

Integrated Health Concepts

Immunity Support Recommendations

- **Vitamin D 5,000 IU Daily**
 - Enhances the white blood cells that are important parts of your immune defense and decreases inflammation, which helps to promote immune response.
- **Zinc 25-50mg Daily**
 - Protects tissue barriers in the body to help prevent foreign pathogens from entering.
- **Quercetin 500mg Daily**
 - Formulated to help support cellular, cardiometabolic, and immune health. It is one of the most bioactive flavonoids and helps maintain mast cell function.
- **Vitamin C 1000mg Daily**
 - Vitamin C's antioxidant properties are vital for the body's health process.



Integrated Health Concepts

Sickness Support Recommendations

- **Vitamin D 10,000 IU Daily**
 - Enhances the white blood cells that are important parts of your immune defense and decreases inflammation, which helps to promote immune response.
- **Zinc 50-100mg Daily**
 - Protects tissue barriers in the body to help prevent foreign pathogens from entering.
- **Quercetin 500mg Three Times Per Day**
 - Formulated to help support cellular, cardiometabolic, and immune health. It is one of the most bioactive flavonoids and helps maintain mast cell function.
- **Vitamin C 1000mg Two Times Per Day**
 - Vitamin C's antioxidant properties are vital for the body's health process.

