

Dr. Eisenstein's Recommendations
Vitamin D, Probiotics, Vitamin C and Omega 3
For the 2013-2014 Cold and Flu Season

Vitamin D Recommendations

1. Adult (and children 5,000-10,000 IU daily.
2. Children's maintenance: <100lbs..... 1,000IU/25lbs. daily.
3. At the first symptoms of a cold or flu
1,000IU/ lb. daily for 7-14 days.

Examples:

- 50 lbs. daily.....50,000IU daily.
 - 100 lbs. daily.....100,000IU daily.
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Vitamin C Recommendations

1. Adults..... 1,000mg daily
2. Children..... 500mg daily

At the first symptoms of a cold or flu

3. Adults 4-8 grams per day
 4. Children 2-4 grams per day
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Probiotic Recommendations CFU (Colony Forming Units)

1. Adults..... 20 billion CFU per day
2. Children..... 5 billion CFU per daily

At the first symptoms of a cold or flu

3. Adults..... 50 billion CFU per day 7-14 days
4. Children..... 20 Billion CFU per day 7-14 days

Omega 3 Recommendations

Healthy individuals (your choice)

1. 2 grams (4 gel capsules) Omega 3 fish oil Single Strength
2. 1 gram(2 gel capsules) Omega 3 fish oil Double Strength
3. 500 mg (1 gel capsule) Krill oil

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

1. 2-4 grams (4-8 gel capsules) Omega 3 fish oil double strength
- Or
2. 2-3 grams (4-6 gel capsules) Krill oil