

Living Health Integrative Medicine Immune Support Supplements

Water: \_\_\_\_\_ ounces/day (1/2 body weight in oz/day)

Wake-Up	Breakfast	Snack	Lunch	Snack	Dinner		Bedtime
	PLATE RULE Or MEAL SHAKE		PLATE RULE		PLATE RULE OR		
<b>Powders:</b>	<b>Monolaurin (1 scoop)</b>				<b>Monolaurin (1 scoop)</b>		<b>Silver (1 tsp)</b>
<b>Capsules:</b>	<b>Active Multi (1)</b>				<b>Active Multi (1)</b>		
	<b>CURCUMIN COMPLEX (1)</b>				<b>CURCUMIN COMPLEX (1)</b>		
	<b>RESVERO SYNERGY (1)</b>				<b>RESVERO SYNERGY (1)</b>		
	<b>OMEGA 3MG (1)</b>				<b>OMEGA 3MG (1)</b>		
	<b>ZINC (1)</b>						
	<b>D3 Emulse (4 drops)</b>						
<b>Liquids:</b>	<b>15 min. before eat:</b>				<b>15 min. before eat:</b>		
	<b>*Glutathione PL 100 (2 pump )</b>				<b>*Glutathione PL 100 (2 pump)</b>		
	<b>*C-Plex (2 pump)</b>				<b>*C-Plex (2 pump)</b>		

\*15 minutes before eat, pump direct into mouth and slow swish all around mouth 1 minute and swallow. OR ok to put drops in 2-3 oz water and swish and swallow. Keep in fridge

Biocidin throat spray on hand for travel, out and about, work, etc. to keep throat clear.

KIDS – ½ DOSES OF ALL AND OK TO REPLACE RESVERO, ZINC, OMEGA CAPS WITH IMMU-PLEX FIZZ (1 scoop 1-2x/day) and ACTIVE MULTI CAPS WITH ACTIVE MULTI POWDER (1/2 scoop 2x/day)

PILL VERSION OF LIQUIDS:

D3 5000 (Take 1 cap/day) BIO C (replaces C-plex) 1 caps 2 x/day Glutathione Plex (replaced Glutathione PL-100) – 1 caps 2 x/day

LIQUID/POWDER VERSION OF PILLS: ACTIVE MULTI POWDER (1 scoop 2x/day) RESVEREMULSE AND CURCEMULSE (1 TBSP 1x/day) and OMEGEMULSE (1 Tbps/day 1-2 x/day)