

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