

## IMMUNE SUPPORT SUPPLEMENTS AND PROTOCOLS

### ESSENTIAL IMMUNE SUPPORT PROTOCOL

Here are the **essential, basic nutrients** to help keep your immune system robust.

It's important to take these regularly.

SUPPLEMENT	PREVENTATIVE DOSING
Multi Complete Plus	1-2 capsules a day
D35000 + K2 or D3-5000	1 capsule a day
Liposomal Vitamin C or Vitamin C+	1-3 teaspoons or 1-3 capsules a day
Hist-Assist	2 capsules a day
Zinc Glycinate	1 capsule or 15 – 30 mg a day
Biocidin®TS Throat Spray	5 sprays 1-2 times a day
<a href="#">Viramax</a> (optional)	2 capsules once a day

### EXTRA | ADDITIONAL SUPPORT

If you would like to include more supplements to help boost your resilience considering adding:

SUPPLEMENT	DOSING
IgG Pro Powder	1 scoop a day
Daily Defend	1 –2 capsules a day
Rapid Remedy	3 capsules a day
Omega Balance (fish oil)	1 capsule a day
Daily Probiotic	1 capsule a day
Exceed Greens + Reds Superfood	1-2 scoops per day (in water or smoothie)

### EMERGENCY COMPREHENSIVE IMMUNE SUPPORT

Everything to have on hand for when you are exposed to illness or symptomatic.

SUPPLEMENT	EXPOSURE/SYMPOMATIC DOSING
Vitamin D3 5000 or D3 5000 + K2	1-3 capsules daily
Zinc Glycinate	30 – 80 mg a day (up to 4 capsules)
Hist-Assist	4-8 capsules a day
Vitamin C+ or Liposomal Vitamin C	1 tsp 4-6x a day, 2-10 gm or to bowel tolerance
Multi Complete Plus	1-2 capsules a day
Neo 40 or Berkeley Life	1 daily of NEO 40, 2 daily of Berkeley Life
Daily Probiotic	1 capsule a day
Omega Balance	2-3 capsules a day
Biocidin®TS Throat Spray	5 sprays, 3-6 times a day
Liposomal Glutathione	1-2 tsp, 3-5 times a day
Liposomal Curcumin	2 tsp, 3 times a day
Viramax	3, 3 times a day
Melatonin	1 at bedtime or 3-10 mg
Magnesium Glycinate	1-4 capsules day

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### CARDIO PROTECT BUNDLE

People with pre-existing heart conditions, age 60 and over, are often particularly concerned with strengthening the immune system and avoiding illness. For those in that category, or anyone seeking extra support for heart health, consider these additional supplements:

SUPPLEMENT	PREVENTATIVE DOSING
Phosphatidylcholine Gel Caps	3-4 gel caps per day
Magnesium Glycinate 125	Titrate for daily bowel movement, 2-4 a day
L-Carnitine	2 capsules a day
Mito-Q or Liposomal CoQ10	2 capsules a day or 1 tsp daily
Vein Support	2 capsules a day
Curcumin +	1-2 capsules a day
ResveraCel	2 capsules a day
NEO 40	1-2 lozenges a day

### CHILDREN'S IMMUNE SUPPORT SUPPLEMENTS

I put together a children's support kit and protocol that includes liquid and chewable options. Children age 3 and up.

SUPPLEMENT	PREVENTION	EXPOSURE/SYMPTOMS
Active Multi Chewable	Follow Directions on Bottle	Follow Directions on Bottle
D3 + K2 Liquid	1 drop a day	1-2 drops a day
Liposomal Vitamin C	½ to 1 teaspoon	1-2 teaspoons
MetaKids Probiotic	Follow Directions on Bottle	Follow Directions on Bottle
Liposomal Curcumin	½ teaspoon	1-2 teaspoons
Biocidin®TS Throat Spray	2-3 sprays a day	2-3 sprays 2-3 times a day
Zn/Cu Spray	3 sprays a day	6 sprays a day