

Immune Defense and Resilience Protocol‡

Developed with Dr. Samuel Yanuck, D.C.†

There are various phases of immune defense. This protocol offers targeted, phase-specific recommendations to support a balanced and resilient immune response. In addition to these recommendations, consider also the importance of diet (organic and phytonutrient-rich foods) along with lifestyle: occasional stress (Phyto-ADR), sleep (melatonin) and glucose homeostasis (Metabolic Xtra)‡.

| SUPPORT TYPE | PHASE 1 Baseline | PHASE 2 Immune Activation | PHASE 3 Cytokine Escalation | PHASE 4 Resolution |
|---|-----------------------|---------------------------------|-----------------------------------|-----------------------|
| <p>Foundational</p> <p>The following nutrients and plant derivatives provide foundational support for overall well-being & immune function. Use lab tests, as needed, and clinical experience to guide dosages. Consider an increased dosage of vitamin C in phases 2 and 3. Install all products at baseline and maintain them throughout all four phases.†</p> <p>Vitamin A 3,000 mcg (10,000 IU) Order Code: VAC1 Ascorbic Acid Capsules (1 gram) Order Code: A19 Vitamin D 125 mcg (5,000 IU) Order Code: VD56 Vitamin E (with mixed tocopherols) Order Code: DE9 Melatonin 3 mg or 20 mg Order Codes: ME36/ME26 Quercetin Order Code: QU6 UltraZin Zinc Order Code: UZ9</p> | Foundational Support | | | |
| <p>Antioxidant</p> <p>The following ingredients modulate reactive oxygen species (ROS), cytokine production, and the interaction between ROS, fibroblasts, and related factors. Install these products at baseline and increase their dosages as needed in phases 3 and 4.‡</p> <p>NAC 900 mg Order Code: NA91 1 capsule, 1-2 times daily, between meals or as directed by a health professional. Liposomal Glutathione Order Code: LSG3 1 softgel capsule, 1-2 times daily, with meals, or as directed by a health professional.</p> | NAC | | | |
| <p>NK Cells & Th1 Status</p> <p>Support for these essential immune functions promotes a timely and robust immune response. Begin to increase the dosages in phase 1; use higher doses in phases 2. Reduce or discontinue in later phases when support for a robust immune response may no longer be suitable.†</p> <p>Innate Immune Support Order Code: IIS6 1 capsule, 1-2 times daily, between meals, or as directed by a health professional. Th1 Support Order Code: TH11 2 capsules, 1-2 times daily, with or between meals, or as directed by a health professional.</p> | Innate Immune Support | | | |
| | Th1 Support | | | |
| <p>Cytokine and Fibrinolytic Balance</p> <p>The following formulas modulate the expression of immune-stimulating cytokines and support balanced fibrinolytic activity. Use typical dosages in early phases and increased dosages in later phases, when support for cytokine balance and fibrinolytic activity is particularly important.‡</p> <p>Balanced Immune Order Code: BIM6 1 capsule, 1-2 times daily, with or between meals, or as directed by a health professional Bromelain 2400 Order Code: BR56 1 capsule, 1-4 times daily, between meals, or as directed by a health professional. NSK-SD™ (Nattokinase) Order Code: NS16 1 capsule, 2 times daily, 12 hours apart, with or between meals, or as directed by a health professional.</p> | Balanced Immune | | | |
| | | | Bromelain | |
| | NSK-SD™ (Nattokinase) | | | |

PEP-PL-HWM1220

Available for download at PureEncapsulations.com/PureResponse

†Dr. Samuel F. Yanuck is a retained advisor to Pure Encapsulations.

‡These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

