

IMMUNE SUPPORT/PREVENTION

Name: _____

Date: _____

Water: ounces/day (1/2 body weight in oz/day) Non-Starchy Vegetables: UNLIMITED Starchy Vegetables 1-2 svg/day
 Nuts: 1-2 svg/day Beans: 0-1 svg/day (Snack) Grains: 0 svg/day Fruit: 1 svg/day Dairy 0 svg/day
 NO Sugar/Sweeteners, Alcohol, Coffee, Juice, Dried Fruit

***EAT EVERY 2-3 HOURS**

Wake-Up	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Bedtime
	PLATE RULE		PLATE RULE		PLATE RULE OR		
	MONOLAURIN (1 scoop)				MONOLAURIN (1 scoop)		
	ACTIVE B (1)				ACTIVE B (1)		
	----				ZINC PUR (1)		
Capsules:	RESVERO SYNERGY (1)				RESVERO SYNERGY (1)		
	D3 2000 (2-4 drops)						
Liquids:	*10 min before meal: Slow swish in mouth for 90 sec then swallow:				*10 min before meal: Slow swish in mouth for 90 sec then swallow:		ASAP SILVER (1 tsp empty stomach)
	*C-PLEX (2 PUMP)				*C-PLEX (2 PUMP)		
	*GLUTATHIONE PL100 (2 PUMP)				*GLUTATHIONE PL100 (2 PUMP)		
When out:	Zinc lozenge (1/day max...sparingly)						
	Biocidin Throat Spray (as needed)						

*keep in fridge. Slow swish covers as much surface area in mouth as possible to allow transport of nutrients across cheek into blood stream.

**above can be taken in addition to any other supplements you take (i.e. fish oil, coq10, etc.)

Highlighted are the additional in the Plus Bundle