

Flu Shot Alternatives

Immune Enhancing Supplements

For _____ Date _____
 Take the following supplements until your re-evaluation on (date) _____

First ensure sufficient zinc levels using the zinc taste test below.

Aqueous Zinc Taste Test: Patient's mouth should be free of strong tastes and they should refrain from eating, drinking or smoking for at least 30 minutes before test. Place 2 tablespoons of liquid zinc in the mouth for up to 30 seconds. Swallow and then evaluate.

Zinc Scoring

Excellent	1. Strong and unpleasant taste is noticed immediately.
Sufficient	2. A definite, though not strongly unpleasant taste is noted almost immediately and tends to intensify with time
Deficient	3. No Immediate taste is noted, but in 10 -15 seconds, a slight taste variously described as "dry", "mineral", "furry" or "sweet" develops
Extremely Deficient	4. No specific taste or sensation is noticed even after the solution has been held in mouth for up to 30 seconds. "Tastes like water"

Deficient and **Extremely Deficient** individuals should supplement with Aqueous Zinc @ 2 tablespoons per day until the taste is strong, almost offensive then switch to Zn-Zyme Forte at 1 tablet twice a day or as otherwise recommended by your physician.

Purpose	Supplement	per day	with breakfast	with lunch	with dinner	before bed
FLU PREVENT	Bio Immunozyne Forte	2	1		1	
	Bio D Mulsion Forte	2 drops				
	NAC (N-Acetyl-L-Cysteine)	2	1		1	

BACTERIAL INFECTION	Bio Immunozyne Forte	4 -8	1-2	1-2	1-2	1-2
	IAG	4-8 tsp	1-2 tsp	1-2 tsp	1-2 tsp	1-2 tsp
	ADP	4--12	1-3	1-3	1-3	1-3

VIRUS	Bio Immunozyne Forte	4 -8	1-2	1-2	1-2	1-2
	IAG	4-8 tsp	1-2 tsp	1-2 tsp	1-2 tsp	1-2 tsp
	UltraVir-X	3-9	1-3	1-3	1-3	

*Often clear mucus is indicative of a viral condition whereas green mucus often indicates a bacterial condition. Lower dosage levels are for lighter weight people under 80 lbs and for mild symptoms, higher doses are for heavier people and more severe symptoms. **In all cases reduce all forms of sugar as much as possible.***

Viral / Immune Support Products

Regarding the use of Bio-Immunozyyme forte or ProMulti Plus (for vegetarians) Dr. Russell Blaylock is a neurosurgeon and author of a monthly newsletter titled The Blaylock Wellness Report. He stressed the importance of broad nutritional intervention in his August 2020 issue. **“It is also known that a single vitamin deficiency, such as vitamin C, thiamine, riboflavin, pyridoxine, vitamin D3 or vitamin E, can impair immunity. Stress causes B vitamins and vitamin C to be rapidly and profoundly depleted. And the current situation in this country is more stressful than any period in my lifetime. Selenium, magnesium, and zinc all play critical roles in immune health. And magnesium is also depleted by stress and inflammation”**

Aqueous Zinc

Liquid Zinc

Zinc is needed for over 100 enzymatic reactions but essential for healthy white blood cells. Therefore; Deficient and Extremely Deficient individuals should supplement with Aqueous Zinc @ 2 tablespoons per day until the taste is strong, almost offensive then switch to Zn-Zyme forte at 1 tablet twice a day or as otherwise recommended by your physician.

Bio-Immunozyyme Forte

Vitamin, Mineral, Glandular Support

If key nutrients are deficient, the body's ability to fight infections is compromised. BioImmunozyyme Forte provides nutritional support for all of the key deficiencies related to the immune system. At low doses it is a foundational supplement providing key nutrients in balanced ratios and can be used to bolster the body's natural *preventative* function. It can also be used at *higher doses* to activate or support the body's fight against the microbial kingdom.

UltraVir-X

Botanical, Herbal Support

UltraVir-x is a high tech product designed to feed the cells which attack viruses. Synergistic vitamins and minerals provide support for this proprietary blend of powerful botanicals. These botanical agents serve as antioxidants, immune modulators, and as anti-inflammatory agents.

IAG

Immune Modulating Powder

This highly refined powder contains up to 99% pure arabinogalactans. Arabinogalactans function as immune modulators, enhancing or decreasing the immune function as needed. It is the arabino- galactan content of Echinacea which is responsible for its anti-microbial reputation, and it *only* contains about 6% of these arabinogalactans, IAG contains up to 99%! One researcher calculated that 1 tsp of IAG has the power of 3-5 bottles of commercially available liquid echinacea. This powder mixes well with juice; it is the perfect immune enhancing food for children with chronic or acute infections.

ADP

Natural Antibiotic, Antifungal, Antibacterial

Oregano Oil has been used in Europe as an antibiotic and antifungal agent. Recently it has also been shown to assist in the elimination of certain strains of amoebas. Many reports by physicians have shown that ADP has even been effective in preventing dysentery when traveling abroad.

Bio-FCTS

Anti-viral bioflavonoids to tone the immune system and prevent viral replications. Also contains vitamin C, Quercitin, Neonatal thymus & spleen.

Bio-D Mulsion Forte

Studies have found the influenza virus is present in the population year-around; why is it a wintertime illness? Vitamin D (which we get from the sun) blood levels are at their highest in the summer but reach their lowest levels during the flu and cold season. Vitamin D has profound effects on human immunity, it increases production of antimicrobial peptides while simultaneously preventing the immune system from releasing too many inflammatory cells, called chemokines and cytokines.

NAC (N-Acetyl-L-Cysteine)

NAC is an antioxidant, precursor to glutathione; helps reduce heavy or toxic metals, cuts mucus and inhibits viral replication. A study with NAC and the common cold shows great promise. 262 elderly people were given 600 mg bid for 6 months. Blood tests of those taking placebo and NAC showed similar titers of flu virus, so NAC did not prevent infection with the influenza virus. However, of those who had detectable flu virus in their blood-stream, only 25 percent of those taking NAC developed flu symptoms

ProMulti Plus

ProMulti Plus is the most comprehensive broad spectrum vegetarian multi-Vitamin /Mineral on the market. It was designed by Dr. Alex Vasquez and contains physiological levels of vitamin A, vitamin C, vitamin D, vitamin E, vitamin K, B complex, calcium, magnesium and several trace elements. This product is an excellent high potency multiple vitamin/mineral formula and should be used at 6 capsules daily. It has preventative levels of anti-viral nutrients that were discussed in his updated book; “Anti-Viral Nutrition”