



## NUTRACEUTICAL RECOMMENDATIONS

FOR THE CONSISTENT SUPPORT OF YOUR IMMUNE SYSTEM AND GUT HEALTH

**Vitamin D3/K 5000 IU** per day assists in immune support and has been proven to be anti viral.

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**Eaze®** - A broad spectrum probiotic is key in keeping the gut microbiome and immune system healthy and the general immune system from being chronically activated. An effective probiotic should have 5 strains of Lactobacillus and 5 of Bifidum to populate both the small and large intestine. Since one of the docking sites of the virus is in the small intestine, fortifying the immune system inside the small intestine can be really helpful.

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**Immune®** - An immune supporting supplement that can regulate proper immune function while supporting the liver is an excellent enhancement for the body during this time.

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**Vitamin C 2000 - 4000 mg per day** is a potent anti-oxidant which assists the body in anti-viral activity.

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**Zinc 20 mg per day** reduces viral replication.

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**OPC®** - Oligomeric Proanthocyanidin Complex, derived from dark skinned fruits and other antioxidant compounds which increase Nitric Oxide in the body which increases blood flow and oxygenation to the tissues. This creates an unfavorable environment for viral replication.

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TO SCHEDULE AN APPOINTMENT WITH  
**Dr. Vesna Skul or Dr. Danuta Hoyer**

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