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CONCIERGE PERSONALIZED CARE
GYNECOLOGY • HORMONE THERAPY
INTEGRATIVE MEDICINE

Immune System Boost - Maintenance Dosing Recommendations:

To strengthen your immune system for protection against upper respiratory infections, including:

- **Influenza**
- **COVID-19**
- **RSV** (Respiratory Syncytial Virus)
- **Common Cold**

I recommend the following daily regimen:

- **A-Mulsion** by *Genestra*: 1 drop every other day
- **Vitamin D Drops** by *Seeking Health*: 10,000 IU daily
- **ImmunoZn Lozenge** by *Designs for Health*: 1 lozenge at bedtime
- **Optimal C Powder** by *Seeking Health*: 1 scoop in water daily with breakfast

Note: Products available thru **FullScript Account** or *Amazon, Whole Foods, Mother's Markets, Sprouts*

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