

CLINICAL PROTOCOLS

IMMUNE SUPPORT

A Suggested Nutritional Protocol for Immune Support

Wobenzym® N

Wobenzym® N is a combination of plant and animal based enzymes that assist the body in balancing Th1 and Th2 cytokines, which helps balance the body's immune system.

Suggested usage: *Three to four tablets, three times daily, 45 minutes before a meal or 1.5hrs after.*

OR

Wobenzym PS

This newly formed complex alters the molecular configuration of the α -2-macroglobulin molecule which results in a change in its affinity to bind certain cytokines. Once a cytokine is bound to the protease, the entire complex is able to be eliminated from the body, allowing normal cytokine balance and immune function to be maintained.

Suggested usage: *Adults take 3 tablets 2 times daily at least 45 minutes before meals or 1.5 hrs after.*

ImmuHerbs (Pure Encapsulations)

Offers a concentrated blend of immune-specific herbs providing flavonoids, unique polysaccharides and glucosides, and sulfur compounds for wide-range defense system support.

Suggested usage: *Three to six capsules daily, in divided doses, between meals.*

OR

M/R/S Mushroom Formula (Pure Encapsulations)

This formula provides a dynamic combination of maitake, reishi, and shiitake for promoting optimal immune system health and exceptional broad-spectrum physiological support.

Suggested usage: *One to two capsules per day, in divided doses, with meals.*

Xtra-Cell™ Thymus Spray (non-frozen)

Thymus spray is an extract to support healthy immune function that consists of a broad range of thymic peptides obtained from an aqueous extra of porcine thymus tissue.

Suggested usage: *Four sprays, twice daily.*

Vitamin D (tablets or liquid)

Vitamin D receptor ligands have been shown to increase the activity of natural killer cells, and enhance the phagocytic activity of macrophages. Vitamin D may be an important way to arm the immune system against disorders like the common cold.

Suggested usage: (tablets) *Adults take 1 tablet daily with food.*

Suggested usage: (liquid) *1 or more drops per day, with meals.*

Continued on next page

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Probiotic 5 (Pure Encapsulations)

A high-strength blend of lactobacilli and bifidobacteria to promote and support immune and gastrointestinal health. Studies suggest that probiotics support immune health, enhancing B cell, T cell and NK cell function.

Suggested usage: *1-2 capsules per day, in divided doses, with or between meals.*

OR

Multi-Probiotic 4000

Contains over four billion beneficial organisms, including representatives of both the lactobacillus and bifidobacterium genera, mixed in a base of probiotic fructooligosaccharide.

Suggested usage: *1-2 capsules per day, in divided doses, with or between meals.*

OR

Probiotic 50B (soy and dairy free) [acid resistant capsules]

Probiotic 50B provides 50 billion CFU of the beneficial bacteria *Lactobacillus acidophilus*, *Lactobacillus rhamnosus*, *Lactobacillus plantarum*, *Bifidobacterium longum* and *Bifidobacterium lactis* offered in acid-resistant capsules with pH targeted release to deliver maximal viable organisms to the digestive tract. These five researched strains promote healthy intestinal ecology to support gastrointestinal and immune health.

Suggested usage: *Take 1 capsule daily, with or between meals.*

Zinc Lozenges

Zinc Lozenges supply bio-available zinc, sweetened with sorbitol and flavoured with natural orange extracts. Each tablet contains 10 mg of elemental zinc in the form of zinc glycinate.

Suggested usage: *Allow to dissolve completely in the mouth. Do not exceed 6 lozenges per day.*

FOR CHILDREN

Vita Kids™ Immune Liquid

A children's liquid that provides important immune supportive nutrients including honey suckle, elderberry extract, beta-carotene, and zinc in a pleasant tasting, alcohol free formula.

Suggested usage: *One teaspoon daily (ages 3+).*

Vitamin D (tablets or liquid)

Vitamin D receptor ligands have been shown to increase the activity of natural killer cells, and enhance the phagocytic activity of macrophages. Vitamin D may be an important way to arm the immune system against disorders like the common cold.

Suggested usage: *Tablets Adults take 1 tablet daily with food.*

Suggested usage: *Liquid 1 or more drops per day, with meals.*

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ELITE PRODUCT

Xtra-Cell™ Thymus (frozen)

A frozen liquid extract to support healthy immune function that consists of a broad range of thymic peptides obtained from an aqueous extract of porcine thymus tissue. This product **MUST** be kept frozen at all times to maintain culture viability.

Suggested usage: *One to two bottles weekly.*