



THE LANBY'S

Immune Support Protocol

If you're starting to feel run down or like you might be getting sick, early support can make a big difference in how quickly you recover. Below is The Lanby's immune support protocol to help your body fight off infection and reduce the duration of symptoms.

At the First Sign of Symptoms:

- Liquid Vitamin D3 + K2 (Ortho Molecular Products): 5,000 IU daily (5 drops) for 3–5 days, then return to baseline dose.
- Liposomal Vitamin C (Pure Encapsulations or LivOn Labs): 1,000 mg twice daily x 1 week then reduce to once daily.
- Zinc Lozenge (Seeking Health): 15–30 mg daily (zinc lozenges every few hours can also be helpful).
- Immune Support Packs (Biotics Research): One packet daily.
- NAC (Pure Encapsulations): 600 mg twice daily.
- Sovereign Silver Argentyn 23 Nasal Spray: 2-5 sprays daily on each nostril.

Lifestyle Support:

- Prioritize 7–9 hours of sleep each night.
- Stay hydrated — half your body weight in ounces of water daily.
- Pro-tip: Add electrolytes to support dehydration. We like LNNT, Zerolyte, Thorne.
- Eat a colorful, anti-inflammatory diet (plenty of vegetables, healthy fats, and lean proteins).
- Keep stress in check with light movement, breathing exercises, or time outdoors.
- Bone broth is easy to digest and soothing for a sore throat. It also hydrates, delivers electrolytes, vitamins, and minerals, and the warm steam can act as a natural decongestant. We like Fond, Kettle + Fire, Epic, Bonafide.
- During cold winter months, keep your pantry stocked with: bone broth, BeeKeeper's Naturals Propolis Immune Support Throat Spray (4 sprays daily), BeeKeeper's Naturals Superfood Honey, Traditional Medicinals teas.

These simple habits go a long way in keeping your immune system strong and reducing your risk of catching viral infections.