

# IMMUNE SUPPORT CONDITION PROTOCOL

## Supplementation Regimen:

### 2 Weeks:

- Optimal Whole C - Chewables, 3 chewables 3 times daily
- Exposure Protection Pak or Natural Z pak (includes glandula), 1 packet morning and night
- Optimal OxyPure, 10 drops 3 times daily

### Duration of 1 Box:

- Flora Blitz 100, 1 packet daily

### After 2 Weeks:

- Exposure Protection Pak or Natural Z pak (includes glandula), 1 packet daily
- Optimal Fruit & Veggie Plus, 1 serving daily



## Nutrition Regimen:

- Drink large amounts of fluids (preferably diluted vegetable and fruit juices, water, and herbal teas) and fresh juices
- Consume foods high in antioxidants to boost the immune system, such as dark and bright-colored fruits and vegetables (blueberries, raspberries, pomegranates, broccoli, yams, etc.)
- Consume foods that contain probiotics, such as fresh yogurt without added sugars, kefir, and kimchee
- Eliminate creamy dairy products, refined sugars, and white flour

## Exercise Regimen:

- Moderate exercise to break a sweat for 20-30 minutes daily