



Systems Health Care

INTEGRATIVE WELLNESS

2024 Immune Support Supplement Considerations

Everyday if stressed, otherwise, 3-4 times per week:

- **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.
*Double Zn frequency (to 4x) for hair loss.*Consider adding quercetin (below) as needed.
- **Vitamin C:** Cataplex C (SP) 4 tablets 4x a day or Camu (SN) 2 caps 4x a day.
- **Thymus PMG or Spleen PMG:** (SP) Approximately 4 per hour.

Post-viral & cytokine support:

- **Glycine:** (Pure Encap) 4 capsules 5-6x a day. (Start on day 3 from onset of symptoms.)
- **Quercetin:** (Pure Encap) 2 capsules 4x a day (with zinc as needed).

Post-vaccine considerations for immune support:

- **Grape Seed Extract:** (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