



Immune Light Supplements

This is my "lightest" immune protocol guaranteed (with gradual diet changes as outlined in my **IMMUNE BOOST DIET**) to support immunity. I take these myself every day as I know the value ... at 75 ... of **keeping your immune system STRONG!**

Here are the directions for getting them ...

- Go to <https://us.fullscript.com/welcome/dietitianjill> and sign up for an account.
- Click on the word "Catalog" on the left-hand side of the screen.
- Click on "Immune Light" in the second row (labeled "Practitioner Categories") on that page. I've included both tablet and tincture (liquid) versions of the Stamets and Zinc as I know that Americans love pills.

I, on the other hand, enjoy tinctures as I know they are more easily absorbed. Order whatever version you'd like. **YOU WILL HAVE 5 SEPARATE SUPPLEMENTS.**

- **FYI ...** some supplements will be on backorder. I check daily and replace them with others that are both cost-effective and of similar quality.

These particular types are very popular right now and often go out of stock. The Stamets is also irreplaceable.

If they are on backorder, you have two options ... a) wait until they come back in stock to get them or b) email me and I'll make you a special replacement recommendation. Once I do, you'll be alerted by email and text (if you include your phone).

- **Still confused about what to do next?** Sign up for my ["RDX Prescription Solution"](#).

And taking them ...

Vitamin C

Take one a day in the a.m.

Zinc

Take about 6-12 drops in the same water with **Stamets** if using the tincture. If taking the tablet, one a day in the a.m.

Stamets 7

If you're using tincture, heat a small amount of water 10 seconds in the microwave. Add ½ dropperful of **Stamets** to water and wait about 15 seconds until alcohol is evaporated (you can smell it!). Add **Zinc** and drink. If using capsules, 2 in the a.m.

Vitamin D

Take one soft gel daily in the a.m.

Nutrient 950

Take 6 (yes ... I said 6 ... this isn't one-a-day ... it's powerful nutrition with the best forms of each nutrient) daily ... 3 in the a.m. and 3 in the p.m.



Jill Place, RDN • jill@healyourhealthnow.com •
833YOUHEAL