

Functional Wellness Antibacterial/Antiviral Supplements

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There are a number of supplements and foods that can be beneficial for colds and influenza, but I believe they should be used only as an adjunct to other healthy dietary and lifestyle measures. But now is the time to: Eat healthy, get sunshine, get sleep, reduce stress, get rid of environmental toxins, and get adjusted!

*** Essential to get for prevention!**

Multi Vitamin * ...all system support

Fish Oil/Essential Fatty Acids * ...all system support, reduces inflammation

Vitamin C, * 500-1000 mg 2x/day ...antireplication, immunonutrition, cell-system support

Vitamin D * 5000 IU/day ...antireplication, antireplication, immunonutrition, cell-system support, (Vit D level 50-70 ng/ml)

Zinc * 15 mg 2x/day ...antiviral, antireplication, immunonutrition, cell-system support

Resveratrol * 250 mg/day ...polyphenols, antireplication, cell-system support

Melatonin * 1-3 mg, before bed. ...antireplication, immunonutrition, cell-system support

Alpha-Lipoic Acid * 100 mg 1x/day, antireplication, immunonutrition, cell-support

NAC * (n-acetyl-l-cysteine) 600mg 1x/day antireplication, immunonutrition, cell- system support

Quercetin * 250 mg 2x/day, as directed, take with Zinc ...immune, assists zinc into cells

Other supplements and food sources, take as directed if exposed to cold/flu

Umcka, Elderberry, Astragalus, Berberine, Curcumin, Bromelain

Green Tea (EGCG) and Manuka honey 15+, 1 tbsp. 3x/day with green tea, antimicrobial

Oregano Oil: high in carvacrol concentration, Carvacrol is the most active antimicrobial agent in oregano oil. 1-4 drops in water or juice 3x/day

Medicinal mushrooms: combo such as shitake, reishi, maitake, 2-3x/day ...antiviral

Monolaurin: (derivative of coconut oil) as directed ... antiviral, antimicrobial

Black Seed oil: as directed ...antiviral, antimicrobial, anti-inflammatory

Andrographis: as directed ...antiviral, antimicrobial, anti-inflammatory

Lysine: as directed ...anti-viral

Homeopathic: Oscilloccinum, as directed ...antiviral, balances immune system _