

# Immune Support

<b>Adult Immune Support</b>	<ul style="list-style-type: none"><li>• Orthomolecular Viracid</li><li>• Immune-Zn Lozenge</li><li>• Integrative Therapeutics Vitamin C with Quercitin</li><li>• Orthomolecular Liquid Vitamin D/K2 1000IU/drop</li><li>• Metagenics Ultra Potent-C Chewable (250mg)</li><li>• Designs for Health Immunitone 2 capsules 2x/day</li><li>• Vital Nutrients ViraCon - at first sign of illness 2-3 capsules 3-4x/day</li><li>• NAC - 1500mg per day in divided doses</li><li>• Zinc 15mg as prevention, increase to 30-50mg at first sign of illness</li><li>• Integrative Therapeutics Vitamin C with Quercitin</li></ul>
<b>Pediatric Immune Support</b>	<ul style="list-style-type: none"><li>• Berry Well Powder</li><li>• Elderberry syrup (Seattle Elderberry, Gaia)</li><li>• Metagenics Ultra Potent-C Chewable (250mg)</li><li>• Integrative therapeutics Vitamin D3 chocolate chewable 2000IU</li><li>• Orthomolecular Liquid Vitamin D/K2 1000IU/drop</li><li>• Metagenics MetaKids Probiotics (chewable grape) 10,000 billion</li><li>• D-Hist Jr</li><li>• Xlear helps to prevent bacteria from sticking to cell walls</li></ul>
<b>Clean Sanitizer</b>	<ul style="list-style-type: none"><li>• Elyptol Antimicrobial Hand Sanitizer Spray</li><li>• Grove Collaborative Hand Sanitizer Spray, Blood Orange</li><li>• Prima Clean Hands Moisturizing Hand Sanitizer Spray</li><li>• Grove Collaborative Kids Hand Sanitizer Gel, Wacky Watermelon</li></ul>
<b>Clean Soap</b>	<ul style="list-style-type: none"><li>• Handzies: Castille soap and water.</li><li>• J.R. Watkins No-Rinse Foaming Hand Cleanser, Unscented</li></ul>