



# Essential Immune Supplement Stack

Dr. Hyman's supplement stack recommendation for optimal healthy support

## Recommended Usage and Benefits

### O.N.E Multivitamin

**Take 2 daily.** Cover the basic vitamins and minerals your body needs for day-to-day function.

### Vitamin D Supreme

**Take 2 daily.** Anti-inflammatory that is critical for optimal immune function, and this cannot be achieved without supplementation (especially during the winter months).

### NAC

**Take 2 daily.** Promotes the production of glutathione, a potent antioxidant that supports immune function and reduces the severity of the flu.

### HTB Rejuvenate

**Take 2 daily.** Found in fruits and vegetables and has a wide range of benefits including decreasing viral growth.

### Omega-3 Rejuvenate

**Take 2 capsules 2x daily (4 Capsules in Total).** Anti-inflammatory and neuroprotective. They stimulate ACE2 indirectly, by increasing activity of a group of hormones called apelins, which are potent promoters of ACE2. Omega-3 fats also prevent abnormal blood clotting, alleviate depression, and help brain recovery, enhancing cognitive function.

### MyCommunity

**Take 2 daily.** All enhance natural killer cell activity containing astragalus, maitake, immune system glands such as thymus, parotid and spleen, and other ingredients that support the immune system

### Liposomal Vitamin C

**Take 2-4 mL (1-3g orally, daily, approx. 1/2 teaspoon) and hold in mouth for 30 seconds before swallowing (1 TSP= 5 grams)**

Well-established immune regulation and support.

### Hi-Po Emulsi-A

**Take 10 drops daily for the first week and then reduce to 1 drop (1500 mcg -5,000IU) daily for maintenance.**

Protects the epithelium and mucus integrity in the body. VitA is known as an anti-inflammation vitamin because of its critical role in enhancing immune function.

Will provide immune supporting properties with antiviral and antioxidant properties.

**\*Do not use long term without working with a physician. Intended for limited use. Not available to be reshipped automatically.**

### MegaSporebiotic

**Take 2 daily.** (Bacillus subtilis B-709) an anti-viral probiotic.

Supplements will ship as needed to maintain optimal levels.

If you have any questions or concerns regarding the supplements or their usage, please don't hesitate to contact our customer support team. You can reach us at [support@drhyman.com](mailto:support@drhyman.com) or call us at [1-888-702-2995](tel:1-888-702-2995)

We hope this guide helps you make the most of your supplement stack. Remember, consistency is key in achieving optimal results. Here's to your health and well-being!