



College Immune Support



"Send your student to college with their immune support fully stocked"

"If you have a student heading off to campus this fall, you already know what's coming: dining hall food, shared bathrooms, all-nighters, and a roommate who's sick by week two. I've sent my patients' kids off to college with the same daily stack for years because it covers the three things that actually support them fully: digestion, immunity, and cellular defense. It is a great foundation for your student to lead a healthier lifestyle on campus"

— **Dr. Michele Benoit, DC** • Applied Kinesiology & Functional Nutrition

SUPPLEMENT STACKS

1

Digest-A-Meal

GUT FOUNDATION • NUTRIENT ABSORPTION

Keeps digestion working properly so your student will absorb the nutrients they are getting and support the gut microbiome

2

Glutathione

MASTER ANTIOXIDANT • FOUNDATION

Reduces the oxidative stress that drives both physical fatigue and cognitive fog. The essential anchor of this protocol.

3

Whole C

FIRST LINE OF DEFENSE

A whole-food complete vitamin C complex with ascorbic acid, rutin, bioflavonoids, and J&K factor. Research shows daily vitamin C can cut the risk of a cold in half

4

Natural Z-Pak

ACUTE IMMUNE SUPPORT • EARLY INTERVENTION

Contains 50+ immune-boosting nutrients. A natural alternative to pharmaceutical antibiotics that works with the body's defenses, not against them.

— Dr. Benoit Add On

"A simple daily foundation designed specifically for the immune challenges of campus life. Three products work daily to build and maintain immune resilience. One (the Z-Pak) is kept on hand for early intervention when something is clearly setting in. Together they cover every layer of the immune system that campus life compromises."

WHO THIS PROTOCOL HELPS

- College students living in dorms or shared housing
- Parents who want their student protected before move-in day
- Students with a history of getting sick at the start of every semester
- Anyone in a high-exposure shared environment — offices, gyms, travel
- Students managing academic stress alongside immune health

LIFESTYLE FOUNDATIONS

- Prioritize 7-9 hours of sleep daily.
- Stay hydrated: dehydration suppresses immune response significantly
- Limit alcohol as it directly impairs immune function
- Eat protein at every meal
- Reach for the Z-Pak at the very first sign of symptoms
- Wash hands obsessively as it is the most effective single intervention in a dorm environment

HOW TO ORDER

SCAN
ME

