IMMUNE SUPPORT

Many of our clients have asked exactly which supplements would be best to take for immune support. We put together a list of our preferred supplements below. We didn’t include vitamin D as the vast majority of our patients have their vitamin D levels already optimized through supplementation or other means.

— Wild Health Team

Phytogen
Phytogen combines four immune-supporting botanicals in a single, easy-to-take formula.* It particularly supports immune function in the respiratory tract, GI tract, and bladder.*

Suggested use: Take 3 capsules twice daily
Take with meals

Myco-Immune
Myco-Immune is a blend of six mushroom extracts shown to provide significant immune support.* The liquid form, dispensed by dropper, makes it easy to measure and to put in liquids for children.

Suggested use: Take 1 teaspoon daily
1 dropper full with meals

Olive Leaf Extract
Olive Leaf Extract is derived from the leaves of the olive tree (Olea europaea) and contains compounds, specifically oleuropein, that have demonstrated antioxidant and immune-enhancing properties.*

Suggested use: Take 1 capsule twice daily
Take with meals

Vitamin C with Flavonoids
Vitamin C with flavonoids optimizes the beneficial effects of vitamin C—including support of immune function and promotion of wound healing—by replicating the way it’s found in nature.*

Suggested use: Take 1 capsule twice daily
Take with meals

Zinc Picolinate 30 mg (180’s)
Picolinate features better absorbability than many other zinc supplements.* Supplementation can be important for many persons, including athletes who lose zinc in sweat during intense exercise.*

Suggested use: Take 1 capsule daily
Take with meals

Quercetin Phytosome
Quercetin Phytosome offers advanced phytosome technology for optimal absorption.* In addition to stabilizing mast cells, it has antioxidant and other beneficial effects.

Suggested use: Take 1 capsule daily
Take with meals

* 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.