

Children's Immune Support Guide[†]

Nutrition

Stay Hydrated

Adequate hydration is essential for healthy fluid movement and immune function. Increasing healthy hydration with pure, filtered water supports all aspects of our health, body, and mind! If your child is not a fan of plain water, you can also offer warm herbal tea, as well as water-rich fruits and vegetables like oranges, grapes, pineapple, and cucumbers. Other hydrating liquids are soup, broth, and smoothies. To determine normal fluid needs: Child's weight in pounds x .45 = ounces of fluid needed per day.

Offer Fruit for a Sweet Treat

There is emerging evidence that sugar and processed foods may alter the microbiota by favoring the expansion of harmful sugar-loving bacteria and pushing out the more beneficial bacteria that aid in immunological function. Fruits like oranges and blueberries, which are naturally sweet but also include healthful nutrients like vitamin C and antioxidants, are great choices for a sweet snack. Vitamin C-rich diets have been shown to improve immunity by increasing lymphocyte function. Oranges, tangerines, kiwi, and yellow bell peppers top the list of vitamin C-rich foods. Offer your child a minimum of five daily portions of fresh produce, with one serving being one cup for older children and two tablespoons for younger children.

Boost Prebiotics and Probiotics

Both probiotics and prebiotics are essential for healthy bacteria in the gut to flourish. Prebiotics are non-digestible nutrients that promote the growth of beneficial gut microbes. Prebiotic-rich foods include almonds, chickpeas, garlic, leeks, onions, cabbage, lentils, kidney beans, soybeans, bananas, watermelon, grapefruit, flaxseeds, and pistachio nuts.

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

Lifestyle

Get Daily Exercise

Regular mild-to-moderate exercise has been shown to support overall health as well as have a beneficial effect on a child's immune system. Maybe it's time for a new club or school sport? Why not try a new family activity like swimming, hiking, cycling, or tennis? Something as simple as a walk outdoors can be great exercise and give your child a boost of the "sunshine vitamin," vitamin D.

Optimize Sleep

The immune system is continually active when we are asleep. Ensure proper sleep hygiene in a cool, dark room. Also, consider powering down electronics about 45 minutes before sleep, as the blue light they emit can worsen sleep quality. The optimal amount of sleep needed varies with a child's age. Toddlers need 12-13 hours, children aged 7-12 should sleep 10 hours, and teenagers 8-9 hours.

Wash Those Little Hands

Proper hygiene is critical to help strengthen a child's immune system. It is important to teach children the importance of washing their hands before eating and after using the restroom to reduce the spread of germs and bacteria. Absenteeism in children is reduced by up to 57%, and the number of kids who suffer diarrhea is cut by as much as 40%, simply by washing their hands with soap and water. Use the time it takes to sing "Happy Birthday" twice to get them clean.

Avoid Second-Hand Smoke

Children are more likely to get sick if they live in a home where people smoke. The Centers for Disease Control and Prevention (CDC) say that second-hand smoke makes a child more likely to get ear infections, asthma, and other respiratory infections and symptoms. It also raises the child's risk of sudden infant death syndrome (SIDS).

Establish a 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 beneficial bacteria to the environment with probiotic cleaning sprays, avoiding tracking in herbicides/pesticides by taking off your shoes when inside, and steering clear of anti-bacterial soaps by opting for natural cleaning products instead.

Immune Support Protocol

Optimized Children's Supplement Plan



Equazen® VitaSpectrum®

Comprehensive multiple vitamin/mineral supplement providing an excellent source of 20 essential vitamins and minerals that are easy to absorb and utilize.†

Nutritional insurance for children that may have reduced food intake or absorption challenges.† (SKU# VTSE)

Ther-Biotic® Kids

High-potency, multi-species chewable probiotic for immune support.†

Provides intensively researched probiotic species that have been and clinically shown to support gastrointestinal health and immune function in children.† (SKU# K-TCC)

Eicosamax® TG Liquid

Ultra-pure, sustainable fish oil liquid.

Eicosamax TG Liquid supplies 1,400 mg of EPA and 925 mg of DHA per teaspoon. (SKU# EMLTG)

Young children have more sensitive immune systems since they are still developing. This protocol helps support the healthy development and function of your child's immune system, as well as how to support them during seasonal immune challenges.†

Product Name	Serving Suggestion*	Purpose
Equazen® VitaSpectrum®	Mix 1 scoop of this unflavored powder into smoothies, yogurt, milk or milk alternatives, or other soft foods daily. (For children 4+)	Equazen® VitaSpectrum® is a comprehensive multiple vitamin/mineral supplement providing an excellent source of 20 essential nutrients in amounts designed to address nutritional imbalances observed in many children.† Picky eating, undereating, and absorption challenges can all cause vitamin and mineral gaps. Equazen® VitaSpectrum® helps fill these nutritional gaps.†
Ther-Biotic® Kids	Chew 1 tablet daily preferably at the beginning of a meal. (For children 2+)	Ther-Biotic® Kids is a broad-spectrum, hypoallergenic probiotic supplement designed for children 2 years of age and older. Our 25 billion CFU formulation contains eight total Lactobacillus and Bifidobacterium species which have been intensively researched and clinically shown to support gastrointestinal health and immune function in children.† The natural cherry flavor makes daily supplementation easy.
Eicosamax® TG Liquid	1/2 tsp daily with food. (For children 2-12 years) 1 tsp daily with food. (For children 12+)	The Eicosamax® line of essential fatty acids provides concentrated triglyceride-form omega-3 EPA and DHA derived from fish oil. Omega-3 fatty acids are often called "good fats" due to the numerous roles they play in supporting health, including supporting a balanced immune and inflammatory response, as well as supporting heart, joint, skin, brain, and nerve function.†

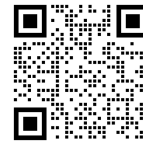
*Or as directed by your healthcare provider



Equazen® VitaSpectrum®



Ther-Biotic® Kids



Eicosamax® TG Liquid

†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.