

Omega 3

Healthy individuals

2 grams (4 gel capsules) Omega 3 fish oil Single Strength

1 gram(2 gel capsules) Omega 3 fish oil Double Strength

or

500 mg (1 gel capsule) Krill oil

**People suffering from chronic conditions
(i.e. Pain, diabetes, obesity, heart issues, etc.)**

2-3 grams (4-6 gel capsules) Omega 3 fish oil double strength

or

2-3 grams (4-6 gel capsules) Krill oil

Probiotics

- 1. Health maintenance adults 20 Billion CFU daily**
- 2. Children 5 Billion CFU daily**
- 3. Colds and Flu 50 Billion CFU for 14 days**
- 4. Chronic conditions 50 Billion CFU daily**

Vitamin D

1. Get a Vitamin D blood test 25(OH)D
2. Make sure your whole family has adequate blood levels of Vitamin D this flu season (>60 80ng/ml). Most children and adults Vitamin D blood level is <30ng/ml.
3. Adult (and children >100lbs) maintenance 10,000 IU daily.
4. Children's maintenance: <100lbs..... 5,000 IU daily.

5. At the first symptoms of a cold or flu 1,000IU/ lb. daily for 14 days.

Examples:

50 lb daily	50,000IU daily.
100 lb daily	100,000IU daily.
150 lb daily	150,000IU daily.
200 lb daily	200,000 IU daily.

Vitamin C

- 1. Health maintenance adults 500mg-1,000mg daily**
- 2. Children 500mg daily**
- 3. Colds and Flu 4,000mg daily 14 days**
- 4. Chronic conditions 4,000mg-8,000mg daily**