

## RESPIRATORY IMMUNE SUPPORT

NB: All supplements are to be taken with food unless otherwise stated

### To Support General Health

**Echinacea Premium** 2 tablets, 2 times daily OR **Andrographis Complex** 2 tablets, 2 times daily

**Viranon** 1 tablet, 2-3 times daily

**Herbal Throat Spray** shake bottle well and 4 sprays in the throat twice daily

**Astragalus Complex** 2 tablets, 2 times daily in addition to the above if the person needs extra normal defence system support or extra vitality support

**If you feel like your system is challenged or have come in contact with an immune challenged person,** temporarily double or triple the dose of the **Echinacea Premium** OR **Andrographis Complex** (watch for *rare* allergic reaction to Andrographis and switch to Echinacea if this happens)

#### Options for Adrenal Support:

1. **Adrenal Complex** 2 tablets at breakfast, 1 at lunch

OR

2. **Rhodiola & Schisandra** 3 tablets at breakfast

#### Nutritional support:

**Cataplex D** 2 tablets daily

**Cataplex C** 3 tablets daily

**Sufficient Zinc levels?** Can check this via blood levels or ALK PHOS low levels usually due to low Zinc levels, or in your office use **Zinc Test**, 2 teaspoons and hold in mouth for 10 seconds to assess levels. Supplement with **Zinc Liver Chelate/Chezyn** or **Trace Minerals-B12** as appropriate for the individual

**Sufficient iron levels?** Check serum iron, ferritin & hemoglobin levels and if deficient, supplement with iron e.g. **Fe-Max Iron Tonic Phytosynergist** 10mL in morning mixed in water

**Probiotic:** may be beneficial to improve general gut and immune health and during the other stages discussed below e.g. **ProSynbiotic** 3 capsules daily

### Immune Challenge Onset

**At the first signs of immune challenge - take the following, until signs resolve & for a further 24 hours afterwards:**

**Andrographis Complex** 2 tablets, 3-4 times daily or for ease of compliance 4 tablets, 2 times daily

**Viranon** 2 tablets, 2 times daily

**Myrrh Forte** 4 tablets, 2 times daily (for up to 4-6 days) preferably on empty stomach to support upper respiratory tract health

**Artemisinin Complex** 2 tablets, 2 times daily (for up to 7 days, then take 7 days off & repeat if necessary)

#### Further support to be considered:

**Garlic Forte** 1 tablet, 3 times daily (for further immune support)

**Golden Seal** 1 tablet, 3 times daily (for mucus membrane support)

## Immune Challenge Onset (continued)

### Specific health challenges:

- Support normal mucus flow in the respiratory tract: **Broncafect** tablets 2 tablets, 3 times daily or **Broncafect Phytosynergist** 5mL in warm water, 3-4 times daily
- Support normal body temperature: drink diaphoretic herbal teas (peppermint, chamomile or yarrow)
- To soothe the throat: **Herbal Throat Spray** – shake bottle well and 4 sprays into mouth and specifically to any challenged areas, 4 times daily or as needed to soothe the sore throat
- Adrenal Support: **Rhodiola & Schisandra** 3 tablets at breakfast
- If immune response indicates, consider **Turmeric Forte** 2 tablets, 2 times daily to support healthy inflammation response.

### Nutritional support:

**Cataplex D** 2 tablets per day

**Cataplex C** 3 tablets per day

**Sufficient Zinc levels?** Can check this via blood levels or ALK PHOS low levels usually due to low Zinc levels, or in your office use **Zinc Test**, 2 teaspoons and hold in mouth for 10 seconds to assess levels. Supplement with **Zinc Liver Chelate/Chezy**n or **Trace Minerals B-12** as appropriate for the individual

**Sufficient iron levels?** Check serum iron, ferritin & hemoglobin levels and if deficient, supplement with iron e.g. **Fe-Max Iron Tonic Phytosynergist** 10mL in morning mixed in water

**Probiotic:** may be beneficial to improve overall immunity for prevention and during the other stages discussed below e.g. **ProSynbiotic** 3 capsules per day

## Other Adjacent presentations

### 1. Further Respiratory System Challenge:

- **Broncafect** for early stages, **Broncafect** tablets 2 tablets, 3 times daily or **Broncafect Phytosynergist** 5 mL diluted in warm water, 3-4 times daily
- **ResCo** for dry hacking cough and support normal mucus flow, **ResCo tablets** 2 tablets, 3 times daily or **ResCo Phytosynergist** 5 mL diluted in warm water, 3-4 times daily
- Plus immune support as detailed above re **Andrographis Complex & Viranon**
- **Myrrh Forte** 4 tablets, 2 times daily for additional support for upper respiratory tract health (preferably on empty stomach)

### 2. Kidney support and UTIs:

- **Cranberry Complex** 1-2 tablets, 3 times daily until signs ease and then for a further 24 hours afterwards, and drink sufficient water throughout the day
- **UriCo** 5 mL diluted in water, 3 times daily until signs ease and then for a further 24 hours afterwards.
- Plus immune support as detailed above re **Andrographis Complex**
- **Microcirculation Diet** to support the kidneys together with **Gotu Kola Complex** 2 tablets, 2 times daily

**Nutritional support:** consider recommendations from sections above

**For Health Care Professional Use Only**