

# CLINICAL PROTOCOLS

## TRAVELERS SUPPORT

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*A Suggested Nutritional Protocol for Travelers Support*

### **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.*

OR

### **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.*

### **Melatonin 3mg**

Sublingual Melatonin tablets may be useful adjunct for individuals who wish to support the body's pineal gland function and to help with sleep/wake cycles. A product to help avoid jet lag that can occur with time changes.

**Suggested usage:** *One tablet 1 hour before bedtime, as needed. Not to be taken by anyone under the age of 18.*

### **Lactobacillus Sporngese**

A probiotic which supports the growth of friendly bacteria and helps maintain a healthy balance of microflora in the intestinal environment. Unlike any other strains of lactobacillus, this product DOES NOT require refrigeration, making it ideal for travel.

**Suggested usage:** *One to three capsules per day, in divided doses, between meals.*

