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BOOSTING IMMUNITY THROUGH SUPPLEMENTS

ADULT IMMUNE-BOOSTING SUPPLEMENTS

OrthoMune (contains vitamins C & D, zinc, N-Acetyl-L-Cysteine, and Quercetin) is a targeted blend of nutrients designed to provide broad-spectrum support to the body's immune reserves.



The formula includes quercetin, a powerful bioflavonoid that aids in supporting the immune system. Vitamin C and N-acetyl cysteine are potent antioxidants that promote respiratory function and support the function of quercetin. Vitamin D3 and zinc are important micronutrients needed to create a robust immune reserve.

OrthoMune is a good supplement to take throughout the fall and winter seasons.

ProbioMax Complete DF is a vegetarian, gluten- and dairy-free blend of diverse, well-researched, identity-certified HOWARU® and FloraFit® probiotic strains totaling 45 billion CFUs per dose. Delivered in gastro-resistant capsules, this formula is targeted to support a healthy microbiome. Each strain is well-researched and has been genetically characterized and

properly classified for safety and assurance. Nitrogen-purged blister packaging further assures the viability of these strains, which were not only selected for their health benefits and complementary actions but also for their viability and stability. It is recommended to take ProbioMax Complete DF daily for at least one month leading into cold/flu season; this is also an important product to take year-round to optimize gut health, especially if you have any gastrointestinal issues.

Jade Windscreen (Yu Ping Feng San) for adults This preventive herbal formula strengthens your immune system and vital energy to help prevent sickness. Take Jade Windscreen as directed on the bottle for 40 days (until all tablets are gone) as soon as you purchase the Immunity Strata Pack.

Yin Chiao (for adults and children 12 and older) is an anti-viral formula to be taken if you get sick with a cold or flu virus; it can also be used preventatively if you have contact with a sick person. This formula contains herbs with potential anti-COVID-19 activity. If you feel like you might be getting sick or have exposure to a sick person, take 2 tablets as soon as possible. If you exhibit symptoms of sickness, take 2 tablets every 3 hours for up to three days if needed; after three days, take 2 tablets 3 times daily until symptoms dissipate. When traveling, you can take 2 tablets of Yin Chiao prior to boarding the plane or ship and take 2 more tablets after arriving at your destination.

Essential Oil Spray You will find a concentrated, organic eucalyptus spray in your



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(Continued)

package that is extracted using a chemical-free, double-distillation process to ensure the highest level of purity. To qualify as an active agent, eucalyptus oil must contain at least 70% cineole; V-VAX Eucalyptus Oil contains 85% - 90% cineole. It blends well with lemon, lavender, thyme, rosemary, marjoram, pine and cedar wood. The eucalyptus spray can be used in several ways: you can place a few sprays on a tissue and hold it up to your nose and inhale for one minute to

help clear your sinuses or you can hold the tissue to your mouth to help clear your lungs; it can be rubbed into the chest to help soothe congestion in the lungs. One to two teaspoons of the oil can be added to a vaporizer or humidifier water during the winter months. You can also use the oil in an essential oil diffuser or spray on your pillow at night.

CHILDREN'S IMMUNE-BOOSTING SUPPLEMENTS

(For children under 12)

Flora Bites is a delicious, chewable probiotic formula for children designed to promote healthy gut microflora, protect intestinal integrity, and support immune function. Take 1 chewable cube daily to build up the immune system during cold and flu season.

Imu-Max is a pleasant-tasting children's liquid formula containing vitamin C, propolis, rose hips, and echinacea for immune system support. Take 1 teaspoon daily to build up the immune system during cold and flu season.

Children's Jade Defense Formula This herbal formula is the children's version of Jade Windscreen in syrup form and is to be taken for at least one month prior to cold and flu season

to build up the immune system and help prevent sickness. It is recommended that your child finish the complete bottle; follow the dosing information on the bottle.

Children's Clear and Release Formula This formula is the children's version of Yin Chiao in a syrup form and is used for active sickness only. Follow dosing information on the bottle.

Mullein and Garlic Oil (5 oz) This is a great supplement to have on hand in case your child gets an ear infection. In case of an active ear infection, place 2-3 drops directly into the affected ear daily.

Happy immune boosting!