

## Oxalate Treatment Protocol

### 1. Eliminate or significantly reduce the following high oxalate foods:

Fruits	<ul style="list-style-type: none"> <li>• Raspberries, oranges, grapefruit, canned or dried pineapple, dried figs or prunes, dates, kiwi</li> </ul>
Vegetables	<ul style="list-style-type: none"> <li>• Spinach, carrots, rhubarb, green &amp; wax beans, beets, rutabaga, turnips, parsnips, eggplant, leeks, okra, rutabaga, summer squash, parsley, edamame</li> <li>• Greens: Swiss chard, beet greens, mustard greens, Dandelion greens, spinach, collards, escarole</li> <li>• Potatoes, potato chips, French fries, sweet potatoes, yams</li> <li>• Tomato sauce, past, or canned</li> <li>• Beans: Baked, refried, black, white, great northern, navy, pink, chickpeas, fava, kidney</li> </ul>
Nuts & Seeds	<ul style="list-style-type: none"> <li>• Almonds, cashews, peanuts, peanut butter, pecans, sesame seeds, tahini, or nut butters made from any of these.</li> </ul>
Beverages	<ul style="list-style-type: none"> <li>• Chocolate /chocolate containing beverages (hot cocoa, Ovaltine®, chocolate milk, etc.)</li> <li>• Soy milk</li> <li>• Tea, instant coffee, colas</li> </ul>
Starches	<ul style="list-style-type: none"> <li>• Grits, barley, bulgur, cornmeal, buckwheat</li> <li>• Whole wheat bread, pastas, or tortillas</li> <li>• Bran, wheat germ, wheat bran &amp; bran cereal, cream of wheat, shredded wheat</li> <li>• Soups made from vegetables listed above</li> </ul>
Other	<ul style="list-style-type: none"> <li>• Tofu, miso and other soy products, black olives</li> <li>• Chocolate &amp; chocolate ice cream</li> <li>• Pepper (&gt; 1 tsp per day), poppy seed, turmeric, parsley</li> </ul>
Alcohol	<ul style="list-style-type: none"> <li>• Dark beer</li> </ul>

### 2. Give the following supplements to lower oxalate levels:

- Calcium/Magnesium Citrate:** Give with meals to bind oxalates and prevent absorption from food into the body. Take 2-3 capsules of [Cal/Mag Citrate Capsules](#) or take 1-2 [Calcium Chewable with Magnesium](#) with each oxalate-containing meal. Once the calcium/magnesium citrate binds to oxalates, it is no longer available to the body so dosing these minerals separately may still be required to increase calcium and/or magnesium levels.
- Vitamin B6:** Dose 50-100 mg daily in [pyridoxine or P5P form](#) to reduce human production of oxalates. Take into consideration the B-6 which is included in multivitamin or other supplement formulas.
- Probiotics:** Give 1 capsule of oxalate degrading probiotic [Visbiome](#) or [LactoPrime Plus](#) once daily, two hours apart from antimicrobial botanicals or antibiotics.

### 3. If testing reveals the presence of candida/yeast or colonized mold, treat to eliminate these sources of oxalates as well as overall health:

[See Candida/Yeast Treatment protocol](#) for more detailed information.

### 4. Other considerations:

- a. **Avoid high vitamin C intake**: The body can convert vitamin C into oxalate so avoid dosing this vitamin in high levels (> 500 mg). There is no evidence that dosing vitamin C at moderate levels (250 mg) is problematic.
- b. **Oxalate dumping side-effects**: Sometimes when high oxalate foods are reduced very quickly, “oxalate dumping” can occur with may include one or more of the following symptoms: painful bowel movements, grainy stools, skin rashes or hives, mood changes, fatigue, dizziness, painful urination, difficulty focusing or cramps.

Oxalate dumping is NOT inevitable. However, if it occurs, symptoms will usually dissipate within a few days up to 2 weeks as the body adjusts. If symptoms occur and are too uncomfortable, add high oxalate foods back into the diet and decrease these foods at a slower rate (10% weekly).

**These nutritional recommendations are not approved by the US FDA. Supplement recommendations are not intended to treat, cure, or prevent any disease and do not take the place of medical advice or treatment from a healthcare professional.**