



Winter

WELLNESS

USAGE GUIDE

SEASONAL & IMMUNE SUPPORT

How to use the Winter Wellness kit
for seasonal pathogen prevention
and immune support

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PREVENTION SUPPORT (ADULTS)

This protocol is for general winter wellness to help prevent seasonal bugs, or for general immune support. See the Acute protocol on the following page for acute or high risk support.

This protocol is best if you are healthy with no symptoms of infection and if there's a lower risk of germ exposure (not traveling, no sick family members or friends).

BiocidinTS	Olivirex	Mega QuinD₃
<p>3 sprays once per day. Best used after or 30 minutes before eating or drinking.</p> <p>Duration of Use: Use 3 sprays daily for ongoing throat support during winter season.</p> <p>Long Term Use: After winter season, use on an as-needed basis during higher risk of germ exposure.</p>	<p>1 capsule per day, between meals.</p> <p>Duration of Use: Use daily for ongoing antiviral support during winter season.</p> <p>Long Term Use: After winter season, if you are healthy, discontinue use.</p>	<p>1 capsule (5,000 IU) per day with or without food.</p> <p>Duration of Use: Use daily for ongoing immune support during winter season.</p> <p>Long Term Use: After winter season, 1 capsule per day may be continued for ongoing maintenance.</p>

ACUTE OR HIGH RISK SUPPORT (ADULTS)

This protocol is for extra support during an active illness, or during high risk of germ exposure, such as while traveling, or if exposed to sick family members, friends or coworkers. Begin this protocol as soon as possible at the very first signs of seasonal bug symptoms or other germ-related sickness for maximum support.

BiocidinTS	Olivirex	Mega QuinD ₃
<p>3 sprays every 3 hours. Best used after or 30 minutes before eating or drinking.</p> <p>Duration of Use: Continue 3 sprays every 3 hours for maximum throat support during acute illness.</p> <p>Long Term Use: After illness subsides, decrease use to the General Preventative protocol.</p>	<p>2 capsules 2 times per day, between meals.</p> <p>Duration of Use: Continue 2 capsules 2 times per day for maximum antiviral support during acute illness.</p> <p>Long Term Use: After illness subsides, decrease use to the General Preventative protocol.</p>	<p>2 capsules (10,000 IU) per day with or without food.</p> <p>Duration of Use: Continue 2 capsules per day for extra immune support during acute illness.</p> <p>Long Term Use: After illness subsides, decrease use to the General Preventative protocol.</p>

TOXIN BINDING SUPPORT (ADULTS)

If you are experiencing symptoms of bacterial die-off, or side effects from taking herbal remedies or probiotics, then consider adding a toxin binder, in addition to the Acute protocol above. The G.I. Detox+ and/or the Mega IgG2000 toxin binder can help absorb and remove toxins in the gut that cause negative symptoms. Mega IgG2000 also promotes a healthy intestinal immune system and binds viruses, bacteria, and fungi in the G.I. system.

G.I. Detox+	Mega IgG2000
<p>2 - 3 capsules two times per day, if food poisoning or herbal remedy side effects are a concern, or for broad-spectrum toxin support. Use at least 1 hour away from foods, other supplements and medications.</p> <p>Duration of Use: Discontinue use after symptoms subside.</p>	<p>4 capsules 2 - 5 times per day, between meals, if targeted gut microbial toxin support or probiotic side effect support is needed.</p> <p>Duration of Use: Reduce to 2 - 4 capsules per day after symptoms subside for ongoing long term support, if needed.</p>