



Immune System Vitality – COVID-19 Edition

By Dr. Nicole Fenske

Keeping Your Immune System Healthy:

- **Decrease sugar consumption** – eating or drinking sugar reduces the capacity of the body's white blood cells to fight infection by up to 40% for 5 hours after ingestion.
- Aim for 8 hours of sleep each night.
- Manage and reduce stress.
- Exercise regularly.
- Make produce the foundation of your diet. Eat 10 servings daily.
- Stay hydrated. Drink 3 quarts of water daily.
- Decrease chemical exposure. See www.ewg.org and click on "Consumer Guides".
- Connect with family and friends.
- Take supplements recommended below.
- **For more information register for the free on-demand webinar titled *Immune Function and COVID-19* on our website.**

Boosting the Immune System with Nutritional Supplements:

Please note that if you want to limit your immune support supplements to just two products, the priorities are vitamin D and ImmuCore.

Nutritional supplements for *prevention* (adults):

- *Vitamin D*: 5000 IU daily with food (you may take more if you are tested and it is appropriate)
- *ImmuCore*: (vitamin C, zinc, selenium, oleanolic acid, mushroom extracts for immune support): 1-3 tablets with food (dose depends upon status of health and age)
- *NAC 600*: 1 upon rising and 1 before bed without food
- *OrthoBiotic (probiotic)*: 1 daily with food (especially important if over age 60 or you have GI problems)
- *Greens First*: 1 scoop daily if not consuming 10 produce servings

Those at *high risk* may want to add the following:

- *Meriva*: 2,2X/day with food (curcumin to decrease inflammation)
- *Quercetin Bromelain*: 2,2X/day with food



Nutritional supplements to use *after exposure or high-risk situation or when showing symptoms (adults)*:

- *ImmuCore*: increase to 2,2X/day with food for 5 days or until well
- *Viracid* (botanical antimicrobial): 2 caps 3X/day with food for 2- 5 days (2 days if exposed but no symptoms, 5 days if ill)
- *Meriva*: 2,3X/day with food (curcumin to decrease inflammation)
- *Continue with prevention doses of D, NAC, OrthoBiotic and Greens First*

Nutritional supplements for *prevention and illness (children up to age 12)*:

- *Imu-Max*: 1 tsp/day with or without food (increase to 1 tsp 2-3 X/day when ill)
- *Vitatab Chewable*: 2/day with food (multi with extra vitamin D)
- *Ultra Potent-C Chewable*: 1/day with food. Increase to 1,3X/day with food when ill.
- *Greens First*: 1 scoop daily if not consuming 10 produce servings

Consider doing the following tests to identify immune system stressors/deficiencies:

- Vitamin D (optimal range: 50-80 ng/mL)
- C-Reactive Protein
- IgG Food Testing
- Nutrient status testing
- Stool analysis (if you have GI concerns)
- Fasting glucose and insulin and hemoglobin A1C

If you have any of the following underlying conditions that make you more vulnerable to COVID-19, please consult with Dr. Fenske for more individualized recommendations:

- Diabetes
- Heart disease/hypertension
- Lung conditions, allergies, or asthma
- Obesity or overweight
- Compromised immune function
- Other chronic health problems