

Cancer Care Second Edition

Highlights

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Strong Recommendations:

TOP 18 CANCER INTERVENTIONS

* items highlighted in red require a prescription

1
Glucose management and ketogenic diet

2
Exercise (aerobic and resistance training)

3
Stress reduction, sleep, and sunshine

4
Vitamin D3

5
Propranolol

6
Melatonin

7
Metformin

8
Curcumin (nanocurcumin)

9
Ivermectin

10
Mebendazole/fenbendazole/Albendazole

11
Green Tea

12
Omega-3 fatty acids

13
Berberine

14
Atorvastatin or Simvastatin

15
Sildenafil, Tadalafil, and Vardenafil

16
Disulfiram

17
Ashwagandha

18
Itraconazole

Strong Recommendation: TIER 1 REPURPOSED DRUGS

1. Vitamin D3: 20,000 to 50,000 IU daily – NOTE: dosage should be adjusted according to blood vitamin D levels, aiming for a 25-OH level of at least 55-90 ng/dl
2. Propranolol 40 – 180 mg daily
3. Melatonin: Start at 1-5 mg and increase to 20-40 mg at night
4. Metformin: 1,000 mg twice daily
5. Curcumin (nanocurcumin): 600 mg daily or as per manufacturer's suggested dosing
6. Ivermectin 12-18 mg daily (? 1mg/kg/day)
7. Mebendazole: 100-200 mg daily
8. Green tea catechins: 500-1,000 mg daily
9. Omega 3 fatty acids: 2-4 g daily
10. Berberine: 1,000-1,500 mg daily or 500-600 mg two or three times daily. (Depending on blood glucose levels, metformin and berberine can be used together or alternating months)
11. Atorvastatin: 40 mg twice daily. (Simvastatin 20 mg twice daily is an alternative.)
12. Sildenafil: 20 mg daily. (Tadalafil 5 mg daily is an alternative)
13. Disulfiram: 80 mg three times daily or 500 mg once daily
14. Ashwagandha 600- 1200 mg daily
15. Itraconazole 100 -600 mg daily
16. Mistletoe: (given subcutaneously by an integrative oncologist)
17. Cimetidine: 200-400 mg twice daily (predominantly for perioperative prophylaxis)

Cancer Care
Pages:
68, 73-11

Weak Recommendation: TIER 2 REPURPOSED DRUGS

18. Valproic acid 15-20 mg/kg/day
19. Low dose naltrexone: 1-4.5 mg daily
20. Doxycycline: 100 mg daily (for cycles of 2 weeks)
21. Spironolactone 50-100 mg daily
22. Resveratrol: 1,000 mg daily (bioavailable enhanced formulation)/Pterostilbene
23. Wheatgrass 3- 6 g daily
24. Captopril 25 mg two or three times daily
25. Clarithromycin 500 mg twice daily

Cancer Care
Pages:
68, 114-127

Insufficient Data: TIER 3 REPURPOSED DRUGS

26. Cyclooxygenase inhibitors: aspirin 325 mg daily or Diclofenac 75-100 mg daily
27. Nigella sativa: 400-500 mg encapsulated oil twice daily
28. Ganoderma lucidum (Reishi) and other medicinal mushrooms
29. Dipyridamole: 100 mg twice daily
30. High-dose intravenous vitamin C (50-75 g IV as per protocol)
31. Dichloroacetate 500 mg two or three times daily
32. Nitroglycerin
33. Sulforaphane
34. Artemisinin
35. Cannabinoids
36. Fenofibrate
37. Niclosamide
38. Pao Pereira
39. Dandelion extract
40. Annona muricata (Soursop or Graviola)

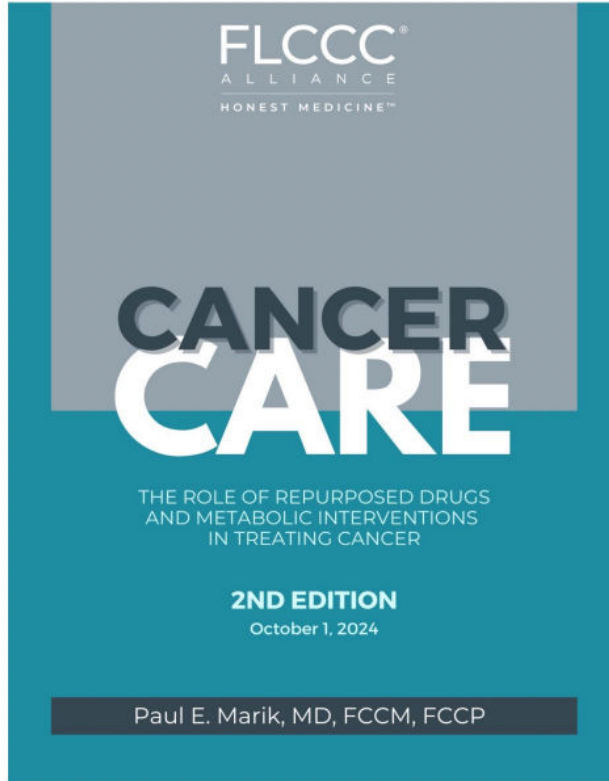
Cancer Care
Pages:
68, 129-150

Not Recommended: TIER 4 REPURPOSED DRUGS

41. B-complex vitamins
42. Colchicine
43. Essiac and Flor-Essence
44. Shark cartilage
45. Laetrile (amygdalin)

Cancer Care
Pages:
68, 152-157

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