

# Immune Support Protocol

## Diet

### ***Avoid too much sugar***

Avoid high-sugar foods and sugar-sweetened beverages. This one simple change can go a long way toward enhancing energy and avoiding energy crashes throughout the day.

### ***Eat more garlic & onions***

Garlic and onions are part of the group of plants called “alliums.” These spicy plants are high in phytochemicals that support the immune system and are antimicrobial in their own right.

### ***Eat a rainbow***

Vary your fruit and vegetable intake to include as much diversity as possible. This increases various fibers and prebiotics and provides nutritional antioxidants, vitamins, and trace minerals. Some examples of low-glycemic vegetables include kale, bok choy, spinach, purple cabbage, asparagus, peppers, cauliflower, Brussels sprouts, and chard.

### ***Cook with herbs & spices***

Rosemary, ginger, turmeric, coriander, parsley, and thyme all provide supportive phytochemicals that encourage robust health.

### ***Indulge in fermented foods***

Fermented and cultured foods support a healthy gut flora, which in turn has immune-supportive benefits. Choose plain, unsweetened yogurt or kefir, fermented sauerkraut, kimchi, or other vegetables, or miso. These provide live cultures that add to your microbiota. Check the labels (especially on fermented vegetables) to ensure they contain live, probiotic cultures, as not all do.

## Lifestyle

### ***Start an exercise routine***

Regular mild-to-moderate exercise has been shown to support overall health as well as a healthy immune system. Extreme exercise, however, has been shown to have a suppressive effect on the immune system.

### ***Minimize alcohol consumption***

Try to abstain from alcohol. Alcohol is known to cause inflammation and suppress the immune system.

### ***Sleep is key***

The immune system is very active when we are asleep. Ensure proper sleep hygiene with a cool, dark room. Also consider powering down electronics about 45 minutes before sleep as these can worsen sleep quality.

### ***Address stress***

Stress is directly linked with immune suppression. Increase ways to focus on relaxation in your life. Consider a meditation app or yoga class. Lower stress leads to increased energy for the things you want to do.

### ***Increase hydration***

Increasing healthy hydration with pure, filtered water supports all aspects of our health, body, and mind! Aim to drink half your body weight in fluid ounces per day. For example, someone that weighs 170 lbs should aim to drink at least 85 fl oz per day.

### ***Healthy home microbiome***

Our homes have a rich and diverse microbial environment. These microbes and their by-products can help trigger and regulate the various immune processes that either defend against pathogens or help us to tolerate normally harmless things in our air, food, or our own bodies. Healthy home microbiome practices include: adding good bacteria to the environment with probiotic cleaning sprays; avoiding tracking in herbicides/pesticides by taking off your shoes inside; and steering clear of anti-bacterial soaps and opting for natural cleaning products instead.

# Optimized Supplement Plan



## Ther-Biotic® Synbiotic

Shelf-stable, 50 billion CFU probiotic and prebiotic formulation

50 Billion CFU shelf stable probiotic plus a low-FODMAP Certified™ prebiotic work together to seed and feed your gut bacteria to support healthy digestion, respiratory function, and immune system function.† (SKU #V777)

## ImmunoMax™ Capsules

Medicinal mushroom blend for immune support†

A blend of well-researched, concentrated medicinal mushroom extracts plus green tea extract to support your immune system.† (SKU #CP8296)

## Vitamin D Plus K

Vitamin D, the sunshine vitamin

Bioavailable combination of 5,000 IU of Vitamin D3 (cholecalciferol) and 100 mcg Vitamin K2 (menaquinone-7, MK7). When taken together, these nutrients provide enhanced support for healthy bones, cardiovascular function, and immune system function.† (SKU #VDK)

## Enhanced Support Option

### EpiCor®

Balances immune function and supports healthy inflammatory responses†

This powerful postbiotic, whole food fermentate is an immune system modulator that helps support and regulate your body's natural immune defenses.† (SKU #CP1491)

Product Name	Serving Suggestion*	Purpose
<b>Ther-Biotic® Synbiotic</b>	<b>1 capsule daily with food</b>	70-80% of the body's immune cells are found in the gastrointestinal tract (GIT). The microbes resident in our GIT form our unique microbiota. The immune system and the gut microbiota form a relationship where they assist and regulate each other. Maintaining a healthy microbiota assisted by probiotic supplementation supports an overall healthy immune response and system.†
<b>ImmunoMax™</b>	<b>2 capsules, 1 to 2 times daily</b>	The mushroom extracts supply a range of bioactive compounds that support immune system function.† These naturally occurring compounds, especially beta glucans, support healthy immune reactions by encouraging healthy inflammatory response (e.g. via cytokines IL-1, IL-2, IL-6 and INF-gamma) and innate immunity.†
<b>Vitamin D Plus K</b> [Use Vitamin D3 1,000 IU   5,000 IU (SKU #VTD   VTD5) if on blood-thinning medication]	<b>1 capsule daily with food</b>	Receptors for vitamin D are found on almost all cells of the immune system. Vitamin D positively impacts both the innate and adaptive immune systems.† Additionally, vitamin K can act as a cofactor for some plasma proteins, thereby affecting immune and inflammatory responses particularly those mediated by the adaptive immune system (T cells).†
Enhanced Support Option		
<b>EpiCor®</b>	<b>1 capsule daily</b>	Supports first-line immune defense and overall immune health by increasing levels of IgA, an important antibody for mucosal defense, and promoting natural killer cell activation as well as that of B cells and T cells.† Additionally, provides support for upper respiratory tract health.†

\*Or as directed by your Healthcare Provider

† These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.