

Immune System Recommendations – ADULT

- **Maintenance: Recommended Year-round**

Minimum maintenance

- 1) Bio-D Mulsion Forte (vitamin D3) at 2-3 drops daily
- 2) Bio-Immunozyne Forte capsules at 1-2 daily with food. (Functions as an immune system multi vitamin and mineral supplements. Can substitute Pro-Multi Plus as a vegan alternative.)

Optional added maintenance (for those prone to immune challenges, or during high risk times of the year).

- 3) Bio-C Plus tablets, or liquid Liposomal Vitamin C (dose per label instructions)
- 4) Zn-Zyme, or Zn-Zyme Forte (zinc - dose per label instructions)
- 5) Smart Silver liquid at 1 teaspoon daily
- 6) Personal Defense Essential Oil (may be inhaled, applied topically, or diffused)

- **Recommendations for fighting a Bacterial Infection (green mucus)**

Continue maintenance program with these changes / additions

- 1) Increase Bio-Immunozyne Forte to 4-8 per day with food.
- 2) IAG powder at 4-8 teaspoons mixed in water or juice per day. (Mix 1 teaspoon per 8 ounces)
- 3) A.D.P. 4-12 tablets daily.
- 4) Increase Smart Silver liquid to 1-2 tablespoons daily

- **Recommendations for fighting a Viral Infection (clear mucus)**

Continue maintenance program with these changes / additions

- 1) Increase Bio-Immunozyne Forte to 4-8 per day with food.
- 2) IAG powder at 4-8 teaspoons mixed in water or juice per day. (Mix 1 teaspoon per 8 ounces)
- 3) Ultra Vir-X capsules at 3-9 per day.
- 4) Increase Smart Silver liquid to 1-2 tablespoons daily

- **For Fever:**

Biotics Cold and Fever Cocktail – Mix 1 tablespoon IAG powder and 1 tablespoon C/Cal/Mag powder in water or juice. Sip 3-4 cold and fever cocktails throughout the day until fever subsides.

- **Natural Mucinex Substitute:**

DesBio Mucinease is formulated to help alleviate the symptoms and duration of upper respiratory congestion, while acting as a natural antihistamine, supporting immune health, and alleviating common cold/flu symptoms. DesBio Throat Spray is designed to alleviate throat distress related to upper respiratory tract infections.

- **ENT Support: (ear, nose and throat)**

Adult ENT-Pro lozenges at 1-2 daily for upper respiratory discomfort. (Suck on lozenge until gone. Do not chew or swallow.)

NOTE: Where a dose range is recommended, the lower doses are for people under 80 lbs. or those with mild symptoms, higher doses for heavier people and those with more severe symptoms. Vitamin D and Smart Silver may be taken in one dose, all others should be spread throughout the day with snacks or meals unless otherwise noted.

Supplements Available from Energy Equals Wellness

<p>Bio-D-Mulsion Forte (Biotics) Vitamin D3 is the most biologically active form of D. For better absorption, choose emulsified forms of vitamin D. Because vitamin D is a fat-soluble vitamin, emulsified forms are more bioavailable. Biotics Bio-D-Mulsion Forte supplies 2,000 IU per drop of vitamin D3 as a micro-emulsion for enhanced absorption. Also available as Bio-D Mulsion for children.</p>	<p>Bio-Immunozyme Forte (Biotics) A unique, broad-spectrum multiple designed to specifically support normal, healthy immune function. Each capsule provides a wide array of vitamin, mineral, botanical, amino acid and organ/glandular specific support. Recommended to maintain a health immune system, and for active immune challenges.</p>	<p>Bio-C Plus tablets (Biotics) Provides Vitamin C as mixed mineral ascorbates, combined with citrus bioflavonoids, SOD and catalase. Vitamin C functions as an excellent antioxidant. Bio C Plus may be used whenever the need for vitamin C is determined.</p>
<p>Liposomal Vitamin C liquid (DesBio) Provides an effective dose of vitamin C in a natural and pure liposomal delivery system. With typical products, only a percentage of the vitamin C is actually absorbed. The liposomal delivery system allows for superior bioavailability.</p>	<p>Zn-Zyme & Zn-Zyme Forte (Biotics) Zinc is a mineral essential to both normal health and to optimal cellular function. As a cofactor for an excess of seventy enzymes, zinc plays an important role in many cellular processes and affords many other immunological defenses. Zn-Zyme provides 15mg of zinc per tablet, and Zn-Zyme Forte provides 25mg.</p>	<p>Smart Silver liquid (DesBio) Smart Silver is an engineered nanoparticle, not a colloidal silver. Smart Silver works as a catalyst to kill bacteria. Due to the patented revolutionary process of its manufacture, it does not deal with bacteria on merely a chemical level, as do colloidal silvers, but also works on a measurable energetic level.</p>
<p>IAG powder (Biotics) IAG supplies arabinogalactans, which are long, densely branched, high-molecular weight polysaccharides, which act as natural activators of the immune system. Studies have also documented Arabinogalactan's ability to enhance the cytotoxicity of our immune systems Natural Killer Cells.</p>	<p>A.D.P. tablets (Biotics) A.D.P is a proven effective, patented formula. Utilizing micro-emulsification and delayed release technologies, A.D.P. delivers standardized oil of oregano throughout the digestive tract, where it functions to impact undesirable intestinal organisms.</p>	<p>UltraVir-X capsules (Biotics) Provides key vitamins and specific minerals, combined with a proprietary complement of botanical compounds possessing immuno-modulating properties. It offers unique supplemental support for normal, healthy immune function.</p>
<p>Adult and Child ENT-Pro lozenges (Biotics) Provides specific probiotics targeted to support ear, nose and throat tissues. These probiotic strains also promote overall immune-modulating qualities. Available in Adult and Child formulations.</p>	<p>Mucinease capsules (DesBio) Mucinease is formulated to help alleviate the symptoms and duration of upper respiratory congestion, while acting as a natural antihistamine, supporting immune health, and alleviating common cold/flu symptoms. Use in place of Mucinex.</p>	<p>Throat Spray (DesBio) Throat Spray is a combination of ingredients shown to soothe the throat and modulate healthy throat tissue. This product is suitable for an array of respiratory distresses and for occasions where there is dryness or constriction of the throat.</p>
<p>C/Cal/Mag Powder (Biotics) Offers the advantages of being highly soluble, easily swallowed and readily absorbed. C/Cal/Mag Powder is easy to administer to children, adolescents, and seniors alike, by adding it to water or juice. Use with Biotics Cold and Fever Cocktail.</p>	<p>BioDophilus-FOS Powder (Biotics) BioDophilus-FOS is a pleasant tasting probiotic powder ideal for children. It consists of the bacteria Lactobacillus acidophilus and Bifidobacterium bifidum, along with fructooligosaccharides (FOS). It serves to stimulate the immune system to respond rapidly to opportunistic organisms.</p>	<p>Cytozyme-THY tablets (Biotics) Recommended for adults and children to support the thymus during immune system challenges. For children, the tablets may be crushed and mixed in a small amount of food such as applesauce or yogurt.</p>

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