

## **Coronavirus: Get your immune system in shape!**

We know that optimal nutrition status is best practice for supporting an overall healthy immune system — proper hygiene, a healthy diet, adequate sleep, fresh air, etc. but we understand you may be wanting additional immune support. Here are some suggestions:

**Vitamin C** shines in its immune-enhancing abilities by helping reduce the risk, severity, and duration of respiratory tract infections such as colds and flu. 600- 2000.mg per day 1-2 times per day.

**Vitamin D & Zinc** – essential for the immune system and most people don't get enough. 2000-5000 IU's of Vitamin D, 20-50 mg Zinc per day or more if symptomatic.

**Elderberry & Astragalus** – are fantastic for cough, congestion and other respiratory illness symptoms.

**Herbal Support** – herbs are the best friends of your immune system. Use specific herbal support formulas to support immune system, lungs and respiratory tracts.

As a valued client, Health Renew has arranged for your easy access to our recommended nutritional supplements. We believe that all supplements are NOT created equal and want to be sure you choose quality brands to compliment your health and wellness.

- Immune Support Packets – a comprehensive arsenal of all the immune-supportive nutrients above, helping the body maintain a strong defense, especially during the cold and flu season.
- Immunitone Plus – a comprehensive herbal formula that is designed to support health immune system function (included in the support packet).
- Vitamin C – Stellar C, Xcellent C, Vitamin C Buffered Powder (non-acidic form of vitamin C), Liposomal Vitamin C (high potency for superior absorption and delivery), C+BioFizz (a delicious, effervescent, orange-flavored powder easily provides therapeutic dosing).
- Herbal Solutions: ImmunoBerry Liquid, BodyGuard
- Others to consider: D3 5000, D3 Liquid, K2-D3 5000, Vitamin D Complex, Vitamin D Synergy, Zinc Glycinate, Zinc Supreme, Viragraphis, ImmunotiX, Immune Essentials

Always a good foundation...

- ActivNutrients (with or without iron) or DFH Complete Multi
- ProbioMax Daily or ProbioMed – immunity starts in the gut!
- Omega MonoPure 1300 or OmegaAvail

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To order your prescription go to: **[www.healthrenewmd.com/store](http://www.healthrenewmd.com/store)**

First time users: When setting up an account you will need the access code which is: healthrenew

For ordering questions please call: 888.301.9009 or email: [support@kaerwell.com](mailto:support@kaerwell.com)

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Or DFH products e-store: [www.healthrenew.ehealthpro.com](http://www.healthrenew.ehealthpro.com) - no account needed.