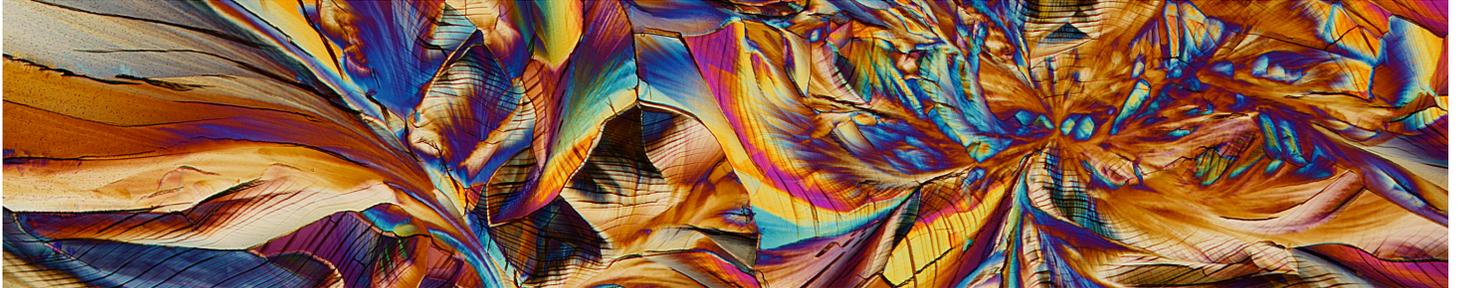


VIS CLINIC NEWSLETTER

The Science of Nutrition



Four Phased Immune Approach for Adults

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*Many patients are asking how they can support their immune health this Fall and Winter season. Dr. Chad Krier has outlined a four phased immune approach with risk categories that includes ways to support each phase with supplements. *Please note, each patient has individual needs and should seek the advice of a Vis provider to verify supplement protocol.*

PREVENTION PHASE:

Support is focused on immune surveillance efficiency and reduction of baseline levels of inflammation to improve outcomes if the patient becomes infected.

INFECTION PHASE:

Support emphasizes immune activity against infection utilizing NK cell support and Th1 Cell support.

ESCALATING INFLAMMATION PHASE:

Support is focused on anti-inflammatory measures. Infections can enter a dangerous phase in which extreme upregulation of inflammatory cytokines can pose mortal danger. The clinical goal in this Phase is to help the patient stay away from manifesting the excessive inflammatory cytokine production and tissue destruction associated with sepsis, ARDS, and cardiovascular events. Natural approaches here are supportive, not primary. The unfolding disease process can escalate rapidly. *Those with Asthma, COPD, Cardiovascular Disease, Diabetes, Obesity, Kidney Disease, Auto-Immune Disease have higher levels of inflammation and may need anti-inflammatory support long-term.*

RECOVERY PHASE:

Support is focused on resolving inflammation, inhibiting fibrosis and other forms of tissue damage, curtailing losses of function, and restoring and reoptimizing function. Because patients have been observed to relapse into the Escalating Inflammation Phase, it is essential for clinical surveillance to continue well into what may appear to be the Recovery Phase.

Four Targets of Support

PREVENTATIVE FOUNDATIONAL SUPPORT:

- Long Term Support that is recommend as baseline prevention for adults.

ANTIOXIDANT SUPPORT:

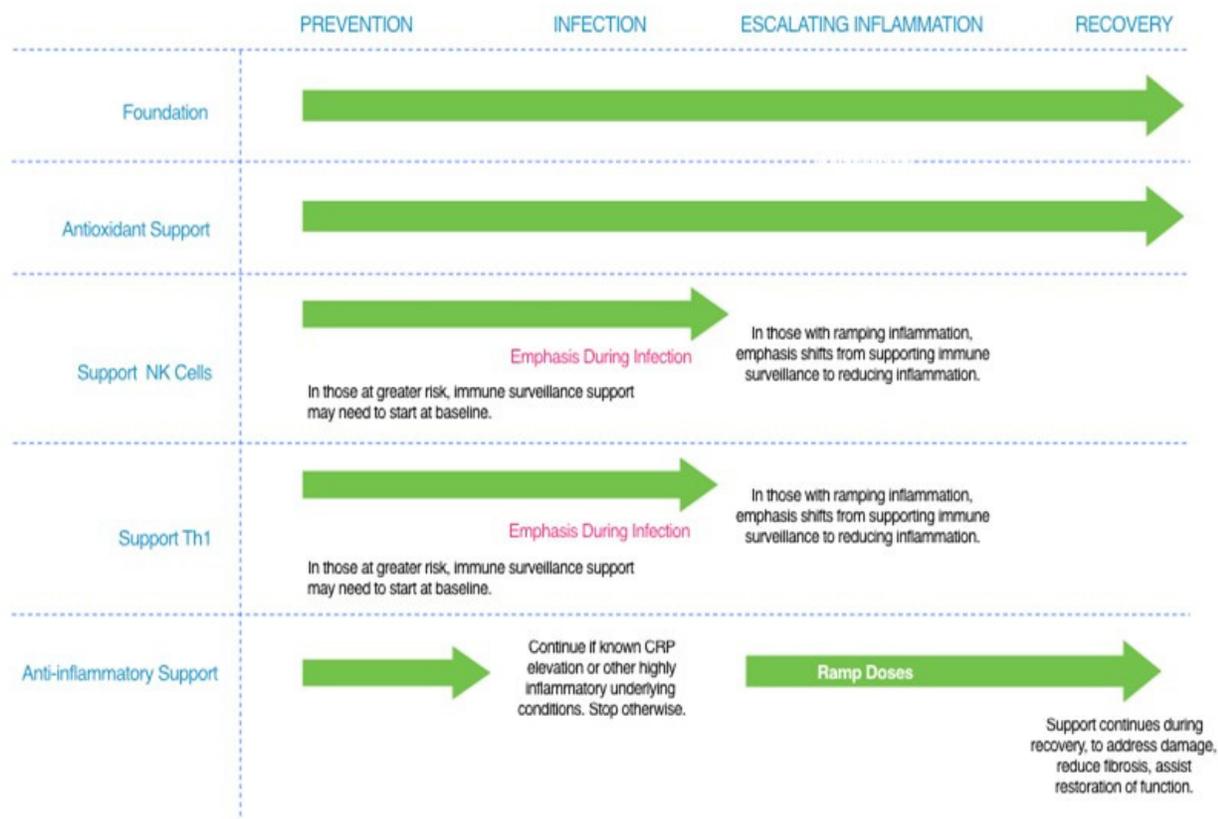
- Add to Preventative Foundational Support if you have non-pulmonary or pulmonary risk factors listed below, have high oxidative stress markers (Isoprostane, ox-LDL), or low antioxidant levels or low antioxidant score on WBC testing
- **Start Therapeutic Dosing at the first hint of infection**

IMMUNE ACTIVATION (NATURAL KILLER (NK) CELL AND T HELPER TYPE 1 (TH1) CELL SUPPORT):

- Add to Preventative Foundational Support if you are above age 65, have a low total WBC count, and/or have lymphocytes below 20% of total WBC count
- **Start Therapeutic dosing at the first hint of infection**
- **Stop with Ramping Inflammation**

ANTI-INFLAMMATORY SUPPORT:

- Add to Preventative Foundational Support if you have non-pulmonary or pulmonary risk factors listed below, have high inflammatory markers on lab testing (HS-CRP, Fibrinogen, thromboxane, Isoprostane, LpPLA2, high AA/EPA ratio, high Insulin, high HbA1C), have other high inflammatory conditions
- **Stop at first hint of infection.**
- **Start Therapeutic dosing at the first sign of ramping inflammation (progression of disease intensifying)**



Preventative Foundational Support:

Melatonin 20 mg

- Antioxidant hormone that enhances sleep promotion.
- Inhibits NLRP3 inflammasome activation and reduces airway inflammation.

Individuals taking SSRI's class of antidepressant or antianxiety medicines or Desmopressin (ADH) should not take high dose melatonin to avoid Serotonin Syndrome. Consult your doctor if taking other antianxiety or antidepressant medication.

Vitamin A 25,000 IU

- Vitamin A levels drop during various types of infection. Vitamin A supplementation improves resistance and recovery rate.

Individuals with liver disease, pregnant and breastfeeding moms need to be cautious with vitamin A

Vitamin K2-D3

- Tag-Team Vitamin D3 and Vitamin K2 together as they work best together.
- Deficiency of fat-soluble vitamins impairs immune function and promotes excessive inflammatory reactions.
- Vitamin D3 prevents experimental lung fibrosis. Reduces the risk of acute respiratory infection.
- Vitamin D3 is necessary for the formation of macrophage lysosomal enzymes that allow macrophages to kill pathogens, including viruses, that have been engulfed by phagocytosis.

Bio C 1:1 (Vitamin C with Bioflavonoids)

- Vitamin C works as an antioxidant important in protecting the body against the damage from oxidative stress generated during an infection.
- Plays a critical role in vascular stability, supporting nitric oxide generation and vasodilation.
- Supports immune cell function of both the innate and adaptive immune responses.
- Vitamin C deficiency contributes to decreased immune responsiveness and increased susceptibility to infections.
- Vitamin C supplementation has been shown to both prevent and treat respiratory and systemic infections.

Quercenase

- The flavonoid quercetin is a zinc ionophore that facilitates transport of zinc across lipid membranes.
- Has been shown in many human studies to modulate mast cell degranulation.

Because bromelain has fibrinolytic effects that may potentially inhibit blood clotting, Bromelain should be used with caution or avoided in individuals on anticoagulant therapy.

Zinc Picolinate 30 mg

- Plays a crucial role in the function of essentially all immune cells.
- Deficiency increases susceptibility to a variety of infections.
- Antiviral properties-Intracellular zinc has been shown to inhibit RNA synthesis of virus by suppressing replication and transcription complexes.
- Anosmia (loss of smell) and dysgeusia (distorted sense of taste) are commonly being reported in patients with viral illness. These are also classic symptoms of zinc deficiency.
- Zinc deficiency greatly impairs immune function, especially resistance to viral infections.
- Inadequate dietary consumption of zinc is found in almost half of the older population.

ProbioMax Daily DF 30 Billion

- Disruption of the gut microbiome can increase sensitivity to viral infections.
- Treatment with beneficial probiotics can enhance resistance to viral infection.

Throat Mist Spray

- Supports normal healthy tissue of the throat during times of normal irritation. Natural antiseptic.

Neti Xlear (Xylitol) Sinus Rinse

- Supports body's natural defense system to wash away pollutants, irritants and other airborne contaminants while soothing and moisturizing nasal passages.

Antioxidant Support:

Liposomal Glutathione (GSH)

formulated using liposomal technology, which results in superior delivery, absorption and bioavailability. Liposomal delivery bypasses proteolytic degradation in the GI tract and is uniquely effective for reaching and interacting with target tissues.

- Antioxidant.
- Blocks reactive oxygen species (ROS) from upregulating the NETosis that drives sepsis, destruction of epithelial and endothelial tissue, thickening of mucous secretions, and thrombus formation.
- Anti-inflammatory.
- Supports innate immune response, Supports phagocytic activity of neutrophils, supports the dendritic cell function of activating the adaptive immune system thru antigen presentation.
- Supports adaptive immune response, supports Th1 response, supports T lymphocyte proliferation.
- Decreases fibrotic damage to the lungs and other organs by inhibiting TGF-Beta.

N-Acetyl-L-Cysteine (NAC)

- Anti-inflammatory and antioxidant.
- NAC downregulates NET (neutrophil extracellular traps) formation through the downregulation of ROS.
- Anti-thrombotic.
 - Increase intraplatelet GSH and reduce platelet ROS
- Mucolytic.
- Improves mucociliary escalator function.
- Supports production of sIgA.
- Inhibits excess production of IgE and IgG4 (allergy/sensitivities).
- Supports destruction of biofilms and inhibition of their formation.
- Inhibits adhesion of pathogenic bacteria to epithelial cells.

Polyphenols

Secondary metabolites of plants that are generally involved in defense against ultraviolet radiation (antioxidants) or aggression by pathogens. Long term consumption of diets rich in plant polyphenols offer protection against development of cancers, cardiovascular diseases, diabetes, and infection.

Antioxidant Activator

Curcumin

- Curcuminoids are turmeric-derived compounds with antiviral and anti-inflammatory activity.
- Inhibits NLRP3 inflammasome activation.
- The curcuminoids demethoxycurcumin and curcumin have viral replication inhibition potential against the main protease (Mpro) identified as likely involved in viral maturation and spread in SARS-CoV-2.

Green Tea Extract with Epigallocatechin Gallate (EGCG)

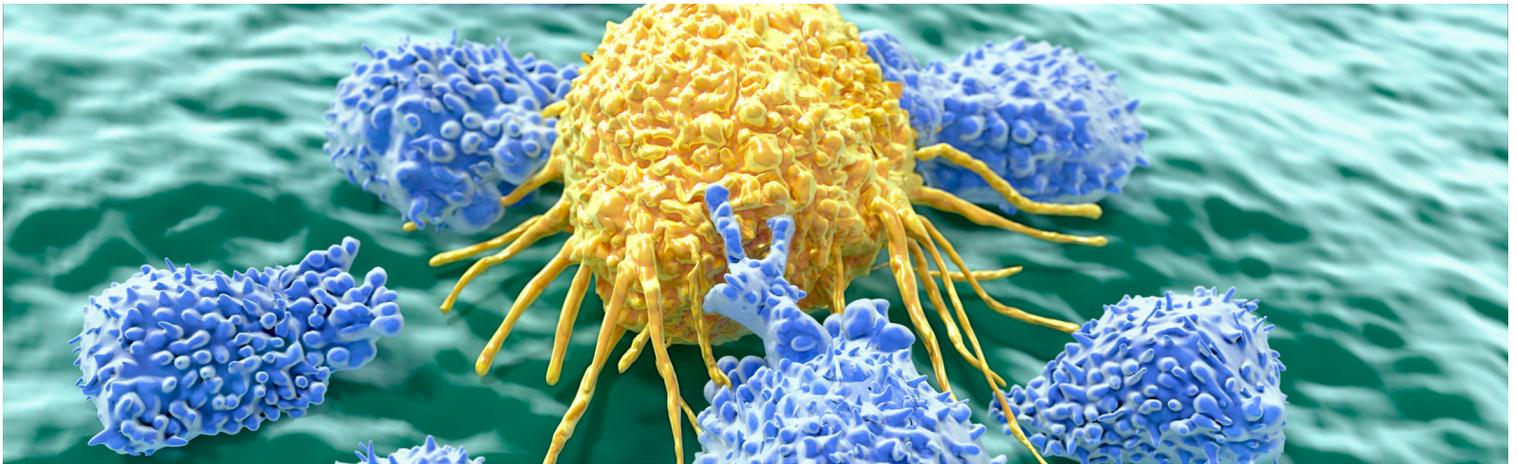
- Favorably modulate viral-induced pathological cellular processes: Modulation of NLRP3 inflammasome activation.

pTeroPure® trans-Pterostilbene Resveratrol

- Reduce inflammation via several mechanisms including downregulation of IL-6 and TNF-alpha and promotion of Sirtuins.
- Modulate the NLRP3 Inflammasome.
- Protects lung epithelia by upregulating Nrf2 to promote Glutathione.

TrueBroc® Glucoraphanin (from broccoli extract) (Brassica oleracea italica) (seed)

- Anti-inflammatory phytochemical found in cruciferous vegetables that inhibits NLRP3 inflammasome biology.
- Activates the antioxidant Nrf2 pathway and is anti-fibrotic.
- Upregulates Glutathione levels.



Immune Activation:

Natural Killer (NK) Cell Support

- NK cells serve to contain viral infections while the adaptive immune response is generating antigen-specific cytotoxic T cells that can clear the infection.

T Helper Type 1 (Th1) Cell Support

- Th1 cells play a key role in antiviral immunity.
- Th1 and NK cells support each other's activation.
- Stimulate macrophages to destroy pathogens rapidly and fully.
- IFN- γ generated by NK cells and Th1 Cells stimulate macrophages to destroy pathogens.
- Goal of therapy: shorten time course between macrophage/dendritic cell phagocytosis of virus or virally infected cell and the time point at which the engulfed material is degraded.

NK Cell and Th1 Support, Th2 Inhibition

Viracid

- Provides support for immune challenges.
- Strengthens immune function.
- Maintains normal inflammatory balance.
- Includes the synergistic blend of botanical extracts black elderberry, astragalus, echinacea, and andrographis, all of which have been used traditionally for their clinically effective immune- modulating properties.

Do not consume this product if you are pregnant or nursing.

Berberine Balance

- Berberine is a naturally occurring botanical extract commonly isolated from plants such as Oregon grape, Barberry, and Goldenseal.
- Berberine inhibits NLRP3 inflammasome.
- Berberine inhibits IL-6-induced inflammation.
- Berberine promotes the Th1 cytokines.

Anti-Inflammatory Support:

Goal of Anti-Inflammatory Support is inhibition of the NLRP3 inflammasome and NFkB.

Turmeric and Curcumin (Super Curcumin)

- Curcuminoids are turmeric-derived compounds with antiviral and anti-inflammatory activity.
- Inhibit NLRP3 inflammasome activation.
- The curcuminoids demethoxycurcumin and curcumin have viral replication inhibition potential against the main protease (Mpro) identified as likely involved in viral maturation and spread in SARS-CoV-2.

High Dose Melatonin Max 60 mg

- Inhibitory effect on NLRP3 inflammasome.

Individuals taking SSRI's class of antidepressant or antianxiety medicines or Desmopressin (ADH) should not take high dose melatonin to avoid Serotonin Syndrome. Consult your doctor if taking other antianxiety or antidepressant medication.

Natto-K 20,000

- An all-natural potent fibrinolytic enzyme that is extracted and highly purified from natto, a fermented soybean food. Natto-K enzymatically breaks down fibrin associated with vascular disorders and injuries. Fibrin is a blood clotting protein. Natto-K supports the body in areas such as cardiovascular-related disorders, vascular and circulatory disorders, and aids in conditions of poor healing. **Consult your health care practitioner before taking this product if you have a bleeding disorder or are taking any drug that affects blood coagulation or blood pressure such as heparin, warfarin (Coumadin), diuretics, ACE inhibitors, or beta blockers**

Unleash the Vis
20 % off Supplement Sale
October 18-22

To beat the rush for supplements, you may call or send an email, and we will have your order ready for pickup. Or shop our online store!

Call us at 316-425-3729 or email at info@visclinic.com

Supplement Store Hours
Mon - Thurs 8:00 am - 5:00 pm
Fri 8:00 am - 1:00 pm

Lab Considerations for Prevention:

CBC

Patients with the most marked lymphopenia have significantly higher mortality from infection than those with total lymphocytes above 20% of White Blood Cell (WBC) total.

Identify Inflammatory Markers

HS-CRP, Omega-Check (Essential Fatty Acids), Fasting Insulin, Arterial Inflammatory Markers, Clotting Markers.

Glycemic Control Markers

C-Peptide, GSP, HgbA1C, HS-CRP

Identify deficiencies in key nutrients that are central to healthy, robust immune system activation

Vibrant America Micronutrient Testing (Serum and Intracellular nutrient testing)

Measures serum and intracellular (WBC or RBC) tissue levels of Fat- and Water-soluble vitamins, minerals, antioxidants, amino acids, and fatty acids. The Inflammatory fat ratio AA/EPA in the cell membrane is one of the most critical factors to measure. It should be below 5:1.

Simple Serum nutrient targets

Vitamin D3 (target is 50-70 ng/ml), Magnesium (target is > 2.0 mg/dl), Potassium (target is > 4.0 mEq/L)

Assess Oxidative Stress:

Urinary F2-isoprostane/creatinine marker is the "gold standard" for measuring oxidative stress which can be used to assess efficacy of antioxidant therapy.

ApoE E4 Gene Testing

The ApoE e4e4 allele increases risks of severe COVID-19 infection, independent of preexisting dementia, cardiovascular disease, and type-2 diabetes. ApoE e4 not only affects lipoprotein function (and subsequent cardio-metabolic diseases) but also moderates macrophage pro-/anti-inflammatory phenotypes.

Eliminate Non-Purposeful Inflammation by discovering allergies and sensitivities

Reducing or eliminating inflammation promoting foods is also important.

IgG Food Reactions Testing, IgE Allergy Testing to food and the environment, IgA Food Reactions Testing, MRT (cytokine mediated) Food Testing, Peptide Food Reactions Testing. Check Intestinal Permeability Immune Markers

Lifestyle Considerations

Follow a Phytonutrient Dense Diet/Avoid Inflammatory Foods

- 10 cups of non-starchy organic vegetables daily

Eliminate added Omega 6 Fats from Diet

- Canola oil, Corn Oil, Cottonseed oil, Grapeseed oil, Margarine, Rapeseed (Canola), Rice bran oil, Safflower oil, Sesame oil, Shortening, Soybean Oil, Sunflower oil, Wheat Germ Oil, and Fried Fats.

Avoid IgG Food Sensitivities

Avoid IgE Food Allergies

Avoid IgA Food Reactions

Avoid MRT Food Sensitivities

Limit exposure to inhalant IgE allergens

Avoid smoking, 2nd hand smoke, vaping, air pollution, and other environmental lung irritants (excess aerosol sprays and bleach)

Assess Your Own Risk Factors

Non-pulmonary risk factors

- Advanced age
- Hypertension (HTN)
- Diabetes
- Cardiovascular disease
- Obesity
- Renal disease
- Liver disease
- Auto-immune disease
- Malignancy

Pulmonary risk factors

- Asthma
- COPD
- any lung inflammation
- Idiopathic pulmonary fibrosis
- Environmental inflammatory stressors like air pollution



Sources

1. *Evidence Supporting a Phased Immuno-physiological Approach to COVID-19 From Prevention Through Recovery*. PMID: 32425712PMC7190003. May 20, 2020. Yanuck, S F; Pizzorno, J; Messier, H; Fitzgerald, KN .
2. *Oxidation, Inflammation, ApoE4 and Coronavirus, Oh My!!* Vis Clinic Webinar Fall 2020
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5. *I-Mask+ FLCCC Version 11* June 30, 2021
6. *Rapid Virus Recovery*, MedFox Publishing, LLC, First Edition: 2021, Thomas E. Levy, MD, JD

Disclaimer

The Content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read here.



Vis Clinic Immune Supportive Therapies

IVC, Ozone Sinus Therapy, Nebulized Glutathione and Hydrogen Peroxide and Infrared Sauna

**IMMUNE SUPPORTIVE ADJUNCT SERVICES: none of the listed therapies have been tested as preventative for COVID-19, they are general immune supportive supplements and services.*

IV Vitamin C

An IV Nutrient "push" is a therapy given intravenously over a short period of time, typically 15 minutes, this can be useful for lower dosing of IV vitamin C. Higher dose IVC requires an IV drip and longer treatment periods. IV nutrients can achieve serum concentrations not obtainable with oral, or even intramuscular (IM) administration. IV nutrient therapy is more effective than oral treatment for correcting intracellular (inside the cells) nutrient deficits. Some nutrients are present at much higher concentrations in the cells than in the serum. When we take oral supplements, they must go into the GI tract and then be absorbed into the blood (serum) and then transported into our cells. IV nutrients allow ailing cells to take up nutrients more easily. Nutrients taken up by cells after an IV infusion stimulate a healing effect within the cell. If cells are repeatedly "flooded" with nutrients, the improvements in cell functioning can be cumulative. Dr. Krier has observed that patients who receive a series of IV injections over time raise their white blood cell nutrient reserves more than those who use only oral therapies. Vitamin C contributes to immune defense by supporting and directly stimulating various cellular functions of both the innate (cellular) and adaptive (antibodies) immune system. Vitamin C accumulates in phagocytic white blood cells that act as immune soldiers thereby upregulating the immune system. Vitamin C can be given in low IV doses safely. Going above 25g of Vitamin C per IV requires G6PD testing to make sure the cells can handle the vitamin C safely.

Ear and Sinus Ozone Therapy

Ozone (O₃) is a gas consisting of three oxygen atoms discovered in the mid-nineteenth century. Ozone therapy has been utilized and heavily studied for more than a century. Its effects are proven, consistent, safe, and with minimal and preventable side effects. Medical O₃ is used to disinfect and treat disease. Ozone displays bactericidal, viricidal, and fungicidal action; it modulates the immune system, and increases effectiveness of the antioxidant enzyme system.

Vis Clinic offers ear ozone insufflation. During ear insufflation, an ozone/oxygen gas mix is slowly introduced into the ears via a modified stethoscope. This ozone readily absorbs into the lymphatic system of the ear drum and saturates the sinus area. It has the ability to penetrate the head, neck, and eyes.

Many patients have reported a wide variety of positive results including relief of allergies, relief of colds, clearing of sore throats, and swollen glands. Ear ozone insufflation works great for treating acute and chronic sinus infections. Treatment frequency varies but is generally recommended 1-2 times per week depending on condition. The entire treatment is only 5-10 minutes in duration.





Nebulized Vis Clinic Therapies

Nebulization is a process that converts a liquid form of a therapeutic agent into a fine mist that can be readily inhaled. This allows the direct contact of such an agent with the cells lining the sinuses, oral cavity, throat, and respiratory tract

Benefits of Nebulization:

- Provides a direct route of therapeutic administration to affected cells/tissue without needing to circulate throughout the body, such as with agents that ease breathing or that kill pathogens. This limits the amount of systemic assimilation of the nebulized agent throughout the body.
- Moistens the areas nebulized, helping to mobilize and expel mucus and other secretions, such as infected sputum.
- Lessens cough long-term after troublesome secretions get mobilized and expelled.
- Allows the use of lower amounts of therapeutic agents needed in the lungs than would be needed if given systemically, which would lessen any potential toxicity of those agents as well.
- Permits local/focal attack on areas of pathogen colonization in the sinuses, oral cavity, throat, esophagus, and airways.

Nebulized Glutathione (GSH) The Master Antioxidant

- GSH inhalation benefits the upper and lower respiratory tract. GSH's therapeutic effects are related to its antioxidant properties that offer protection against oxidative injury. GSH inhalation has been shown to improve clinical markers of respiratory function.
- Using a nebulizer, a solution of GSH is made into an aerosol and is delivered to the upper respiratory tract and the lungs through a mask that covers the nose and mouth or is delivered directly into the lungs via a mouthpiece. It is delivered over the course of 3-5 minutes or more.
- **Biocidin** is a broad-spectrum botanical combination formula with anti-microbial action that helps fight off viral, bacterial, and fungal infections and comes in a liquid form that can be added to a nebulizer.
- Vis Clinic nurses add liquid Biocidin to the glutathione mixture for colds, flu, sinus issues, or respiratory conditions.
- Glutathione treatment recommendation is 1-2x per week or more for prevention, especially for those individuals with weak lungs (COPD, Asthma). Therapeutic dosing is 1-2x daily x several weeks or more depending upon the condition.
- Those with sulfite sensitivity reactions should build slowly or avoid nebulized glutathione. Foods That Contain Sulfites (Dried fruits, Bottled lemon juice, Bottled lime juice, Wine, Molasses, Sauerkraut, Grape juices, Pickled cocktail onions)

Nebulized Hydrogen Peroxide (HP)

- Inhaling diluted 3% pharmaceutical grade Hydrogen Peroxide (HP) with normal saline is an ideal way to attack internal infections acquired thru the respiratory passages. The inhalation of HP by nebulization may be effective stopping pathogens present in the sinuses, nose, throat, and deep into the lungs. HP works as an antiseptic and is completely non-toxic at monitored therapeutic dosages. HP is present throughout the body and is essential for the ongoing defense against pathogens while also playing a role in the regulation of normal cellular metabolism.
- Nebulized hydrogen peroxide can be utilized as often as desired. Nebulizing Hydrogen Peroxide for 2 to 5 minutes once a week should be sufficient for prevention. However, early sniffles or a minor sore throat warrant starting a 10–15-minute nebulization session several times daily.



Infrared Sauna

Infrared therapy stimulates the circulatory system, causing the heart to beat more vigorously and blood vessels to dilate, which help cleanse the circulatory system and more fully oxygenate the body’s cells. Better blood circulation means more toxins flow from the cellular level to the skin’s surface to improve cell health, aid in muscle recovery and strengthen the immune system by raising core body temperature.

Raising core body temperature is key. Although infrared saunas heat you up differently than a fever, the increased body temperature provides the same benefits, including stimulating white blood cell and T-cell production to ward off viruses. Infrared saunas are the only ones to have been proven to raise core body temperature by 3 degrees. Near infrared therapy, delivered by LEDs deep into body tissue, can improve cell health and tissue growth. Several studies have shown that LEDs (like those found in our mPulse Sunlighten sauna) stimulate white blood cell production and collagen growth by increasing energy at the cellular level.

An Austrian Infrared study showed that healthy subjects who regularly used saunas had significantly fewer episodes of common colds than those who did not. This benefit becomes more significant, especially after 14 weeks of consecutive sauna use. To fully experience the immune-strengthening benefits of a sauna, it’s recommended to use it at least twice a week throughout the year.

Four Targets of Immune Support

We have bundled our immune supporting supplements to make it easy to shop. Choose a bundle below to address your target of support. Adult Dosing only.

- **Preventative Foundational Immune Support:**

[Click here to shop](#)



- **Antioxidant Support:**

[Click here to shop](#)



- **Immune Activation:**

[Click here to shop](#)



- **Anti-Inflammatory Support:**

[Click here to shop](#)



Vis Clinic Immune Support Protocol - High Risk/At Risk Individuals

SUPPLEMENTS

Preventative Foundational Immune Support:

- **Vitamin A 25,000 IU** Take (1) one capsule daily with food
- **K2-D3 5000** Take (1) one capsule daily with food
- **Bio C 1:1™** Take (1) one capsule (2) two times daily with food
- **Quercenase** Take (2) two capsules (2) two times daily with food
- **Zinc Picolinate 30 mg** Take (1) one capsule (2) two times daily with food
- **ProbioMax® Daily DF 30 Billion Probiotic** Take (1) one capsule daily with water
- **Throat Mist Spray** Spray, swallow and ingest at least (2) two times daily or as needed up to 10 times per day
- **Neti Xlear Sinus Rinse** Follow instructions included in box. Use with rinse bottle or Neti Pot (1-2 times daily)

Antioxidant Support:

- **Liposomal Glutathione** Take (1) one mL (approx. 2 pumps) and hold in mouth for 30 seconds before swallowing (3) three times daily
- **NAC 600mg** Take (1) one capsule (2) two times daily away from food
- **Antioxidant Activator** Take (2) two capsules (2) two times daily with food

Immune Activation:

- **Viracid** Take (1) one capsule (2) two times daily 12 hours apart (7 days on and 7 days off)
- **Berberine Balance** Take (1) one capsule (1) one time daily (7 days on and 7 days off)

Anti-Inflammatory Support:

- **Super Curcumin** Take (1) one capsule (3) three times daily with food
- **Melatonin Max 60mg** Take (1) one capsule at bedtime
- **Natto-K 20,000 FU/g** Take (2) two capsules (2) two times daily at least 30 minutes before or two hours after a meal

Immune Supportive Therapies (during viral seasons)

- **IV Vitamin C** - low dose Push 1-2x weekly
- **Ear and Sinus Ozone Therapy** 1-2x weekly
- **Nebulized Glutathione** 2-3x weekly
- **Nebulized Hydrogen Peroxide** 2-3x weekly to daily
- **Infrared Sauna** 2x per week

Vis Clinic Immune Support Protocol - Low Risk Individuals

SUPPLEMENTS

Preventative Foundational Immune Support:

- **Melatonin 20mg** Take (1) one capsule daily at bedtime
- **Vitamin A 25,000 IU** Take (1) one capsule daily with food
- **K2-D3 5000** Take (1) one capsule daily with food
- **Bio C 1:1™** Take (1) one capsule (2) two times daily with food
- **Quercenase** Take (2) two capsules (2) two times daily with food
- **Zinc Picolinate 30 mg** Take (1) one capsule (1) one time daily with food
- **ProbioMax® Daily DF 30 Billion Probiotic** Take (1) one capsule daily with water
- **Throat Mist Spray** Spray, swallow and ingest at least 2 times daily or as needed up to 10 times per day
- **Neti Xlear Sinus Rinse** Follow instructions included in box. Use with rinse bottle or Neti Pot (1 time daily)

Antioxidant Support:

- **NAC 600mg** Take (1) one capsule (1) one time daily away from food
- **Antioxidant Activator** Take (1) capsule (2) two times daily with food

Immune Activation:

- **Viracid** Take (1) one capsule (2) two times daily 12 hours apart (7days on and 7days off)

Anti-Inflammatory Support:

- **Super Curcumin** Take (1) one capsule daily with food

Immune Supportive Therapies (during viral seasons)

- **IV Vitamin C** - low dose push 1x weekly to monthly
- **Ear and Sinus Ozone Therapy** 1x weekly to monthly
- **Nebulized Glutathione** 1x weekly
- **Nebulized Hydrogen Peroxide** 1x weekly
- **Infrared Sauna** 1-2x weekly

Vis Clinic Early Therapeutic Protocol

SUPPLEMENTS

Preventative Foundational Immune Support:

- **Vitamin A 25,000 IU** Take (1) one capsule (2) two times daily with food
- **K2-D3 5000** Take (1) one capsule daily with food
- **Bio C 1:1™** Take (1) one capsule (3) three times daily with food or to bowel tolerance
- **Quercenase** Take (2) two capsules (3) three times daily with food
- **Zinc Picolinate 30 mg** Take (1) one capsule (2) two times daily with food
- **ProbioMax® Daily DF 30 Billion Probiotic** Take (1) one capsule (2) two times daily with water
- **Throat Mist Spray** Spray, swallow and ingest at least 5 times daily or as needed up to 10 times per day
- **Neti Xlear Sinus Rinse** Follow instructions included in box. Use with rinse bottle or Neti Pot (2-3 times daily)

Antioxidant Support:

- **Liposomal Glutathione** Take (1) one mL (approx. 2 pumps) and hold in mouth for 30 seconds before swallowing (3) three times daily
- **NAC 600mg** Take (1) one capsule (2) two times daily away from food
- **Antioxidant Activator** Take (2) two capsules (2) two times daily with food

Immune Activation:

- **Viracid** Take (2) two capsules (4) four times daily 4-6 hours apart
- **Berberine Balance** Take (1) one capsule (3) three times daily

Anti-Inflammatory Support:

- **Super Curcumin** Take (1) one capsule (3) three times daily with food
- **Melatonin Max 60mg** Take (1) one capsule (2) two times daily in the morning and at bedtime to control inflammation
- **Natto-K 20,000 FU/g** Take (2) two capsules (2) two times daily at least 30 minutes before or two hours after a meal

Immune Supportive Therapies:

- **IV Vitamin C (high dose)** 2-3x weekly (G6PD test required prior to high dose IVC)
- **Ear and Sinus Ozone Therapy** 2-3x weekly
- **Nebulized Glutathione** 2x daily
- **Nebulized Hydrogen Peroxide** 3-4x daily
- **Infrared Sauna** --dependent on hydration status (daily)