Frequently Asked Questions
Plaquex® Formula

What is EPL?

Plaquex® Formula contains essential phospholipids (EPL), a highly purified phosphatidylcholine fraction isolated from soybeans. The EPL’s correspond to endogenous phosphatidylcholine in its chemical structure, but are distinguished by their very high content of polyunsaturated fatty acids. Linoleic acid (also termed as polyenylphosphatidylcholine (PPC) accounts for approximately 70%.

What ingredients are used in the Plaquex® Formula?

Polyenylphosphatidylcholine (PPC), Deoxycholic Acid, Vitamin E, Benzyl Alcohol and Ethanol.

Can I mix Plaquex® Formula with the chelation solution?

No. Chelation is a sodium chloride solution and Plaquex® Formula can only be mixed with D5W (Dextrose 5% in water) or Glucose 5%.

Can I mix Plaquex® Formula into saline solution, e.g. for a diabetic patient?

No, Plaquex® Formula can not be mixed in a saline solution. Only mix with D5W or Glucose 5%, even in a diabetic patient.

What is the dosage?

Treatment #1 - Administer 20 ml Plaquex® Formula intravenously
Treatment #2 - Administer 30 ml Plaquex® Formula intravenously
Treatment #3-30 – Administer 50 ml Plaquex® Formula intravenously

Exceptions: If the patient weighs more than 200 lbs., it is recommended to increase the dosage to 60 ml for treatments #6-30. Do not exceed 60 ml per treatment. If the patient weighs less than 120 lbs., it is recommended to lower dosage to 40 ml for treatments #3-30. It is recommended that Asian patients not be dosed higher than 40 ml as they tend to react with extreme fatigue. (See Plaquex® Formula Treatment Protocol)

What side effects can Plaquex® Formula have?

- Diarrhea in severely atherosclerotic patients, patients receiving treatments 3 times weekly and patients who have no gall bladder
- Elevation of HDL, LDL and liver enzymes in the beginning, which will normalize with continuing treatment
- Fatigue
- Thrombophlebitis at the infusion site which can be avoided by observing the following rules of application:

How to avoid thrombophlebitis:
1. Mix 500 cc D5W or Glucose 5% instead of 250 cc
2. Use BD (Becton, Dickinson) or Braun Teflon catheters. Do not use Terumo catheters because they interact with the Plaquex® Formula and may cause thrombophlebitis. You can also use a Butterfly needle.
3. Increase the infusion time to 120 minutes.
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How should I store Plaquex®?

Store Plaquex® Formula in the refrigerator until it is ready to mix for infusion. Do not store in the freezer.

What is the shelf life for Plaquex®?

If the vial has never been opened, shelf life is currently 60 days from the compound date. If the vial has had a needle insertion, USP standards are 30 days from the date of needle insertion, at which time any remainder should be discarded.

What is the pH of Plaquex®?

Plaquex® Formula has a pH of 7.7 - 8.4.

Can I alternate Plaquex® and Chelation treatments?

Yes, a recommended ratio of 2 Plaquex® Formula to 1 Chelation, unless the patient has a severe heavy metal load, in which the treatment regimen should be 1 to 1.

Why does Plaquex® Formula have to be given intravenously (i.v.)?

Plaquex® Oral is not enough to treat atherosclerosis. The intravenous application of Plaquex® Formula results in plasma levels of 100%, whereas, 90% of oral administration (Plaquex® Oral) enters the enterohepatic pathway during the first by-pass, resulting in plasma levels of only 5 – 10%.

What are the indications for Plaquex® Formula?

Atherosclerosis (angina pectoris, peripheral vascular disease, stroke, and carotid obstruction); liver disease, kidney disease, and aging. It is important to understand that Plaquex® Formula replaces damaged phospholipids in cell membranes, so the cells return to normal health and function. This is especially important in patients over 50 years of age, as the body’s own phospholipid synthesis declines with increasing age thus rendering the body unable to repair the constant damage to cell membranes.

Why does the Plaquex® Formula/ D5W or Glucose 5% turn cloudy?

The Plaquex® Formula must be at room temperature before mixing.

Can D5W or Glucose 5% be used in diabetic patients?

Yes, only a very slight blood sugar increase has been observed.

Can dialysis patients be treated with Plaquex®?

Absolutely. It has been shown, that Plaquex® Formula can improve kidney function and these patients can reduce the frequency of dialysis treatments over time.

How many treatments are recommended?

This depends on the severity of the problem. Some patients only need 20-30 treatment; others may need up to 60 treatments.
Is maintenance therapy necessary?

The underlying cause of plaque deposits will continue to cause a build-up of plaque in the blood vessels after Plaquex® Formula treatments. For this reason, it is important to continue maintenance therapy after the initial 30 treatments. Severely ill patients should have maintenance treatments twice a month and all other patients should have maintenance treatments once a month.

Why should Plaquex® Formula treatments not be given daily?

The half-life of Plaquex® Formula is 32 hours⁴. It would not make sense to give Plaquex® Formula infusions if there is still Plaquex® Formula in the system. The risk of diarrhea would be increased.

How is Plaquex® Formula shipped?

Plaquex® Formula (only available in 50 ml) must be shipped overnight in a refrigerated cooler at a cost of $30.00. All temperature sensitive preparations are shipped next day air Monday through Thursday. Orders received on Friday will be shipped the following Monday.

Where can I learn more about Plaquex® Formula?

Additional information and studies for Plaquex® Formula is available for physicians and patients at www.plaquex.net.
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These statements have not been evaluated by the FDA.