

# Acute Viral Support Protocol

Clinical Protocol to Support Immune Health and Healthy Inflammatory Responses



In addition to disrupting our busy lives, becoming sick can cause short and long term health concerns which is why Prolistic Health has developed an all-natural treatment protocol specifically for when you are sick, through evidence-based lifestyle, dietary, and nutrient interventions to support your immune system, minimize the risk of a major infection, and support a healthy inflammatory responses.

Acute viral infections occur when a virus rapidly infects and replicates within you. These infections may be resolved quickly if your immune system is balanced and functioning optimally; otherwise, it may lead to illness. A strong immune system is the first line of defense against acute viral infections including Flu A and B, and COVID-19. If your body has what it needs it can respond with a successful viral clearance during acute viral infections.

However, an unbalanced immune response, such as an excessive inflammatory response, may also damage your health. Susceptibility to acute viral infections and disease progression varies depending on virulence and your immune responses. Communicable pathogens can spread rapidly, particularly in vulnerable populations such as children, older adults, or those with compromised immune systems. Moreover, viruses have evolved strategies to evade your immune surveillance to establish successful infections, which is why you need to be proactive with your health.

**If you are feeling symptomatic, A ProAm Medical provider can properly diagnose your viral infection at our Las Vegas clinic or via telemedicine to provide the appropriate treatment options. Likewise rapid test kits are available for COVID and FLU A, B at your local pharmacy.**

## Benefits of a strong immune system

- Protection from harmful virus, bacteria, and other disease causing microorganisms
- Recover from injuries faster by influencing wound healing
- More energy, less tired
- Clearer skin, healthier hair and nails

## Therapeutic diet and nutritional considerations

- A dietary plan emphasizing protein, omega-3 fatty acids, polyphenols, and micronutrients essential for optimal immune system function and healthy inflammatory responses, including zinc, selenium, and vitamins A, C, and D
- High fluid intake such as vegetable stock, vegetables, fruits, herbal teas, and copious amounts of water. Consider **Electrolyte Synergy™** to support hydration status.
- Avoid dietary sugar and alcohol intake.

## Lifestyle Interventions during viral infection

- Rest and avoid contact with others.
- Medical grade or N95-rated masks can provide a basic physical barrier against spreading communicable pathogens.
- Healthy sleep patterns ensure adequate quantity and quality of restorative rest to support recovery.
- Stress management techniques such as meditation, breath work, and biofeedback.
- Avoid excess exercise during times of immune challenge.

Please consult with and discuss with your medical provider before considering this or any other treatment options. A ProAm Medical provider is also available to diagnose and discuss your treatment options.

## Supplement Protocol

### PRIMARY SUPPORT-

#### IMMUNE SUPPORT PACKET \$120 and includes:

##### Immunitone Plus™

<b>Dose</b>	As part of one packet per day	<b>Duration</b>	Daily to support optimal immune function; suitable for long-term use
<b>Formula Highlights</b>	Immunitone Plus™ is an herbal formula designed to support a healthy immune system.* It contains herbs that help support normal natural killer (NK) cell activity and the balance of cytokines, supporting a normal immune system response.*		

##### Zinc Supreme

<b>Dose</b>	As part of one packet per day	<b>Duration</b>	During times of immune challenge, or until active infection has resolved
<b>Formula Highlights</b>	Provides zinc, riboflavin, vitamin B6 and other ingredients to support immune function. These compounds can be obtained from the diet but certain situations may warrant supplementation with levels above that which would typically be gotten from food alone.		

##### N-Acetyl-L-Cysteine

<b>Dose</b>	As part of one packet per day	<b>Duration</b>	Daily for immune function support
<b>Formula Highlights</b>	Provides a generous dose (900 mg) of NAC, an important amino acid precursor. NAC is a source of the amino acid cysteine, which is a building block of glutathione, the body's most powerful antioxidant.		

##### Vitamin D Complex

<b>Dose</b>	As part of one packet per day	<b>Duration</b>	During times of immune challenge, or until active infection has resolved
<b>Formula Highlights</b>	In addition to its role in supporting bone health and proper calcium levels in the body, vitamin D is indispensable for a healthy immune system. Vitamin D Complex provides this crucial nutrient along with the other fat-soluble vitamins (A, E, and K) because their roles in physiology may be optimized when taken together, the way they often occur naturally in food.		

##### Stellar C

<b>Dose</b>	As part of one packet per day	<b>Duration</b>	During times of immune challenge, or until active infection has resolved
<b>Formula Highlights</b>	Provides vitamin C as ascorbic acid and extract of acerola fruit, a naturally rich source of vitamin C. This product also includes rutin, quercetin, hesperidin and other bioflavonoids from citrus fruits, which may work in synergy with vitamin C for supporting a healthy immune system. Vitamin C is essential for the synthesis of collagen, which is the most abundant protein in the skin. The skin is the body's largest organ and the protective barrier it provides is one of the first lines of defense against unwanted pathogens.		

SECONDARY SUPPORT

Silvercillin™ Liquid \$67

Dose	1 Tbsp twice per day	Duration	During times of immune challenge, or until active infection has resolved
Formula Highlights	Silvercillin™ Liquid is a formula composed of pure silver complexed with purified water. This incredibly powerful, non-toxic form of silver has broad-spectrum effects and supports the immune system.* It also helps the body maintain a healthy barrier against the intrusion of unwanted organisms. Unlike prescription antibiotics, however, Silvercillin™ targets specific organisms while sparing the body's beneficial bacteria. Additionally, it does not interfere with antibiotics, and may even help them work more effectively.		

Allicill™ \$38

Dose	1 softgel twice per day	Duration	During times of immune challenge, or until active infection has resolved
Formula Highlights	A targeted blend of garlic and parsley oils to help support a healthy microbial environment, liver function, and immune health. Helps support healthy inflammatory responses.		

Electrolyte Synergy \$45

Dose	1 softgel twice per day	Duration	During times of immune challenge, or until active infection has resolved
Formula Highlights	Electrolyte Synergy™ is a complete and balanced electrolyte formula to help promote optimal hydration and health. It contains potassium, sodium, chloride and magnesium, the main electrolytes found in the body, helping with symptoms of dehydration after excessive diarrhea, vomiting, or sweating associated with a viral infection		

HERBALBIOTIC TINCTURE \$58

Dose	1-3 DROPPER FULL	Duration 3X DAILY	During times of immune challenge, or until active infection has resolved
Formula Highlights	<p>Dr. Syd's unique formula helps to shield against viral infections, reduces inflammation, and supports overall immune system health. Incorporating our tincture into your treatment and recovery process will fortify your body's natural barriers for a stronger, healthier you and includes:</p> <ul style="list-style-type: none"><li>• <b>Echinacea</b> : A popular herb traditionally used to boost the immune system and prevent illness.</li><li>• <b>Elderberry</b>: Activates the immune system and is a natural source of Vitamin C.</li><li>• <b>Astragalus</b>: A traditional Chinese herb used for centuries to boost the immune system and prevent illness, including cold and flu.</li><li>• <b>Reishi</b>: Antiviral mushroom that stimulates the immune system and reduces viral replication.</li><li>• <b>Lemon Balm</b>: Has antiviral properties and calms the nervous system to support restful sleep.</li><li>• <b>Phytolacca</b>: Has been shown to have antiviral and antibacterial properties, making it effective against a range of infections.</li></ul>		