

# wild health.

genomics based personalized medicine

## IMMUNE SUPPORT

Many of our clients have asked exactly which supplements would be best to take for immune support. We put together a list of our preferred supplements below. We didn't include vitamin D as the vast majority of our patients have their vitamin D levels already optimized through supplementation or other means.

– Wild Health Team



### *PhytoGen*

PhytoGen combines four immune-supporting botanicals in a single, easy-to-take formula.\* It particularly supports immune function in the respiratory tract, GI tract, and bladder.\*

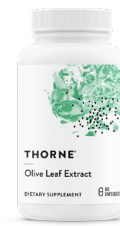
Suggested use: Take 3 capsules twice daily  
Take With meals



### *Myco-Immune*

Myco-Immune is a blend of six mushroom extracts shown to provide significant immune support.\* The liquid form, dispensed by dropper, makes it easy to measure and to put in liquids for children.

Suggested use: Take 1 teaspoon daily  
1 dropper full with meals



### *Olive Leaf Extract*

Olive Leaf Extract is derived from the leaves of the olive tree (*Olea europaea*) and contains compounds, specifically oleuropein, that have demonstrated antioxidant and immune-enhancing properties.\*

Suggested use: Take 1 capsule twice daily  
Take with meals



### *Vitamin C with Flavonoids*

Vitamin C with flavonoids optimizes the beneficial effects of vitamin C – including support of immune function and promotion of wound healing – by replicating the way it's found in nature.\*

Suggested use: Take 1 Capsule twice daily  
Take with meals



### *Zinc Picolinate 30 mg (180's)*

Picolinate features better absorbability than many other zinc supplements.\* Supplementation can be important for many persons, including athletes who lose zinc in sweat during intense exercise.\*

Suggested use: Take 1 capsule daily  
Take with meals



### *Quercetin Phytosome*

Quercetin Phytosome offers advanced phytosome technology for optimal absorption.\* In addition to stabilizing mast cells, it has antioxidant and other beneficial effects.

Suggested use: Take 1 capsule daily  
Take with meals

\* 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.