



THE LANBY'S

Immune Support Protocol

THE
LANBY

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 (take ONE of the below):

- The Wellness Formula (Source Naturals): follow instructions on back of bottle (capsules can be coated or uncoated, which changes the number of capsules recommended)

Alternatively:

- 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.
- Argentyn 23 Sinus Support Nasal Spray: 2-5 sprays daily on each nostril.

Lifestyle Support:

- Prioritize 7–9 hours of sleep each night and keep stress in check with light movement, breathing exercises, or time outdoors.
- Stay hydrated — half your body weight in ounces of water daily.
 - Pro-tip: Add electrolytes to support dehydration. We like LMNT and Trace Minerals ZeroLyte.
- Eat a colorful, anti-inflammatory diet (plenty of vegetables, healthy fats, and lean proteins).
- 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 and Brodo.
- Keep your pantry stocked with: BeeKeeper's Naturals Propolis Immune Support Throat Spray (4 sprays daily), BeeKeeper's Naturals Superfood Honey, Traditional Medicinals teas.