

# NUTRITIONAL PLAN

## SHIELD BASIC KIT

The immune system is a network of cells, tissues, and organs that work together to protect and defend the body against foreign and harmful pathogens including bacteria, viruses, parasites, and fungi. A healthy immune system provides protection against internal and external stressors. Providing the body with additional vitamins, herbs and antioxidants can strengthen our immune response.

Take the guesswork out of your nutritional and supplement regimen! Follow this immune-boosting nutritional plan.

### Meet protein goals

Given that protein is the main building block of the immune system, it is important to meet an adequate daily intake of this macronutrient.

Our Whey protein provides important proteins like B-lactoglobulin, A-lactalbumin, immunoglobulin, and glycomacropeptide. It also includes Lactoferrin, a natural immunity molecule with antiviral properties.

If you can't have a high-quality protein meal, don't skip it. Replace it with a nutritional shake!

### Supplements

Included in this package:

- 1 bottle Bio C Complete
- 1 bottle Vitamin D3
- 1 bottle Zinc lozenges
- 1 bottle Wellness booster

1 - Take this in the morning, with food:

- 2 capsules Bio C Complete
- 1 Vitamin D3 tablet

2 - Take right after any meal:

- Zinc lozenge, slowly dissolve one lozenge in the mouth once or twice a day

3 - Take in between meals:

- 2 capsules Wellness Booster with 8 oz. of warm water

If in doubt, please refer to the suggested use indicated on the bottle.



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## Immune boosting foods and herbs

Stock your pantry with immune-strengthening herbs and foods, rich in minerals, vitamins and antioxidants.

- Dark green leafy vegetables. Eat plenty!
- Antioxidant rich variety of berries: blackberries, raspberries, strawberries, elderberries, black currants. Limit fruit intake to no more than 1 cup daily. Cruciferous vegetables like cauliflower, broccoli, kale, brussel sprouts. Citrus fruits like lemon and kiwi.
- Grass-fed meat and organs.
- Herbs like turmeric, ginger, horseradish root, and mushrooms. 4 cups of organic green tea (any).

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Drink plenty of liquids. All body systems are impaired with dehydration.

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AVOID ALCOHOL.

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Increase physical activity and exercise regularly -at least 30 minutes per day.

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Get enough sleep each night to promote cellular repair.

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These recommendations are not intended to be a substitute for professional medical advice. Always inform your doctor of the supplements you are taking. Do not use this plan if you are pregnant or nursing. Consult a healthcare professional if you have any pre-existing medical conditions or are taking any prescription medication. Use as directed. Not intended for children. These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

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