

BEG & VIP - USA Suppliers as of 5/13/16

Pharmacy	Contact	BEG	BEG Shelf-Life	BEG Shipping	VIP	VIP Shelf-Life	VIP Shipping	Ship to CO?	Additional Info:
Hopkington Drug - Hopkington, MA	800-439-4441 (Michael pharmacist; Kelly shipping)	\$84/month (spray w/ mucolox)	3 months	\$25 USPS Priority Mail (2-3 days), on ice in a foam cooler (doesn't need refrigeration but they do this to keep at room temp)	\$199/month (spray)	30 days	\$44 USPS Express Mail (Overnight), on ice in a foam cooler	yes; they ship to all but 10 states	Their VIP is a proprietary formulation created in collaboration with Dr. Shoemaker—other pharmacies aren't using this identical formulation. Michael also wanted to point out that there are only a few sources for VIP & buying the good VIP is expensive, so most pharmacies won't put out this expense. If they're selling it more cheaply, they're likely using VIP from lower quality sources (or in his words "not the good sources").* He couldn't comment on the effectiveness or side-effects of the less-expensive VIP.
Mixtures - Phoenix, AZ	480-706-0620 (Abby pharmacist)	\$90/month; \$135/2 months (freeze dried capsules & syringes w/ liquid...mix)	6 months in caps; 30 days once mixed	\$10 USPS (no refrigeration)	\$150/month (8 freeze dried capsules)	6 months in caps; 30 days once mixed	\$30 USPS Priority Mail w/in 2 days, on-ice	yes	VIP: typical dose VIP (50 micrograms 4x/day) = 8 capsules/month. Can buy 2-3 months at a time to save on shipping. Different formulation than Hopkington. Mixtures uses loxisperse & xylitol which helps VIP to mix better in solution, breaks down biofilms, aids with adherence. There are formulas available in medical literature that aren't Hopkington's.
Acacia - Tucson, AZ	520-670-0777 (Justin pharmacist)	\$81.65/month (60 ml); \$61.65 for 30 ml (spray with mucolox)	30 days	USPS w/in AZ - \$0; \$6 to CO (no refrigeration)	no	na	na	yes; more limited on shipping to other states	BEG has mucolox (as per Dr. Ackerley).
Woodland Hills Pharmacy - Woodland Hills, CA	818-876-3060 (Jenny reception)	\$80/month (spray)	3 months	\$8 UPS (no refrigeration)	no	na	na	yes; licensed all over US & with board of pharmacy	
Remedies - Lakeside, MT	406-844-2103 (Justin pharmacist; Hope reception)	\$70/month (spray)	30 days	\$30? 2-day UPS, ship on ice	\$190/month (8 freeze dried capsules)	2+ years	\$45-50 UPS overnight, on ice (M-Th)	yes; although not licensed in CO & other states, can use an intermediate shipping company/person	BEG: can add antifungals, etc. to formulation (extra cost). VIP: 1-month supply at typical Shoe dosing (50 micrograms 4x/day) = 8 caps/month; 2 of their sprays = 50 micrograms, so their dosing is 2 sprays 4x/ day.

Pharmacy	Contact	BEG	BEG Shelf-Life	BEG Shipping	VIP	VIP Shelf-Life	VIP Shipping	Ship to CO?	Additional Info:
Montana Compounding - Missoula, MT	406-542-2888 (Kaitlin reception)	\$80-90/month (spray with mucolox)	30 days	can't ship out of state b/c of state board cracking down	no; has contacted other pharmacy but won't share formulation	na	na	no; won't ship out of state	

Table is organized by location starting on the East Coast and moving west.

Note about BEG: From talking with these pharmacies, it appears the formulation for BEG has recently changed. It now has less EDTA than previously. EDTA is the ingredient that can make BEG burn. They've found that using less EDTA is just as effective, but causes much less burning. Many pharmacies are also formulating with Mucolox to help with adherence. If Mucolox is not indicated in the BEG column, it does not mean it's not in the formulation, it just means the pharmacy didn't mention it when I spoke with them.

Note about VIP: Just as "alcohol" can contain many different ingredients depending on the type of alcoholic beverage, "VIP spray/capsules" can contain many different ingredients depending on the VIP formulation. VIP (vasoactive intestinal peptide) is just one of the ingredients, and each pharmacy seems to add something different to the formula.

According to Mixtures in AZ, there are VIP formulations available in the medical literature that aren't Hopkington's formula.

Hopkington's "recipe" is proprietary to them, so no other pharmacy will have the same exact formulation as Hopkington (unless Hopkington shares this, which they haven't done to date).

VIP spray vs VIP capsules: The only pharmacy of those I contacted that carries pre-mixed, ready-to-use VIP spray is Hopkington.

The other two pharmacies (Mixtures and Remedies) sell freeze-dried capsules that require mixing with a liquid and transferring to a nasal sprayer prior to use. The benefit of this is the capsules last much longer when frozen.

Note about additional pharmacies contacted: I also contacted Clark's Pharmacy in Bellevue, WA and Flatirons Pharmacy in Longmont, CO (since they carry compounded CSM). Neither of them carry BEG or VIP at this time.

***Note about comment made by Hopkington:** "If they're selling it more cheaply, they're likely using VIP from lower quality sources (or in his words "not the good sources"). Jen, pharmacist at Flatirons Pharmacy, said this is incorrect. She said most US pharmacies source their chemicals from the same couple of suppliers and that regulation of these chemicals and the industry is extremely high in the US. Since the pharmacies selling non-Hopkington-formulated VIP have been around for decades and doctors/patients aren't complaining of the products not working or being inferior (and many patients are getting good results using their formulations), there is no evidence that Hopkington's statement is true.

BEG & VIP spreadsheet created by Rebecca Pope with pharmacy recommendations from members of the "Denver Area Mold Illness Information and Support Group" and the "Toxic Mold, CIRS and Lyme Disease Support Group." Above pharmacies contacted directly by Rebecca Pope. Information is that provided by each pharmacy.

Compounded CSM - USA Suppliers as of 5/13/16

Pharmacy	Contact	CSM	CSM Shipping	Additional Info:
Hopkington Drug - Hopkington, MA	800-439-4441 (Michael pharmacist; Kelly shipping)	\$248/480g	\$25	Can ship to all but 10 states.
Apothecaire - FL	844-804-4445	\$250/500g	\$8-15	Can accept from any naturopath that has script privileges in their own state, and they said they can ship to every state except CA. (But another moldy in our group is in CA and they ship to her every month)
Clark's Pharmacy - CA	425-881-0222	\$180/500g	\$20	Naturopaths from certain states cannot use them.
Custom Prescriptions - WA	425-289-0347	\$225/500	Free	

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Note about Compounded CSM: Compounded cholestyramine (CSM) is a pure form of the resin binder. It does not contain any additives, sugar, artificial colors, flavorings, etc.

Thanks to Lori Roop, a member of the “Denver Area Mold Illness Information and Support Group” and the “Toxic Mold, CIRS and Lyme Disease Support Group” for providing the above information on CSM.

Notes from Lori: “I tried calling Woodland Hills [in California] and since I was not a current customer of theirs (ie; they didn't have a script from a doctor for me) they couldn't give me ANY information about CSM. Which [doesn't make sense], unless they are bound by the law of their state to not provide information to people shopping products. I am a savvy consumer and since I don't have insurance to cover all this craziness - I shop my scripts. I also don't like to have my doctor send a script to one pharmacy, only to find out it is way too expensive, or they can't fill from her since she is a naturopath, albeit a naturopath with script privileges in MT. It is a waste of her time and my money. I make sure I call ahead to pharmacies so I know exactly what I am getting and for how much.

And I have to say GREAT customer service from ALL of the top 4 listed pharmacies!”

Chris Graber, from the “Toxic Mold, CIRS and Lyme Disease Support Group” said he got his CSM from Woodland Hills and it was pricey.

CSM spreadsheet created by Rebecca Pope with information provided by Lori Roop based on pharmacy recommendations from members of the “Denver Area Mold Illness Information and Support Group” and the “Toxic Mold, CIRS and Lyme Disease Support Group.” Above pharmacies contacted directly by Lori Roop. Information is that provided by each pharmacy.