

Dr. Powers IMMUNE Support – GUIDELINES & SUPPLEMENTATION

IMPORTANT!

- All guidelines offered – *natural medicine and diet & lifestyle* – are intended for *adults* and *only for minor illnesses*, and not for serious or prolonged infections; nor to replace medical or emergency care and treatment.
- Immune supportive natural medicine is particularly useful for **prevention**, or at the **first signs of a minor respiratory infection** and/or “common cold” – low fever; sore throat; mild cough; weakness; discomfort; general body aches; etc.
- Although the recommended immune support is likely compatible to take with prescription medication, it is advised to *check with your doctor* before beginning botanical (herbal) medicine.
- If *pregnant* or *lactating*, consult with your doctor before taking supplementation of any kind
- For *diagnosis and treatment*, or if your *symptoms worsen* or **do not improve within 7 days** – see your doctor.

GUIDELINES: Diet & Lifestyle and Supplement Dosage

The safest and most predictable way to boost immunity includes:

1. **Guidance on how to eat, move, and sleep** to optimize immune function
 2. **Targeted, researched supplementation with specific dosages** for both prevention and illness recovery
 3. **Instruction on how to wean yourself off of immune support** to help avoid an infection relapse (i.e., when ill and taking higher dosages to facilitate healing and recovery).
- ✓ **Dosage guidelines** – how to dose Dr. Powers’ recommended immune support (for both *Prevention* and *Illness Recovery*)
 - ✓ **Diet & Lifestyle guidelines for Prevention** – diet, exercise and other advice to build immunity *when you feel well*
 - ✓ **Diet & Lifestyle guidelines for Illness Recovery** – diet, exercise and other advice to promote healing *when you feel ill*
 - ✓ **Immune Support “Weaning” guidelines for Illness Recovery** – how to transition off immune support to help prevent a relapse

Cost: All 4 guides are **FREE** with your **\$99 order** (otherwise \$29 without minimum purchase)

SUPPLEMENTATION: Immune-boosting Nutrients and Natural Medicine

Dr. Powers has researched and utilized successfully in his clinical practice the following supplementation. Each has been vetted to ensure product **safety** and **efficacy**; and fulfill the need for a **safe** and **effective immune boost** – **whether preventively or (ideally) as soon as you feel ill**. These supplements help bolster one’s natural immunity through various immune and antimicrobial mechanisms.

NOTE: The manufacturers of the following products (e.g., *Xymogen; Perque; Bio-Botanical Research; Pure Encapsulations; etc.*) **have been selected for their transparency, integrity, and unequalled commitment to quality, i.e., guaranteed potency and purity.**

Supplementation Priorities: How much immune support you might benefit from is generally based on your *infection risk; how proactive you choose to be; and your budget.*

The first 3 immune-boosting supplements listed below are **top priority**.

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D3 2000 & D3 5000:

- Plays a key role in [immune function](#), activating over 2000 binding sites on the human genome – many related to immunity.
- **Prevention:** Vitamin-D3 is beneficial to take every day to fundamentally optimize immune function. ([Yanuck; Integr Med](#))
- **Illness Recovery:** When ill, supplying Vitamin D3 levels is critical to support immune function and facilitate healing
- **D3 2000: \$15.77** (120 softgels); **D3 5000: \$15.83** (60 softgels)

Biocidin TS Throat Spray:

- **Biocidin TS** may help to decrease the number of viruses in mouth/throat and boost immunity (SlgA).
- Use this antimicrobial throat spray for prevention or treatment of sore throat, cough, or for any upper respiratory infection
- **\$24.95** (1 oz.; about 60 doses)

Zinc + Elderberry lozenges:

- Provides 5 mg of Zinc Gluconate – a specific form of Zinc shown to help prevent or fight infection, e.g., [Coronavirus](#).
- Take preventively, or when begin to feel ill until all symptoms resolve (sore throat; swollen glands; fever; sinusitis; etc.)
- **\$3.09** (15 lozenges)

Then, add **Dr. Powers IMMUNE PAX** for a significant immune boost:

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Dr. Powers IMMUNE PAX packets, 6 capsules, contain: ([Supplement Facts here](#))

- **Immunoglobulins and Probiotics** as **ProbioMax Ig26** (2 capsules)
 - **Immunoglobulins**: Egg-derived source of 26 immunoglobulins and immunoregulatory factors that confer passive immunity
 - **Probiotic**: Acid and antibiotic resistant, spore-based probiotic supports immunity via enhanced gut (GI) health
- **Immune-modulating, anti-viral herbs** as **Viragraphis** (1 capsule)
 - **Andrographis**; **Isatis**; and **Licorice extract**: A unique blend of three effective immune supportive, anti-viral botanicals
- **Whole particle beta glucan** as **ImmunotiX 250** (1 capsule)
 - **Whole-particle beta glucan**: A unique complex carbohydrate extract purified from *Saccharomyces cerevisiae* (baker's yeast) that primes and mobilizes neutrophils and macrophage immune cells – supporting the body's first-line immune response.
- **Buffered Vitamin C** as **Xcellent C** (2 capsules)
 - **Vitamin C**: A total of 1500 mg of buffered mineral ascorbates support and stimulate immune function; and act as an **anti-viral agent**. (Buffered form of Vitamin C reduces potential stomach irritation; *BioPerine* improves absorption and bioavailability.)
- Beneficial for optimal **prevention** or **early stage viral recovery** ([Yanuck, et al; Integrative Medicine; Vol. 19, No S1](#))
- **\$99 – box of 30 dose packets** (\$3.30 per dose packet; 6 capsules per packet) – about 1-month supply (**Prevention**)
- **\$189 – box of 60 dose packets** (\$3.15 per dose packet; 6 capsules per packet) – about 2-week supply (**Illness Recovery**)

OR, when desire **less immune support** or if have a **lower budget**, add:

Immune Essentials:

- Contains **Immunotix** (WPG); **Olive leaf extract**; and **Vitamin-C**, for effective immune-boosting support.
- 3 capsules contain: Vit-C (1000 mg); Beta Glucan, whole particle (250 mg); and Olive leaf extract, 20% oleuropein (1000 mg)
- **\$31.96**, 45 capsules; about 3-5 day supply (**illness recovery**); about 1-2 week supply (**prevention**)

For additional **Dr. Powers' recommended IMMUNE SUPPORT**, add:

To be more **pro-active**; accelerate **illness recovery** (or, as a **replacement** if any of the above products are on backorder).

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NAC:

- NAC (n-acetyl-cysteine) is an amino acid shown to support **respiratory health**; **lung function**; and helps modulate **immune cell numbers**.
- Beneficial for optimal **prevention** or **early stage viral recovery** ([Yanuck, et al; Integrative Medicine; Vol. 19, No S1](#))
- **\$21.84** (60 capsules; 2 capsules per dose)

Th-1 Support:

- Berberine, balcalin, sulforaphane, and zinc promotes a healthy, robust cellular immune response and innate immunity.
- Beneficial for optimal **prevention** or **early stage viral recovery** ([Yanuck, et al; Integrative Medicine; Vol. 19, No S1](#))
- **\$47.60** (100 capsules; 2 capsules per dose)

If NOT taking Dr. Powers IMMUNE PAX nor Immune Essentials, then take Vitamin C:

Potent C-Guard:

- Vitamin-C has been shown to support and stimulate immune function; and act as an **anti-viral agent**.
- Contains only L-ascorbate (active form); fully reduced; pH-balanced (buffered); corn-free; triple-recrystallization for guaranteed potency and purity; mixed with water produces slightly effervescent drink
- Beneficial for optimal **prevention** or to accelerate **illness recovery**
- **\$35.12** for 8 oz (143 srvg of 1,600 mg. Vit-C); **\$59.56** for 16 oz (287 srvg of 1,600 mg. Vit-C)

For **EXTRA IMMUNE SUPPORT**: Add after adding choosing most of the above support; add these if desire to be extra pro-active

Lauricidin:

- Highly concentrated source of monolaurin – a naturally occurring plant-based medium chain monoglyceride from coconut oil – shown to **promote a strong immune defense** and anti-viral activity.
- Beneficial for optimal **prevention** or to accelerate **illness recovery**
- **\$38.95** (75 scoops)

[Xylitol and Nasal Saline Spray: \(XLear\)](#)

- Contains a mix of **Xylitol** and **grapefruit seed extract**, both of which have demonstrated anti-viral properties (Note: Xylitol is toxic to dogs so store securely away from dogs.)
- Beneficial for optimal prevention or to accelerate illness recovery
- **\$14.99** (1.5 oz; 246 pumps)

SUPPLEMENTATION: Foundational Nutrients

To further optimize function (immunity; inflammation); feel and perform your best; and help prevent disease – a daily supplement formula is vital and highly recommended as virtually everyone is deficient in several key nutrients. (ref: [Why Supplements](#))

[Foundation Essentials](#): (5 pills per packet; once a day)

- Provides foundational supplementation for overall health and immunity
- Includes:
 - Bio-available multi-vitamin/minerals
 - Chelated magnesium
 - Vitamin-D3
 - Omega-3 fats (EPA/DHA)
 - Evidence-based probiotic (30 billion CFU)
- **\$67.40** (30 packets; 1-month supply)

⇒ ***If immune products go out of stock due to current COVID-19 concerns:***

- If a product is currently on backorder, it will be noted (next to product name).
- Call (888) 301-9009 if you prefer NOT to wait for the product to restock (and ship); and request a replacement product with a different one (from list above); or receive a refund on the backordered item.

⇒ **Products that are available for purchase may become backordered immediately after your purchase**

- When this occurs, you will receive a call asking if you prefer to wait for the product to restock (and ship); replace the product with a different one (from list above); or receive a refund on the backordered item.

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Free Shipping on orders over \$100