



WHOLISTIC  
KIDS & FAMILIES

## **COVID WINTER 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...
  - o If your kid is not the best eater, then consider
    - Prebiotics and probiotics
    - Multi-vitamin with methyl-folate, zinc, A and E
    - Vitamin C
- Adrenal support as needed:

### Adults

- Vitamin D3 or safe sun exposure
- Cod liver or fish oils for anti-inflammatory fats
- Abundant amounts of colorful vegetables...
- 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

- All of regular adult recommendations along with:
  - o Consider continuous glutathione
  - o Consider CoQ10 if elderly or diabetic. Safe for other high-risk groups as well
  - o Consider resveratrol or other antioxidants

## **COVID SURGE PLAN**

- ALL: Consider elderberry or Immuboo products for additional protection
- Adults or high-risk children: Consider regular glutathione dosing



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### **COVID ACTIVE INFECTION PLAN**

Continue with surge recommendations and add/adjust accordingly:

- Increase vitamin C dosing
- Consider additional Vitamin A (for 1-2 days)
- Glutathione dosing for all age groups/risk categories
- SPM Active to reduce inflammation
- Consider Colostrum, Transfer factor or SBI Protect
- Inhalation or massage of essential oils

#### **Vitamin A**

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

#### **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



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**Cod liver oil dosing (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

**Fish oil dosing 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

**Vitamin D Dosing**

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

**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



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### **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