

Cold & Flu Season Immune Support

(printer-friendly pdf document here)

With all the media coverage of the swine flu epidemic, many patients have asked what supplements they can take to support their immune system during cold & flu season. This protocol may be used by anyone whether they have chosen to take the vaccination(s) or not as a way to help your body defend itself. Click above for a printer-friendly pdf of this document to use as a shopping list or take a look at our November eDeal which is 30% off a six month supply of everything listed plus free shipping. Don't forget to read the articles, information, and links we've provided on our homepage under the H1N1 Swine Flu heading.

Take once per day with a meal:

Adults

Vitamin C 2000 mg (2 grams)
Vitamin A 25,000 IU
Vitamin D3 2000 IU
Zinc 30 mg
Probiotics (25-100 billion CFUs)

Children

Vitamin C 1000 mg (1 gram)
Vitamin A 10,000 IU
Vitamin D3 1000 IU
Zinc 30 mg
Probiotics (25-100 billion CFUs)

November eDeal--30% off Cold & Flu Season Supplement Pack plus free shipping!