

# World Trade Center protocol

A five-pronged intervention strategy is envisioned for patients being followed for WTC cough:

- 1) Administration of a specific antioxidant/multivitamin/mineral formula to consist of
  - N-acetylcysteine (NAC) 500 mg twice daily
  - Vitamin C (Ester C) 500 mg twice daily
  - Vitamin E (Maxi-Gamma) 400 iu once daily
  - Vitamin A (Retinol) 1,000 iu once daily
  - Zinc (Citrate) 30 mg once daily
  - Selenium (Selenomethionine) 200 mcg once daily
- 2) Phytonutrients with anti-inflammatory and anticarcinogenic effects
  - Sulforaphane glucosinolate (SGS) BroccoMax 500 mg twice daily
  - EGCG 70% (EGCG Ultra) 500 mg twice daily
  - Curcumin (Curcumin 95) 500 mg twice daily
- 3) Omega-3 Fish Oil (Orthomega) 1,000 mg two twice daily
- 4) Aerosolized Glutathione via nebulizer, 600 mg with 4ml of 0.9 NaCl, twice daily, with pre-administration of nebulized salbutamol.
- 5) Salad and Salmon Diet