

Julie's Favorite - IMMUNE SUPPORTING SUPPLEMENTS

It is essential to focus on your **immune health** ; supplements are just *one important* component to consider. Here you find products to consider when developing your immune health protocol. It is important to have a personalized program tailored by a professional to meet *your* specific needs.

IMMUNE SUPPORT	MegaViron (Microbiome Labs)	Immun-Zyme (Apex)	Viracid (Orthomolecular)	OlivDefense (Xymogen)
PROBIOTICS	Megasporebiotic (Microbiome Labs)	ProBioMax DF (Xymogen)	ProFlora 4R (Bio-Botanical Research)	Ther-biotic Synbiotic (Klaire labs)
ANTIOXIDANTS	NAC (Pure)	Liposomal Glutathione (Pure or QuickSilver)	Antioxidant Formula (Pure)	
BETA-GLUCANS	Beta 1,3/1,6- D – Glucan (NOW)	ImmunotiX 250 (Xymogen)	**Food Sources are key too!!	
HERBALS	Elderberry Syrup (Gaia)	Immun-Zyme (APEX)	Biocidin (Bio-Botanical Research)	Olivirex (Bio-Botanical Research)
IMMUNOGLOBULINS	SBI Protect (Orthomolecular)	MEGAIgG2000 (Microbiome Labs)	MegaMucosa (Microbiome Labs)	
VITAMIN D	Hi-PO Liquid (Designs for Health)	D3/K Liquid (Designs for Health)		
VITAMIN C	Buffered Vitamin C (any brand)	Liposomal Vitamin C (QuickSilver)	Potent C Guard (PerQue)	
MINERALS	Zinc Glycinate (Xymogen or Pure)	Trace Minerals (Thorne)	MegaQuinone K2-7 (Microbiome Labs)	

BASIC CONSIDERATIONS I WOULD SUGGEST BASED ON MY RESEARCH TO HELP SUPPORT IMMUNE FUNCTION:

Vitamin C – 2,000- 4000mg (or more) daily in divided doses

Vitamin D3: 2,000- 5,000 IU

Probiotic: Spore based or broad spectrum

***Avoid Acid Reducers as Much as Possible due to impact on absorption [and latest study on PPI's and increased risk of COVID.](#)

Magnesium: 400mg or more (citrate, malate, chloride, or chelate)

Zinc: 20-45 mg/day

Elderberry/ Herbal and/or NAC

DISCLAIMER: The information contained herein is for informational and educational purposes only and is not intended to replace the advice offered by an appropriately qualified and licensed physician or other healthcare provider. All dosing information provided in this guide is general. In many cases, the amount of supplement needed can be found in a multivitamin/mineral supplement. In some cases, an additional supplement would be warranted to achieve therapeutic levels. Be sure to consult with your qualified health care provider to get appropriate dosing that best supports your health.