

McCullough Base Spike Detoxification (BSD) Protocol

Single-Page Treatment Summary for Spike Protein-Related Issues

pmc.ncbi.nlm.nih.gov 417integrativemedicine.com

Purpose: This empiric regimen, developed by Dr. Peter McCullough and colleagues, targets residual SARS-CoV-2 spike protein from infection or vaccination. It aims to support the body's natural processes for degrading spike protein, reducing associated microclots, inflammation, and post-acute sequelae (e.g., long COVID or vaccine injury symptoms). It is not FDA-approved for this use and lacks large randomized controlled trials; it is presented as a reasonable foundation based on mechanistic rationale and clinical signals. zenodo.org biospace.com

Core Triple Therapy (Base Protocol) — Take for at least 3–12 months (or longer, guided by symptoms and monitoring):

- **Nattokinase:** 2,000 FU (approximately 100 mg) orally **twice daily**, without food (empty stomach). Supports fibrinolysis and may degrade spike protein-induced thrombi. 417integrativemedicine.com
- **Bromelain:** 500 mg orally **once daily**, without food. Proteolytic enzyme with anti-inflammatory and potential spike-degrading effects. pmc.ncbi.nlm.nih.gov
- **Curcumin:** 500 mg orally **twice daily** (prefer nano, liposomal, or piperine-enhanced forms for better absorption). Anti-inflammatory and supports detoxification pathways. zenodo.org

Key Administration Notes:

- Take enzymes (nattokinase, bromelain) on an empty stomach to maximize proteolytic activity.
- Monitor for bleeding risks (anticoagulant effects); watch for bruising, nosebleeds, or GI bleeding. Consult a physician, especially if on blood thinners.
- Combine with lifestyle support: healthy diet, hydration, rest, and avoidance of re-exposure where possible. zenodo.org

Additional/Adjunctive Options (Based on clinical presentation; add under medical supervision):

- Higher doses in some contexts (e.g., nattokinase up to 8,000–16,000 FU daily for certain cardiac cases).
- Other agents like colchicine, rapamycin (select cases), or supportive supplements (e.g., for specific symptoms: cardiovascular, neurological).
- Testing: Consider spike protein antibody levels or other biomarkers to guide duration. esmed.org

Important Disclaimers:

- This is **not medical advice**. Consult a qualified healthcare provider before starting. Individualize based on history, labs, and risks.
- No therapeutic claims are made; more research is needed.
- Primary sources emphasize cross-verification and neutrality; results vary. zenodo.org

Sources: Derived primarily from McCullough et al. publications (e.g., *Journal of American Physicians and Surgeons*, Cureus) and related clinical rationales. Always verify with original papers and a physician.

Prepared Treatments Following the McCullough Base Spike Detoxification (BSD) Protocol

The protocol calls for **nattokinase** (2,000 FU ~100 mg twice daily, empty stomach), **bromelain** (500 mg once daily, empty stomach), and **curcumin** (500 mg twice daily, preferably enhanced forms). Several companies offer pre-formulated or bundled products designed around this. [amazon.com](https://www.amazon.com)

1. The Wellness Company – Ultimate Spike Detox (Most Directly Associated)

- **Designed/used by Dr. Peter McCullough;** 3-in-1 formula with extra-strength nattokinase (4x standard in some descriptions), bromelain, turmeric/curcumin, plus supportive botanicals.
- 120 capsules (~1-month supply at recommended dosing).
- **Links:**
 - Official: twc.health/products/ultimate-spike-detox twc.health
 - Amazon: [amazon.com/Wellness-Company-Nattokinase-Bromelain-Gluten-Free/dp/B0DRLJF3XF](https://www.amazon.com/Wellness-Company-Nattokinase-Bromelain-Gluten-Free/dp/B0DRLJF3XF) amazon.com

2. Stay-Well Naturals Spike Protein Supplement

- Separate bottles or bundled set matching exact protocol doses: Nattokinase 2,000 FU (100 mg), Bromelain 500 mg, Curcumin 500 mg.

- Marketed as a 60-day supply full-protocol kit. [amazon.com](https://www.amazon.com)
- Available on Amazon, Walmart, and their site (staywellnaturals.com). Search “Stay-Well Naturals Spike Protein Supplement” for current listings. staywellnaturals.com

Other Options

- **Etsy / Independent Sellers:** Custom BSD blends with nattokinase + bromelain + curcumin (often with black pepper for absorption). Example: Search “Base Spike Detox Supplement” on Etsy. [etsy.com](https://www.etsy.com)
- **Individual High-Quality Supplements:** Purchase separately from reputable brands (e.g., Doctor’s Best, NOW, or Thorne for nattokinase/bromelain; Longvida/Meriva curcumin) and dose per protocol. This allows precise matching but requires more capsules.

Notes:

- Always verify current dosages/ingredients on product labels, as formulations can change.
- These are dietary supplements, not FDA-approved treatments for any specific condition. Consult a physician before use, especially for bleeding risk or interactions. [factcheck.org](https://www.factcheck.org)
- Prices and availability vary; check for third-party testing and quality assurances.

For the latest or local options, search the product names directly. This is informational only—not medical advice.