

IMMUNE

Developed with Dr. Julie Chen*

Protocol Objective:

To identify specific immune support needs throughout the year, including long and short-term immune health maintenance and support for the body's immune response.‡

CLINICAL OBJECTIVE†	PRODUCT RECOMMENDATIONS*	DOSING
Immune support Support mast cell function and help modulate the release of immune mediators Support healthy respiratory function	Querciplex Formula: 202635	1 capsule, twice daily
	Wobenzym® Plus Formula: 201910	2 capsules daily, 45 minutes before a meal
Daily immune support	C-D-Zinc Formula: 202644	1 capsule, 1-2 times daily
	Vita-Kids Immune Liquid Formula: 99893	1 teaspoon (5 ml) daily
	Multi-Probiotic® (4 Billion, 15 Billion or 40 Billion) Formula: 202449, 202516, 202634	1-2 capsules daily
	Colostrum (100% Pure New Zealand) Formula: 202118	2 capsules, twice daily
Short-term immune support (3-7 days)	C-D-Zinc Formula: 202644	2 capsules daily with food
	Vita-Kids Immune Liquid Formula: 99893	1 teaspoon (5 ml) daily
	N-Acetyl-L-Cysteine (NAC) 900 mg Formula: 202749	1 capsule, 1-2 times daily
	AHCC® Plus Formula: 99275	2 capsules daily
Children's immune support	Vita-Kids Immune Liquid Formula: 99893	1 teaspoon (5 ml) daily
	Vitamin C Gummy Formula: 202674	2 gummies, 1-2 times daily
	Vitamin D Gummy Formula: 202673	1 gummy, 1-2 times daily with food
	Zinc Gummy Formula: 202675	1 gummy, 1-2 times daily with food
	Colostrum (100% Pure New Zealand) Formula: 202118	2 capsules, twice daily

Available for download at: douglaslabs.com/protocols

*Please note that patients may not require all supplements listed.

†Dr. Julie Chen was a retained advisor to Douglas Laboratories.

‡The information contained herein is for informational purposes only and does not establish a doctor-patient relationship.