

Initial Impressions on the New SUPREN Homeopathic-Spagyric Oral Drops from PEKANA

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The newly developed SUPREN homeopathic-spagyric medication from PEKANA seems to function as an adrenal adaptogen, most useful during times of acute physical or emotional stress.

The initial label data on the SUPREN bottle gave the indication “stimulates adrenal glands.” This is an accurate translation from the German, but was unfortunate and imprecise wording, in that the term “stimulates” implies that SUPREN would increase the output of adrenal hormones. If this were literally true, it would not necessarily be a good thing. Commonly, when a patient is in the adrenal resistance phase, an overproduction of adrenal cortical hormones such as cortisol can be the cause of problems that includes leaky gut. To use any medicine that is an adrenal stimulant under these circumstances would be undesirable. **Therefore, a more correct description of SUPREN oral drops is that this medication helps “regulate” adrenal gland function. The updated labeling states this indication.**

Our initial work with SUPREN suggests that it is an adrenal regulator rather than a stimulant. We believe this to be true because our testing often shows that the patient’s need for supplemental adrenal cortical hormones such as cortisol and DHEA tends to decrease when SUPREN is added to the program. This implies that either SUPREN is indeed enabling the adrenals to more efficiently produce these hormones, or it is regulating the physiology in a way that makes the body require less of them, or both.

In addition, when a cortisol excess is being treated by supplementing with phosphatidyl serine, the addition of SUPREN seems to reduce the patient’s need for the phos serine. This implies that either the SUPREN is helping to downregulate the excess production of cortisol, or helping to detoxify the excess cortisol, or both.

Having measured these effects on adrenal cortical function when SUPREN is included in a protocol, we initially thought that we would be combining SUPREN with NEU-regen, PSY-stabil, and DALEKTRO N quite a bit. We have found that SUPREN works OK with these remedies, but has its greatest potential in treating disturbed gut physiology caused by stress. So far, our most common combination of SUPREN is with HELMIN and OPSONAT, which PEKANA considers its flagship remedy. The addition of SUPREN with these other two remedies seems strongly to help a stress-mediated gut dysbiosis. A common combination would be:

SUPREN	50 drops (½ tsp) per dose
HELMIN	30-50 drops per dose
OPSONAT	10-25 drops per dose

These three remedies are combined in water and taken 2 to 4 times per day. For dysbiosis, we always include SanPharma remedies, such as the Notatum/Roqueforti combination or the Quentans/Roqueforti combination, 1 capsule of each 3-5 times per week, with Mycobactin S capsules added 1-3 times per week. We also commonly add Allicidin (from Designs for Health, 800-847-8302) in the dose of 1-6 capsules per day.

Another interesting observation is that SUPREN tends to reduce the provoking nature of some of the more aggressive PEKANA medications. With SUPREN added, higher doses of remedies such as TOXEX and SEPTONSIL are tolerated better. Perhaps the lesson here is that severely adrenal challenged patients cannot handle provocative therapies. For this reason, we have always recommended first building up the patient with NEU-regen, PSY-stabil, and DALEKTRO (combined in the BioResource Stress Buster Kit), and the use of the Penicillium group of SanPharma remedies for a period of 1 to 2 months before beginning any medicines that have the potential to provoke adverse reactions by detoxing or shifting immune setpoints too fast. We may find that SUPREN helps shortcut this process in cases where some urgency exists towards getting deep metabolic regulation accomplished quickly.