

# Immune Support Protocol

Clinical Protocol to Support Immune Health and Healthy Inflammatory Responses\*



## Immune Physiology

Promoting immune health through targeted nutrition and lifestyle factors may serve as a strategy to support overall health, potentially decrease the risk of certain infections, and should be a part of our daily health and wellness routine. An effective and balanced immune response requires the optimal function of two distinct arms within the immune system: the innate and the adaptive.

This clinical protocol is designed to support both arms by providing essential vitamins and minerals for immune health and healthy inflammatory responses.

The innate immune system consists of nonspecific defense mechanisms that react quickly to various pathogens, including bacteria, viruses, and fungi. Physical barriers like the skin and mucous membranes form the first layer of defense, while an array of immune factors, such as macrophages, natural killer cells, mast cells, cytokines, and complement proteins, are released to further protect the body against foreign invaders.<sup>1</sup>

The adaptive immune system is directed by antibodies and T and B lymphocytes. These cells identify specific pathogens, secrete signaling molecules, and coordinate an immune response in the face of an immune challenge. Following the first interaction with a foreign microorganism, components of the adaptive immune system activate, developing a memory for improved recognition during subsequent exposures. This adaptive process yields a more prompt and robust secondary response and beyond.<sup>1</sup>

## Diagnostic Biomarkers and Clinical Indicators of Immune Status

- A Prolastic health-care practitioner can diagnose an infection based on symptoms as well as a compromised immune system and make suggest the appropriate recommendations and treatment options.
- Laboratory assessments
  - White blood cell (WBC) differential
  - C-Reactive protein
  - Alkaline phosphatase

## Therapeutic Diet and Nutritional Considerations

- Recommend a foundational prophylactic dietary plan emphasizing polyphenols and micronutrients essential for optimal immune system function and healthy inflammatory responses, including zinc, selenium, and vitamins A, C, and D.<sup>3-8</sup>
- Optimize omega-3 fatty acid composition to support balanced immune function and healthy inflammatory responses.<sup>4-6</sup>
- Support the patient's protein status (RDA: 0.8 g/kg of body weight per day). A suboptimal status of dietary protein or amino acids is associated with impaired immune function.<sup>9</sup> Certain populations may require more than the RDA of protein, such as the elderly, athletes, and immunocompromised individuals.
- Guide patients to reduce or eliminate consumption of dietary sugar and alcohol.

## Lifestyle Interventions

- Proper sleep to ensure adequate quantity and quality of restorative rest.
- Stress management techniques. Consider meditation, breath work, and biofeedback.
- A balanced physical activity routine but avoid excess exercise during times of immune challenge
- Reducing or eliminate alcohol consumption and the use of tobacco and vaping products

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

## Supplement Protocol

### PRIMARY SUPPORT

#### Immunitone Plus™ \$47 (30-60 day supply)

<b>Dose</b>	2 capsules per day with meals; 4 capsules per day with meals for advanced support	<b>Duration</b>	Daily to support optimal immune function
<b>Formula Highlights</b>	Immunitone Plus™ is a botanical formula designed to support healthy immune system function.* It contains herbs that support normal natural killer (NK) cell activity and the balance of cytokines, which are the regulatory proteins released by immune cells as part of a normal immune system response.* The standardized herbs in this formula contain optimal and consistent amounts of the most bioactive ingredient.		

#### BioFizz™ Immune or BioCap Immune™ \$70 (30 day supply)

<b>Dose</b>	BioCap Immune™: 4 capsules per day BioFizz™ Immune: 4 grams (approx. 1 scoop) per day	<b>Duration</b>	Daily for immune function support
<b>Formula Highlights</b>	BioFizz™ Immune orange-flavored powder formula and BioCap Immune™ capsule formula are uniquely designed to support antioxidative status and a healthy immune response.* Each serving provides 1,000 mg of vitamin C, along with clinically relevant amounts of the bioflavonoids quercetin and resveratrol, 50 mcg (2,000 IU) of vitamin D, 100 mg of vitamin E isomers (as delta and gamma-tocotrienols), 50 mg of geranylgeraniol (as GG-Gold®), and 20 mg of zinc.		

#### ProbioMed™ 50 \$52 (30 day supply)

<b>Dose</b>	1 capsule per day with a meal	<b>Duration</b>	Daily for maintenance of healthy gastrointestinal and immune function*
<b>Formula Highlights</b>	A shelf-stable combination of 50 billion live probiotic strains from 10 specific probiotic species, known for their ability to support intestinal health and healthy immune responses.*		

### SECONDARY SUPPORT

#### Vitamin D Supreme \$35 (60 day supply)

<b>Dose</b>	1 capsule per day	<b>Duration</b>	Daily – a higher serving size may be appropriate during winter months when sunlight exposure is minimal.
<b>Formula Highlights</b>	Vitamin D Supreme provides a clinically relevant amount of vitamin D3 at 5,000 IU per capsule and vitamin K in both K1 and K2 (as MK-4) forms. This formula is designed for clinical situations where more aggressive repletion may be required. Vitamins D and K are essential for optimal bone and arterial health and maintaining proper immune system balance.*		

#### Zinc Supreme \$20 (90 day supply)

<b>Dose</b>	1 capsule 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.		

For a list of references cited in this document, please visit:

<https://www.designsforhealth.com/api/library-assets/literature-reference---immune-support-protocol-references>

Dosing recommendations are given for typical use based on an average 150 pound healthy adult. Health-care practitioners are encouraged to use clinical judgement with case-specific dosing based on intended goals, subject body weight, medical history, and concomitant medication and supplement usage. Any product containing botanical substances has the potential for causing individual sensitivities, appropriate monitoring, including liver function tests (LFT) is recommended.  
evidence-based resources such as the Natural Medicine Database or Stargrove MB, Treasure J,

For considerations regarding herb-drug and nutrient-drug interactions, please refer to reliable, McKee

DL. *Herb, Nutrient, and Drug Interactions: Clinical Implications and ZPRO IMMUNE 11/23 Therapeutic Strategies*. St. Louis, MO: Mosby-Elsevier; 2008.

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**\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**