



Millennium Health Store

Dear Participant,

Please read this page completely. We recommend that you review this protocol with your Private Care Provider (PCP) before starting this or any protocol. Your PCP might run some basic labs to validate the need for any of the products suggested below. Remember therapeutic levels are not just within the range but in the 3-4th quartiles. You will be self-monitoring your results on the Phase 2 protocol using the MPQ below, filling it out and sending it in every 30days for 90 days. If you respond well (>50% improvement) then continue, but if not, consider filling out the enrollment form (www.tbimedlegal.com) and becoming an active client of the Millennium Health Centers. We will run laboratory testing to look deeper into your condition of hormonal deficiencies.

Phase II Protocol (Male)

- A. Brain Rescue 3 – one sachet pre-breakfast.
- B. DHEA 50mg (DH50): Taken 15-30min after dinner.
- C. Pregnenolone 100mg (PR100): Taken 15-30min after dinner.
- D. Vitamin D 125-250mcg (VD125): Taken 15-30min after dinner. (Avoid any calcium supplements).
- E. Brain Care 2 – one sachet pre-dinner.

Phase II Protocol (Female)

- A. Brain Rescue 3 – one sachet pre-breakfast.
- B. DHEA 15-25mg (DH50): Taken 15-30min after dinner.
- C. Pregnenolone 50-100mg (PR100): Taken 15-30min after dinner.
- D. Vitamin D 125-250mcg (VD125): Taken 15-30min after dinner.
- E. Brain Care 2 – one sachet pre-dinner.

MPQ Instructions:

1. Put your name and the date you filled out the form in the spaces provided.
2. **Line AA:** Check off Phase 2 and the date you started it.
3. **Line BB:** After 30, 60, and 90 days on the Phase 2 protocol fill out the Over-all improvement.
4. **Part A & Part B:** Enter your self-assessment rating from the very beginning of your Phase 2 protocol to the date you are filling out the MPQ, and not from the last MPQ.
5. The Subjective Range is from Zero to Ten (0 – 10) where 0 is no impact of your treatment on any one of questions and 10 is the maximum perceivable (improvement).
6. If the question does not apply put “NA”
7. Return both pages to us. (Free or discounted products are available after 3 MPQs have been returned.)
Email your MPQs to: Reception@millenniumhealthcenters.com

YOUR:

Name:

Phone:

Email:

Optional Nutraceutical Protocol: Phase 2 Protocol. 2023.06 // Checkout code: Phase2022

You must be a subscriber of the STORE for discount codes to work: www.MillenniumHealthCenters.com



Millennium Neuro-Regenerative Centers

Applying the sciences of recovery

BR3 Project/MHS

Name: _____ Today's Date: _____ day MPQs

AA	I am on Phase 1 _____ Phase 2 _____ as of this date:	
BB	My over-all improvement from starting the protocol to now is →	0 [] 10
	Please rate your improvement from the beginning of treatment to now:	Rate
A	Mental/Psychological/Emotional Status Review.	
1	My Mental Energy and Clarity has increased to a:	0 [] 10
2	My sleep quality (solid & uninterrupted) has improved to a:	0 [] 10
3	My sense of feeling refreshed upon awakening has improved to a:	0 [] 10
4	My over-all emotional status has improved to a:	0 [] 10
5	My over-all memory (retention) has improved to a:	0 [] 10
6	My libido (sex drive) has improved to a:	0 [] 10
7	My sense of well-being has improved to a:	0 [] 10
8	My ability to deal with stress, anxiety, and nervousness is now a:	0 [] 10
9	My depression has improved to a:	0 [] 10
B	Physical Status Review: Use NA if the condition is non-applicable to you.	
1	My generally physical energy has improved to a:	0 [] 10
2	When I exercise, my energy and strength have improved to a:	0 [] 10
3	I can perform physically longer without the expected fatigue.	0 [] 10
4	My athletic performance has improved over-all to a:	0 [] 10
5	My recovery after exercise has improved to a:	0 [] 10
6	My joint aches and muscular pain have improved to a:	0 [] 10
7	Facial texture and wrinkles have improved to a:	0 [] 10
8	The number of colds, severity, and duration have improved by :	0 [] 10
9	My allergies have improved by:	0 [] 10
10	The ringing in my ears has decreased by:	0 [] 10
11	My Headaches/Migraines have improved by:	0 [] 10

Since my last MPQ I had: Physical Injury. Surgical Procedure. Hospitalization. Another TBI

Please put your Comments here: