

Be Prepared with Dr. Dale's Immune Protocols

Infection Prevention	Im-Encap or Immune Balancing Complex	3 capsules at breakfast
	MycoPotent Immune Com.	15 drops/1 dropper full per day
	ProFlora Colonizer (refrigerate)	Children and Adults: 1 capsule per day
Active Infection	Begin treatment at first sign of symptoms	
Colds and Flu	Im-Encap or Immune Balancing Complex	4 capsules, 3x's per day for 4 days, then 3 capsules 3x's per day
	Q. Colostrum or IgG 2000	2 capsules, 3x's per day
	Vitamin D4000 or Vitamin K2 with D3	3 capsules, 3x's per day for 3-5 days, then reduce back to prevention dosage
Sinusitis	Cold and Flu protocol	Above, plus:
	ParaBiotic Plus	2 capsules, 3x's per day
	ProFlora Oral Health	1 chewable tablet, 3x's per day (chew, swish, hold and swallow with water)
Tendency to Bronchitis/Pneumonia	Cold and Flu protocol	Above, plus:
	ViraCon	3 capsules, 4x's per day, away from food
Gastro-Intestinal Infection (Instead of Cold/Flu Protocol)	Herbal Biotic	3 capsules, 3x's per day
	Saccharomyces boulardii	1 capsule, 3x's per day
	Vitamin D4000 or Vitamin K2 with D3	3 capsules, 3x's per day for 3-5 days, then reduce back to prevention dosage

Dosages listed above are adult doses. Adjust dosage down for children.

Children's dosages can be a portion of a capsule or powder mixed in food or juice.

Children less than 4 y.o. rule of thumb 1/4 adult dose

Children 4-8 y.o. rule of thumb 1/3 adult dose

Children 9-13 y.o. rule of thumb 1/2 adult dose

IMPORTANT NOTE #1: to avoid your infection resurfacing - continue the above protocols for 2 weeks from the time you think it is over.

IMPORTANT NOTE #2: The above protocols work very well, especially if you get started as soon as your symptoms begin. If you began right away and your symptoms are still escalating, by the third day, then call for an appointment right away. If you started the protocol late your symptoms should begin to respond by the 3rd day, if they are not responding, please call for an appointment right away. At times for certain individuals, or certain bugs, we have to change the protocol to get the best result.

IMPORTANT NOTE #3: It is very important to avoid all sugars and milk products while fighting an infection.

Yours in Health, Dr. Dale

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