

Immune Resilience Protocol

Assessment




- Labs**
- Antibodies: IgM, IgG, IgA and/or IgE tests
 - Serum B₁₂ & methylmalonic acid (MMA)
 - RBC magnesium
 - 25-Hydroxyvitamin D
 - Iron binding (TIBC), serum iron, and saturation
 - Ferritin
 - Oxidative stress
 - o Urinary F2-isoprostanes, serum ox-LDL
 - o GSH, GSSG, SOD
 - Omega-3 index (fatty acid [FA] status [i.e., EPA and DHA])
 - CBC—WBC populations and relationship e.g., neutrophil/lymphocyte ratio
 - Lipopolysaccharide (LPS) and anti-LPS levels; Zonulin
 - 4pt cortisol

Notes:





Nutrition & lifestyle recommendations

Focus	Recommendations	Notes
Lifestyle	<ul style="list-style-type: none"> <input type="checkbox"/> Stress management <input type="checkbox"/> Restorative movement <input type="checkbox"/> Sleep hygiene <input type="checkbox"/> Movement/exercise 	
Nutrition	<ul style="list-style-type: none"> <input type="checkbox"/> Nutrient-dense, high-protein food plan <input type="checkbox"/> Plant-based food plan <input type="checkbox"/> Hydration 	

Supplement recommendations

Focus	Product name	Dosage	Description	Notes
Core support	<input type="checkbox"/> Andrographis Plus® 	1x/day	A blend of Ayurvedic and Asian herbs including concentrated andrographis extract and amla	Offers aggressive immune support and encouragement of healthy respiratory function with clinically supported ingredients*
	<input type="checkbox"/> D ₃ 5,000	1x/day	High-potency, bioavailable vitamin D As a complement, vitamin K ₂	Supports immune health* Vitamin D provides unique support for long-term immune function and wellbeing*
	<input type="checkbox"/> D ₃ 5,000 + K	1x/day		
	<input type="checkbox"/> D ₃ 10,000 + K	1x/day		
	<input type="checkbox"/> D ₃ Algae™ 	1-5 drops/day		
	<input type="checkbox"/> D ₃ Liquid	1-4 sprays/day		
	<input type="checkbox"/> D ₃ Spray 			
	<input type="checkbox"/> Echinacea Synergy™	2x/day	Echinacea and botanical blend of selected extracts	Supports respiratory and immune health*
	<input type="checkbox"/> Immune Active™	2 capsules/day	Quercetin, NAC, EGCG, and high-potency vitamin C and zinc	Supports a healthy immune response and promotes antioxidant processes*

Supplement recommendations

Focus	Product name	Dosage	Description	Notes
Core support	<input type="checkbox"/> ImmuCore®	2x/day	Ultra Potent-C® combined with zinc, vitamin D, and a concentrated blend of mushroom extracts	Provides a multimechanistic approach to enhance immune function*
	<input type="checkbox"/> Immune Defense Pack	1 pack/day	Immune Active, D ₃ 5000, Ultra Potent-C 1000, and Quercetin 500	Provides comprehensive support for a healthy immune response and cardiovascular function*
	<input type="checkbox"/> Inflammoid Intensive Care® 	1x/day	Curcumin, boswellia, and ginger extracts	Supports the immune response and oxidative stress*
	<input type="checkbox"/> PEA Relief™	1 softgel 2x/day	Palmitoylethanolamide (PEA) with full-spectrum hemp extract	Includes phytocannabinoids as well as PEA to support the immune response via modulation of biochemical pathways associated with the immune system*
	<input type="checkbox"/> SPM Active®	2 softgels/ day	Specialized pro-resolving mediators	Supports the body's natural capacity to resolve the immune response*
	<input type="checkbox"/> UltraFlora® Immune Booster 	1x/day	Probiotic strains Lpa 8700:2 and Lp Heal9, which support healthy nasal, sinus, and respiratory function*	Supports healthy nasal, sinus, and respiratory function*
	<input type="checkbox"/> Ultra Potent-C 1000	1x /day	1,000 mg of gentle buffered vitamin C	Supports immune function by helping promote natural killer cell and white blood cell activities*
	<input type="checkbox"/> Zinc A.G.™ 	1–2x/day	GI-friendly formula Highly absorbable zinc	Plays an essential role in immune and tissue health because zinc is involved in over 100 enzymatic reactions in the body*
Foundational support	<input type="checkbox"/> OmegaGenics® EPA-DHA 1000	1x/day	710 mg EPA and 290 mg DHA	Supports cardiovascular, musculoskeletal, and immune system health*
	<input type="checkbox"/> PhytoMulti®	1-2x/day	Essential vitamins and minerals with concentrated extracts and phytonutrients with scientifically tested biological activity*	Supports cellular health and overall wellness*
	<input type="checkbox"/> SulforaClear® 	2x/day	Broccoli sprout and floret powder Broccoli seed extract	Helps support sulforaphane production, a potent molecule that activates Nrf-2-signaling that may play an important role in immune resilience*
	<input type="checkbox"/> UltraFlora BiomePro	1x/day	Eight clinically studied probiotic strains 105 billion CFU	Supports gastrointestinal and immune health*

For more information, contact your local sales representative or call 800.692.9400.

This information is intended for use by licensed healthcare practitioners.
This content is not to be used as a substitute for professional medical advice.



= Vegetarian

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

