



Systems Health Care

INTEGRATIVE WELLNESS

2023 Immune Support Supplement Considerations

Everyday:

- Vitamin A: Bio-Ae-Mulsion (B) 5 drops 1x a day or 1 drop 1x of the Bio-Ae-Mulsion Forte (B). This should be taken with some food containing fat.
- Vitamin D: Bio-D-Mulsion Forte (B) 3 drops 1x, also with fat.
- Zinc: Zn-Zyme (B) 1 tablet 2x a day or Zinc Chelate (SP) 2 morning, 1 eve.
- Vitamin C: Cataplex C (SP) 4 tablets 2x a day or Camu (SN) 2 caps 2x a day.

If you feel, or definitely are, sick (Covid or another virus), in order or importance: (If this is too much for you to take, ideally focus on the first five of the seven.)

- Elderberry (EM or WB): 4 droppers 5x a day (always in water).
- Astragalus: (Ancient Ways): 2 droppers 4x a day (always in water).
- Vitamin A: Bio-Ae-Mulsion (B) 25 drops 2x a day or 4 drops 2x of the Bio-Ae-Mulsion Forte (B). This should be taken with some food containing fat. This dose is safe for short term (two weeks).
- Vitamin D: Bio-D-Mulsion Forte (B) 3 drops 2x, also with fat.
- Zinc: Zn-Zyme (B) 2 tablets 2x a day or Zinc Chelate (SP) 4 tablets 2x a day.
*Consider adding quercetin (below) as needed. * Double frequency (to 4x) for hair loss.
- Vitamin C: Cataplex C (SP) 4 tablets 4x a day or Camu (SN) 2 caps 4x a day.
- Thymus PMG (SP): Approximately 4 per hour.

Post-viral & cytokine support:

- Glycine (Pure Encap): 4 capsules 5-6x a day. (Start on day 5 from onset of symptoms.)
- Quercetin (Pure Encap): 2 capsules 4x a day (with zinc as needed).

Post-vaccine considerations for immune support:

- OPC-100 (Thorne): 4 capsules 3x a day for 4-5 weeks after any “booster.”
- Thymus PMG (SP): 4 tablets 4x a day.
- Spleen PMG (SP): 4 tablets 4x a day.

*Adjust the above half-dose for kids (approx. <13 yrs old) unless instructed otherwise.

B: Biotics; **SP:** Standard Process; **SN:** Supreme Nutrition; **EM:** Elk Mountain; **WB:** Weed Botanical