



WHOLISTIC  
KIDS & FAMILIES

### COVID PREVENTATION PLAN

#### Children

- Vitamin D3 or safe sun exposure
- Cod liver for anti-inflammatory fats and vitamin A
  - o If cod liver oil is not tolerated due to taste, any fish oil 2-3 times a week is sufficient
- Abundant amounts of colorful vegetables... If your kid is not the best eater, then consider:
  - o Prebiotics and probiotics
  - o Multi-vitamin with methyl-folate, zinc, A and E
  - o Vitamin C

#### Adults

- Vitamin D3 or safe sun exposure
- Cod liver or fish oils for anti-inflammatory fats
- Abundant amounts of colorful vegetables... or depending on your diet:
  - o Prebiotics
  - o Multi-vitamin with methyl-folate, zinc, A and E
  - o Vitamin C and NAC (If not enough sulfur-rich vegetables)

#### High-risk adults

- Integrate the above recommendations along with:
  - o Definitely use Vitamin C and NAC **OR** consider continuous glutathione
  - o Consider CoQ10 100mg a day if elderly or diabetic. Safe for other high-risk groups as well
  - o Consider resveratrol or other antioxidants

### COVID SURGE PLAN

Continue with prevention plan and consider the following:

- ALL: Consider Eleutherococcus (unless hypertensive), elderberry or Immuboo products for additional immune protection
- Consider regular zinc supplementation (unless you were taking multi with zinc on an ongoing basis)
- Adults or high-risk children: Consider regular glutathione dosing

### COVID ACTIVE INFECTION PLAN

Continue with surge recommendations and add/adjust accordingly:

- Increase vitamin C dosing (please see below)
- Consider additional Vitamin A (for 3-5 days)
- 5-7 day burst of glutathione for all age groups/risk categories
- SPM Active if you were not taking fish oils on a regular basis to reduce inflammation
- If you develop any gastrointestinal symptoms OR have history of weak intestines consider: Colostrum, Transfer factor or SBI Protect (dosing below)
- Inhalation or massage of essential oils

## **SUPPLEMENT DOSING**

### **Vitamin A – Active Infection..... (avoid if pregnant)**

4-8 years: 3,000IU (OR 900mcg)  
9-13 years: 5,000-6,000IU (OR 900mcg)  
14-18 years: 9,000-10,000IU (OR 2,800mcg)  
Adults: 10,000IU (OR 3,000mcg)

### **Vitamin C**

#### **Maintenance/Surge**

2-4 years: 50mg each day  
4-8 years: 100mg each day  
9-13 years: 150mg each day  
13-18 years: 200mg each day  
Adults: 250-500mg each day

#### **Active Infection** – can increase to twice a day dosing

2-4 years: 50-100mg  
4-8 years: 100-200mg  
9-13 years: 150-300mg  
13-18 years: 300-500mg  
Adults: 500-1,000mg

#### **Colostrum product, Transfer factor or SBI Protect**

1-3 years: 1/2 capsule mixed with food  
3-6 years: 1 capsule mixed with food  
6-12 years: 2 capsules  
12+ years: 3 capsules

#### **Cod liver oil** (2-3 times a week)

Avoid in children <2 due to choking risk

2-5 years ½ teaspoon  
5-10 years 1 teaspoon  
10-18 years 2 teaspoon  
18+ years 1 tablespoon

#### **Vitamin D (maintenance)**

Infants 0 – 2 years: 400-500IU  
2-6 years: 1,000IU each day  
6-10 years: 1,500IU each day  
8+ years: 2,000IU each day

#### **Fish oil** - based on EPA concentration within product (2-3 times a week)

Avoid in children <2 due to choking risk

2-5 years 100mg  
5-10 years 200mg  
10-18 years 400mg  
18+ years 600mg

### **Glutathione**

High risk maintenance (3-5 times a week)

2-4 years: 30-40mg  
4-8 years: 40-60mg  
8-12 years: 60-100mg  
12+ years: 100-200mg  
Adults: 400mg

#### **Active infection**

3-6 years: 50mg once a day  
6-10 years: 50mg twice a day  
10-16 years: 50mg three times a day  
Adults: 200mg 2-3 times a day

### **ImmuBoost+ Children's**

2-4 years: 2ml twice a day  
4-8 years: 3ml twice a day  
8-12+ years: 3ml three times a day

### **ImmunBoost+ Adult**

8-12 years: 2ml twice a day  
12-18 years: 3ml twice a day  
18+ years: 3ml three times a day

### **NAC**

Adults – 400-600mg once a day

### **Prebiotics**

1-4 years – 1/3 teaspoon  
4-8 years 1/2 teaspoon  
8-12+ years 1/2 - 1 teaspoon

### **SPM Active**

1-4 years: 1 capsule  
4-8 years: 2 capsules  
8-12 years: 3 capsules  
12+ years: 2 capsules twice a day

### **Zinc**

1-3 years: 4mg each day  
4-8 years: 6mg each day  
9-13 years: 12mg each day  
13-18 years: 15mg each day  
Adults: 15-25mg each day