

Bachert Wellness

IMMUNE SUPPORT (Adult & Child)

Preventative Dosing

- ***Bio-C Plus 1000**: 2 per day
(Kids Liposomal Vit C: 1 tsp per day)
- ***Complete HI-D3**: 1 per day
(Kids Bio-D Mulsion- 1 drop per day)
- ***Mg-Zyme or E-Z Mg**: 400mg per day
(Kids 200mg E-Z Mg or a Mg topical)
- ***Zinc Lozenges or Zinc-S**: 1 per day
- ***Selenium Chelate**: 1 per day
- ***Japanese Knotweed**: 1 per day

Treatment Dosing

- ***Liposomal Vit-C**: 1 tsp every hour
- ***Complete HI-D3**: 20,000 IUs
(Kids under 10 years old 10,000 IUs)
- ***pH Adjust**: ½ scoop 3 per day
(Kids ½ scoop 1 time per day)
- ***Mg-Zyme or E-Z Mg**: 200mg
(Kids E-Z Mg 100mg)
- ***Zinc Lozenges or Zinc-S**: 3 per day
- ***Selenium Chelate**: 1 per day
- ***Japanese Knotweed**: 3 to 6 per day

***Avoid sugars and drink plenty of water**