

Updated Immune Support Packs: Vitamins, Herbs & Nutraceuticals For Modern Immune Challenges

>> FOR MORE HELP, SEE THE VIDEOS ON OUR CORONAVIRUS IMMUNE SUPPORT TAB AT: www.RollandHealth.com <<

How healthy is your immune system? To help you **prepare** and **support recovery** for your family during **immune challenges**, we created these **Immune Priority Nutrition packs**. They include 25 quality supplements from 8 reputable suppliers based on up-to-date **advice** from notable **health experts** (about coronavirus, other viral illnesses, influenza, etc.). We hope that the outline below makes it easier to select recommended products that fit your **budget** and **healthcare strategy**. (If product availability is *limited*+, we will recommend alternatives.) Please note that our bodies are complex - there is no ONE magic pill.

Our **plan** quickly shows where to start, with options for those who want more. Each pack builds giving additional benefits. Nutrition takes time to help your body prepare. Start early. Support is even *more essential* for **older & vulnerable** people. An **Essential** or **Doctor** pack lasts one person 45 to 90 days for prep and about 10 days for care. **Doses** given are daily adult suggestions. Most can be taken by **children** dosed by weight in a kid friendly form. Some individual purchase limits apply. ****Remember – Better results depend on quality products taken in sufficient quantity sometime in advance.**

*Although based on clinical science, these products **help your body to function better**, they **do NOT Prevent or Cure** a disease. With health care, there are no guarantees what will work for certain illnesses, whether herbal remedies or drug medications. And while I confidently use these for my family, please investigate and discuss product concerns with your doctor as desired. Even though natural supplements have **few** and **milder** negative effects, it is wise to review them for potential complications.*

All orders get **20% Off** (see sale **price**) & **Free shipping** on **any order over \$95**. Same day shipping while in stock. We accept phone orders and ship to your requested address or do curbside pick-up. If desired, we can do special family size orders. Please let us know if you have allergies or prefer 100% vegetarian options, etc. Pack up-grades/add-ons and larger* sizes are sometimes available. **Call me anytime for questions, details** (see also supplier websites), **substitutions or final pricing**.

Dealing with illness is *challenging*, but it is my hope that these **ideas** and plan will help you prosper on your health journey.

REMEMBER – IF YOU EXPERIENCE BREATHING PROBLEMS OR SUDDEN WORSENING SYMPTOMS, SEEK HELP QUICKLY.

\$ SEASON SPECIAL = 20% OFF ALL IMMUNE PACKS (and added items) While Products Are Available \$ FREE SHIPPING to Your Requested Address if over \$95. Prices shown to indicate quality product retail values.

A) ESSENTIAL IMMUNE SUPPORT PACK (for prep & care - if sick, take higher dosage) = ~~\$229~~ **\$183**
Supplements for an improved anti-viral immune response, healthy inflammation & good respiratory function.

+Vitamin C 1000mg 90 tabs 1-6[@]/day \$15-21 (*helps many aspects of immune and anti-viral support*)

+Vitamin D3 5000iu 100 caps 1-2/day \$19 (*helps respiratory infections, inflammation & immune function*)

+Zinc 30 - 50mg 90 caps ½ -4/day \$16 (*anti-viral & helps inflammation*)

DaVinci *Multi-Source CalMag 150mg 90 caps 2-6/day \$13 (*helps inflammation & wbc function*)

+Douglas Quercetin-Bromelain Complex 333mg 100 tabs 1-3/day \$31 (*anti-viral, helps zinc, inflammation & O2*)

+N-Acetyl-Cysteine 500mg 90 caps 1-4/day \$23 (*helps inflammation & illness related lung function*)

Garlic 500mg 100 caps 2-6/day \$16 (*anti-viral, helps inflammation, blood flow & oxygen, may help lung fibrosis*)

+DaVinci Immuno DMG (*elderberry, beta-glucans, DMG, maitake, astragalus*) 120chews or RM10 120caps 1-4/day \$56

+MediHerb *Andrographis Complex or *Echinacea Premium or *Astragalus Cx 40 tabs 1-4/day \$34 (*anti-viral support*)

B) HELPFUL ITEMS TO SUPPORT STRESS, PAIN, ENERGY & SLEEP a la carte
Supplements to naturally balance the adrenal system, help stress and promote healthy sleep.

DaVinci ValerAmino 90 caps 3-9/day add **\$20** (*for stress, sleep, pain & muscle tension*)

To **Order** from this List **CALL** Chadd Rolland, DC at **814.734.5000** or RollandChiropractic@gmail.com or see www.RollandHealth.com

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Douglas Valsed (Valerian & Pass. Flower) 90 caps 1-3/day add **\$13** *(for stress & sleep)*

Hope Ginseng (Asian Panax) 650mg 100 caps 1-3/day add **\$16** *(for stress & energy & body health)*

ECS Hemp CBD Oil 500-3000mg gels or tinctures (children & adults) from **\$63 to \$165** *(for pain & stress call for details)*

C) DOCTOR'S IMMUNE SUPPORT PACK (for prep & care - if sick, take higher dosage) = ~~\$480~~ **\$384**
Supplements for a stronger anti-viral immune response, healthy inflammation & better respiratory function.

+Vitamin C 1000mg 250 tabs 2-6@/day \$33 *(helps many aspects of immune and anti-viral support)*

+Vitamin D3 5000iu 100 caps 1-2/day \$19 *(helps respiratory infections, inflammation & immune function)*

+Zinc 30 - 50mg 90 caps ½ -4/day \$16 *(anti-viral & helps inflammation)*

DaVinci Multi-Source CalMag 150mg 180 tabs 2-6/day \$21 *(helps inflammation & immune function)*

+Douglas Quercetin-Bromelain Complex 333mg 100 tabs 1-3/day \$31 *(anti-viral, helps zinc, inflammation & O2)*

+N-Acetyl-Cysteine 500mg 90 caps 1-4/day \$23 *(helps inflammation & illness related lung function)*

DaVinci Alpha Lipoic Acid 300mg 60 caps 1-4/day \$25 *(helps inflammation & protects cells)*

DaVinci Mega Probiotic Digestive Enzyme Chewable 90 tabs or SP ProSynbiotic 90 caps 2-3/day \$42 *(gut immune)*

Garlic 500mg 100 caps 2-6/day \$16 *(anti-viral, helps inflammation, blood flow & oxygen, may help lung fibrosis)*

SBN Curcumin (turmeric & ginger) 500mg 360 caps 4-12/day \$41 *(helps inflammation, may help O2 & lung fibrosis)*

Lauricidin 75 scoops 1-3/day or +DaVinci Immuno Benefits (colostrum, monolaurin, b-glucan) 60 caps 2-4/day \$48

SBN Chlorella Clean (Spirulina & Chlorella 250mg) 180 caps 4-12/day \$36 *(helps inflammation, O2 & immune support)*

Olive Leaf 90 caps 1-4/day \$23 *(anti-viral & respiratory support & helps inflammation)*

+MediHerb *Andrographis Complex or *Echinacea Premium or *Astragalus Cx 40 tabs 1-4/day \$34 *(anti-viral support)*

+MediHerb Viranon 90 tabs 0-4/day \$47 (Thuja, Licorice, St. Johns) *(strong anti-viral support & helps inflammation)*

+MediHerb Broncafect or Resco 40 tabs 0-4/day \$29 *(herbs to support respiratory function & health)*

Up-grades add: +@ High Potency C use 2-4g twice daily: Liposomal liquid 75g add **\$40** or Powder 120g add **\$65**

Get 20% Off DaVinci CoQ10 50mg 60 tabs 2-4/day add **\$19** *(helps oxygenation, protects & energizes cells)*

All These Hope Anamu & Plantain 300mg 100caps 2-6/day add **\$17** *(immune support & helps relieve congestion)*

+Hope Cat's Claw 750mg 120 caps 1-4/day add **\$20** *(anti-viral support)*

Standard Process Pneumotrophin PMG 90 caps 2-4/day add **\$20** *(lung support)*

DaVinci Daily Best Ultra Multi-Vitamin 60 caps 1/day add **\$36** *(helps many areas of healthy function)*

Douglas Labs Ultra Preventive X Multi-Vitamin 240tabs 2-4/day add **\$76** *(many benefits)*

Standard Process Immuplex immune whole food vitamin 120 tabs 2/day add **\$49** *(many benefits)*

+Da Acute Immune (maitake/DMG) 4oz or SP Epimune Complex (maitake/turkey tail) 90caps 1-4/day **\$69**

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D) MINI IMMUNE SUPPORT PACK (for prep & care - if sick, take higher dosage) = ~~\$120~~ **\$96**

Supplements for a good anti-viral immune response, healthy inflammation & good respiratory function.

- +Vitamin C 1000mg 90 tabs 1-6[@]/day \$15-21 *(helps many aspects of immune and anti-viral support)*
- +Vitamin D3 5000iu 100 caps 1-2/day \$19 *(helps respiratory infections, inflammation & immune function)*
- +Zinc 30 - 50mg 90 caps ½ -4/day \$16 *(anti-viral & helps inflammation)*
- +Douglas Quercetin-Bromelain Complex 333mg 100 tabs 1-3/day \$31 *(anti-viral, helps zinc, inflammation & O2)*
- +N-Acetyl-Cysteine 500mg 90 caps 1-4/day \$23 *(helps inflammation & illness related lung function)*
- Garlic 500mg 100 caps 2-6/day \$16 *(anti-viral, helps inflammation, blood flow & oxygen, may help lung fibrosis)*

E) CHILDREN'S IMMUNE SUPPORT (can also open caps and mix in applesauce for children) = ~~\$92~~ **\$73**

Child friendly supplements that provide immune support. Use doses recommended by product label for age.

- +DaVinci Chewable Vitamin C 300mg 60 tabs \$19
- + Chewable Zinc Lozenges 10 -20mg 90 tabs \$12
- Douglas Liquid 1000mg Vitamin D3 + 350mg Calcium + 175mg Magnesium 45 servings \$31
- Animal Parade Gold Chewable Multi-vitamin 120 tabs \$30

Up-grades add: DaVinci Mega Probiotic Digestive Enzyme Chewable 90 tabs add **\$44** *(helps gut immune system)*

Get 20% Off +DaVinci Immuno DMG (elderberry, beta-glucans, DMG, maitake, astragalus) 120 chews add **\$56**

All These +DaVinci Acute Immune (4oz. maitake & DMG liquid) add **\$70** (for 1oz small size add **\$22**)

Standard Process Sesame Seed Oil 385mg 60 caps add **\$15** *(moves calcium)*

Nordic Naturals *Fish Oil 8 ounces add **\$28** or 500mg 90 gels add **\$30** *(helps inflammation, etc.)*

Lauricidin pellets 75 scoops add **\$48** *(immune support)*

REMEMBER – IF YOU EXPERIENCE BREATHING PROBLEMS OR SUDDEN WORSENING SYMPTOMS, SEEK HELP QUICKLY.

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****Nutritionals are helpful for today and tomorrow. Quality supplements kept cool, dark and dry have a good shelf-life. And although getting healthier today is preferred, having supplements on-hand is like having a first-aid kit → you don't know when you are going to need it. But when the need arises, having the right supplies readily available helps to ensure a better outcome.**

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