



## **Phase 2 Protocol & Monthly Progress Questionnaire (MPQ)**

Dear Participant,

**Please read this page completely.** We recommend that you review this protocol with your healthcare provider before starting. 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 an enrollment form ([www.tbimedlegal.com](http://www.tbimedlegal.com)) and becoming a client of the Millennium. We will have bloods drawn to look deeper into your condition.

### **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)**

- F. Brain Rescue 3 – one sachet pre-breakfast.
- G. DHEA 15-25mg (DH50): Taken 15-30min after dinner.
- H. Pregnenolone 50-100mg (PR100): Taken 15-30min after dinner.
- I. Vitamin D 125-250mcg (VD125): Taken 15-30min after dinner. (Avoid any calcium supplements).
- J. 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 each of the questions and 10 is the maximum perceivable (improvement).
- 6) If the question does not apply put “NA”
- 7) **Return both pages to us. And include a phone number if we need to call you.**
- 8) **Email your MPQs to: [Reception@millenniumhealthcenters.com](mailto:Reception@millenniumhealthcenters.com)**

Name:

Email:

DOB:



# Millennium Neuro-Regenerative Centers

*Applying the sciences of recovery*

BR3 Project/MHS

Name: \_\_\_\_\_ Today's Date: \_\_\_\_\_ day MPQs

<b>AA</b>	I am on Phase 1 _____ Phase 2 _____ as of this date:	
<b>BB</b>	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
<b>A</b>	<b>Mental/Psychological/Emotional Status Review.</b>	
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>B</b>	<b>Physical Status Review:</b> Use <b>NA</b> 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: