's review when a urea-cycle disorder is possible.

[Detox Synergy →](#)

[D-Tox Complex →](#)

FORMAT

Capsules / Capsules

PACK SIZE

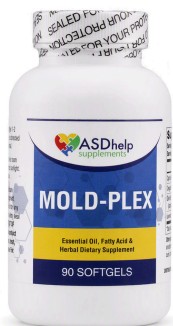
120 capsules / 60 capsules

ROLE IN THE PROTOCOL

Liver step. Adults only.

Mold-Plex Detox Complex and L+G Detox

Caprylic acid with plant oils in softgels, and a milk thistle and bile-flow formula.



Mold-Plex Detox Complex



L+G Detox

What is inside

Mold-Plex, per softgel: caprylic acid 300 mg, oregano oil 150 mg, olive leaf extract (40% oleuropein) 125 mg, lavender oil 50 mg; 1 softgel once or twice a day with a meal; gelatin softgel. **L+G Detox**, per 3 capsules with meals: milk thistle (80% silymarin) 150 mg, artichoke 75 mg, ox bile 75 mg, methionine, taurine, inositol and beet, with vitamin A 1,500 mcg, B6 5 mg and B12 15 mcg.

Where it fits

In integrative plans, botanicals come after the home is fixed and the bowels and binder are settled. Bile carries many compounds from the liver into the gut, which is why practitioners pair bile-flow support with a binder

([Hope 2013, PMID 23710148](#)).

Adults only

Mold-Plex is a dietary supplement, not an antifungal medicine: swallow it whole and never squeeze the oils into a drink; the label asks for practitioner clearance for minors. L+G Detox is not for gallbladder disease, a blocked bile duct or unexplained upper-belly pain; its vitamin A is above children's limits and needs a check in pregnancy, and the ox bile is bovine.

[Mold-Plex →](#)

[L+G Detox →](#)

FORMAT

Softgels / Capsules

PACK SIZE

90 softgels / 90 capsules

ROLE IN THE PROTOCOL

Later step. Adults only.

SF Lecithin Phospholipids

Sunflower phospholipids for cell membranes, as a powder for food or drinks.



SF Lecithin Phospholipids

What is inside

One scoop (10.7 g) gives 10 g of sunflower lecithin with about 2.5 g phosphatidylcholine, 2 g phosphatidylinositol, 1 g phosphatidylethanolamine and 0.4 g phosphatidic acid, at 60 calories. The label serving is one scoop a day with a meal, mixed into juice or a shake or sprinkled on food.

Where it fits

Every cell membrane, in brain and liver cells included, is built from phospholipids, and integrative practitioners add them to support membranes and bile during recovery. It is not a binder and doesn't remove mold from the body.

For children

One scoop a day is the adult label amount; a child's amount comes from the practitioner. The tub contains a desiccant packet: don't eat it, and keep it out of a child's reach.

[Shop this product →](#)

FORMAT

Powder

PACK SIZE

300 g

ROLE IN THE PROTOCOL

Membrane support. Children with practitioner dosing.

Powders, liquids and chewables

For children and anyone who can't swallow capsules. The clinician writes every amount.

At the start of meals: Chewable Enzymes, if the child chews safely.

After lunch, in a cool drink: Gut Flora Immune Balance Probiotic.

With breakfast and dinner, built up slowly: PreBIO Formula XOS.

With a meal: SF Lecithin Phospholipids, stirred into food or a drink.

Adults, or teens with clearance: Spectrum Liver Detox Formula with breakfast; Glutathione + Liquid Formula measured with an oral syringe.

Measure liquids in mL with an oral syringe; household teaspoons vary. Use a small portion of food or drink that will be finished, prepared right before use. Don't place dry powder in a child's mouth. Coughing or choking with liquids needs a swallowing assessment before trying other forms.

Write the plan

Product, amount and time

Product, amount and time

Product, amount and time

Product, amount and time

Start date

Review date and stop rules

[Chewable Enzymes →](#)

[Gut Flora →](#)

[PreBIO XOS →](#)

[SF Lecithin →](#)

Capsules and softgels

For adults and older children who swallow capsules. A menu to choose from, not a list to take all of.

Between meals, morning: Spectrum Biofilm or Bio Defence, one of the two.

With breakfast: D-Tox Complex.

With meals: L+G Detox; Mold-Plex Detox Complex.

Between meals: Detox Synergy.

At its own time, apart from food and medicines: GI Binder Detox, with the gap set by a pharmacist.

Powder with a meal: SF Lecithin Phospholipids.

Adults only: GI Binder Detox, D-Tox Complex, Mold-Plex and L+G Detox. A child who swallows capsules still needs child-specific amounts and only the products marked for children. Check B6, zinc, vitamin A and NAC totals across everything.

Write the plan

Product, amount and time

Product, amount and time

Product, amount and time

Binder time and medicine gaps

Start date

Review date and stop rules

[Detox Synergy →](#)

[D-Tox Complex →](#)

[GI Binder →](#)

[Mold-Plex →](#)

[L+G Detox →](#)

Track, review, adjust

The home comes first. Supplements are added one at a time, for a reason, and reviewed on a date you set in advance.

Keep a short daily record

The product, the actual amount and the time, including missed doses. Sleep and night waking, cough or nasal symptoms, appetite and tummy comfort, stools, mood, worry and focus. Any rash, bruising, unusual bleeding, vomiting or headache. And the building: repairs, cleaning, and days spent away from it.

If something goes wrong

Stop the newest product and call the clinician. Functional practitioners sometimes describe a short "die-off" reaction, but the safe rule is the same: slow down, don't push through, and never raise a dose because someone feels worse.

Review on the agreed date

Decide together whether each product is helping, tolerated and still needed. An abnormal test on its own is not a reason to continue a regimen indefinitely. Regular meals, fluids, daily movement and a steady sleep routine do a lot of the work.

The thirteen products in this guide

Chewable Enzymes, Gut Flora Immune Balance Probiotic, PreBIO Formula XOS, Bio Defence, Spectrum Biofilm, GI Binder Detox, Spectrum Liver Detox Formula, Glutathione + Liquid Formula, Detox Synergy, D-Tox Complex, Mold-Plex Detox Complex, L+G Detox and SF Lecithin Phospholipids. The whole sequence, with every dose and age rule, is our **Mold Detox Support protocol**; the gut products also sit in **Gut Reset**, and the liver, binder and botanical products in the adults-only **Detox Support**.

Questions before you buy? Email info@asdhelpp.com. An ASDHelp consultation can cover nutrition, product fit and which testing makes sense; bring the full medicine and supplement list.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. This guide describes ingredients and label directions; it is not medical advice. A child's amounts are set by the child's healthcare professional. None of the products in this guide is a treatment for mold-related illness, CIRS or any disease. Sources are tagged in the text: public-health guidance (CDC, EPA, WHO), clinical studies and reviews with PubMed IDs, and functional or integrative sources (Shoemaker's CIRS papers, ISEAI, integrative reviews).

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