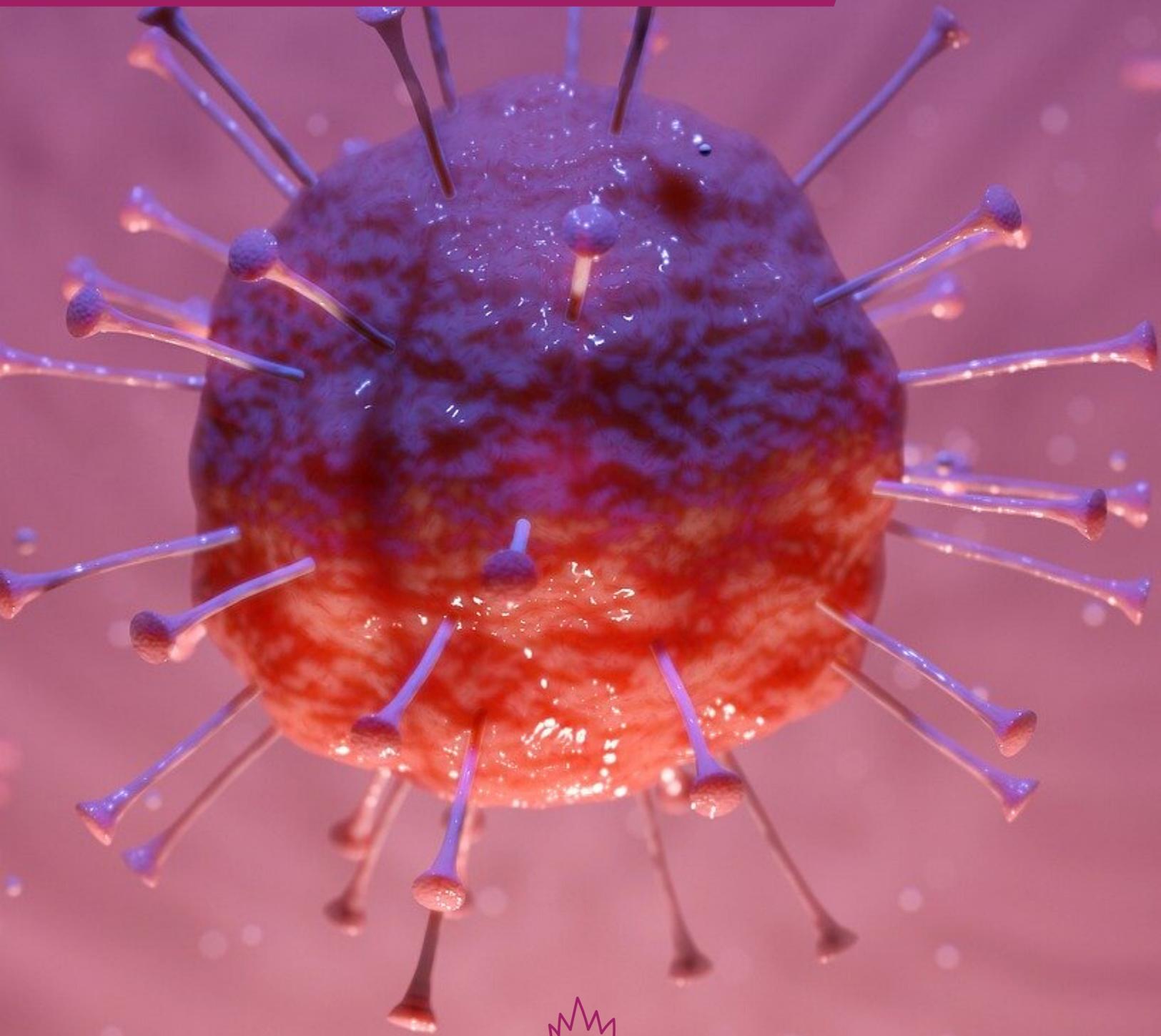


# IMMUNE-BOOSTING PROTOCOL

- Updated April 16, 2020 -



LITTLE WARRIOR

*Nutrition*

**Disclaimer:**

This immune-boosting protocol is for information purposes only. It provides information on the subject of health matters intended for general well being and is not meant for the purposes of medical diagnosis, treatment or prescribing of medicine for any disease, or any licensed or controlled act which may contribute to the practice of medicine. In the event of an illness, we encourage all readers to continue to visit and be treated by their healthcare professionals.

IF YOU ARE ON ANY MEDICATIONS it is important to check with your healthcare provider before taking supplementation—especially higher doses in the acute protocol—to determine if there are any contraindications with your medication.

**If you feel unwell please contact your local healthcare practitioner and seek medical help.**

  
**LITTLE WARRIOR**  
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This guide is divided into 3 sections...

## SECTION 1

IMMUNE SUPPORT  
"LOADING" PROTOCOL  
(3-5 WEEKS)

## SECTION 2

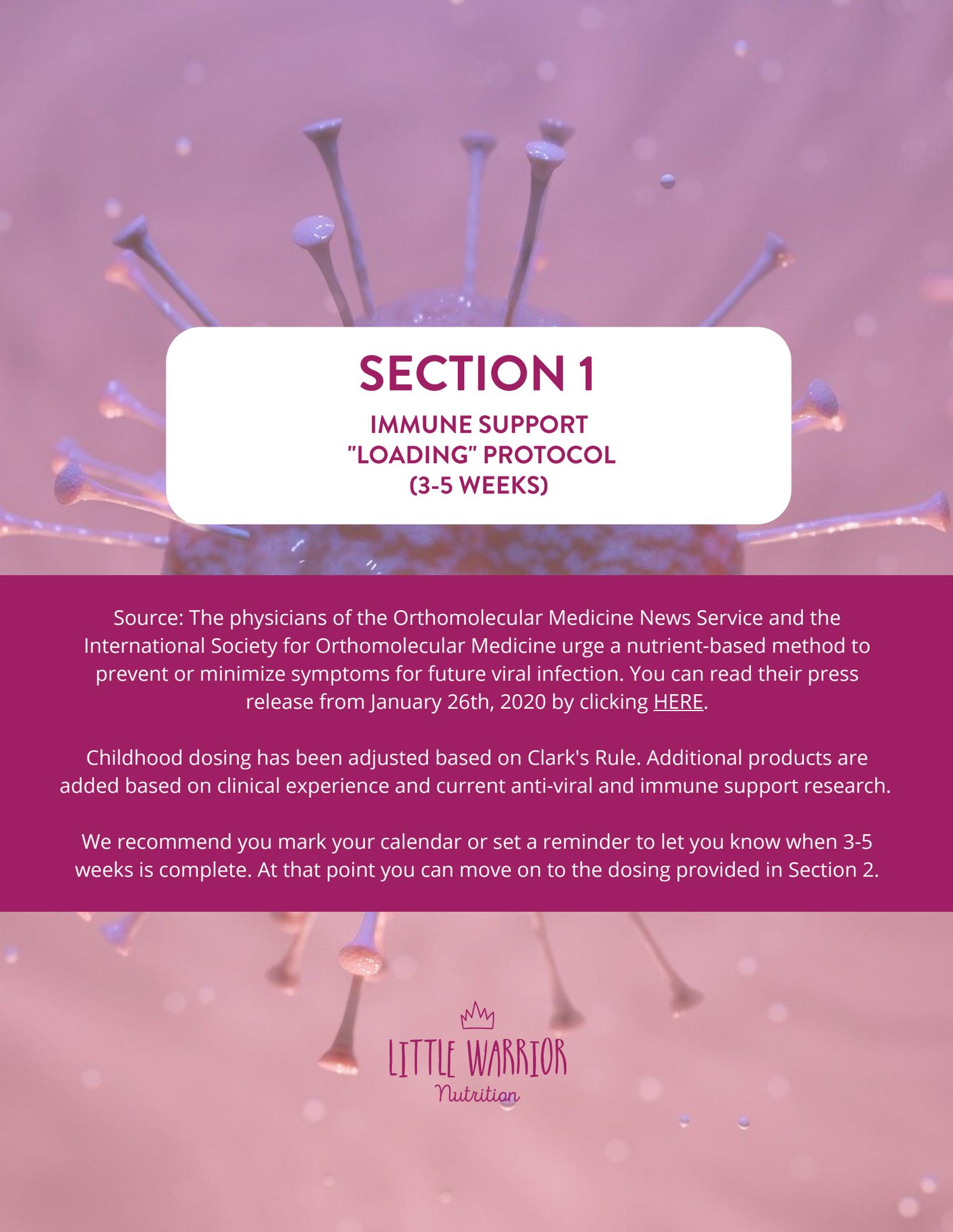
CONTINUOUS IMMUNE SUPPORT AFTER  
"LOADING" PROTOCOL  
(3-5 MONTHS)

## SECTION 3

ACUTE PROTOCOL  
(DURING ILLNESS)



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# SECTION 1

## IMMUNE SUPPORT "LOADING" PROTOCOL (3-5 WEEKS)

Source: The physicians of the Orthomolecular Medicine News Service and the International Society for Orthomolecular Medicine urge a nutrient-based method to prevent or minimize symptoms for future viral infection. You can read their press release from January 26th, 2020 by clicking [HERE](#).

Childhood dosing has been adjusted based on Clark's Rule. Additional products are added based on clinical experience and current anti-viral and immune support research.

We recommend you mark your calendar or set a reminder to let you know when 3-5 weeks is complete. At that point you can move on to the dosing provided in Section 2.

# ADULT PROTOCOL

See the following page for a specific PREGNANCY protocol



## Supplements and Dosages

**Vitamin C (Liposomal or Stellar C)** — Liposomal (3 tsp/day, gives 3,000 mg) - Stellar C (4 caps daily, divided doses, gives 2600 mg)

**Can Prev Vitamin D3K2** — 20 drops or 5,000 IU/day for 2 weeks, then reduce to 10 drops or 2,500 IU/day

**NFH Cod Liver Oil** — 2 tsp per day for 3-5 weeks then drop down to 1 tsp daily with fat containing meal

**Zinc Supreme, Zinc Glycinate, or Zinc Drink** — 2 tsp Zinc Drink, 1 tsp Zinc Glycinate, or 1 capsule Zinc Supreme, 30 mg/day, up to 3-5 weeks

**Klaire Ther-Biotic Complete Probiotic** — 100 billion CFU daily (1/4 tsp)

**Designs For Health SilverPure** — 1 tsp (5 sprays) in the mouth (gargle and swallow), up to 3 times per day for prevention

**NFH Magnesium Bisglycinate** — 3 capsules /day in divided doses providing 450 mg daily magnesium bisglycinate

**Selenium from NFH Multi** — 3 capsules /day in divided doses providing 100 mcg (micrograms) of selenium daily

**Suro Elderberry Syrup** — 2-4 tsp daily, in divided doses

### Notes:

- **Liposomal Vitamin C:** Swish in mouth for 30 seconds and swallow. With meals. Offer in divided doses (Liposomal: 1 tsp with each meal) (Stellar C: 1 cap with each meal and 1 before bed). Start with 1 tsp/1 capsule, increase by 1 tsp/1 cap every 1-2 days until you reach the recommended dose.
- **Vitamin D:** If you are currently taking a dose that is higher due to a diagnosed vitamin D deficiency, take that dose.
- **Selenium:** 100 mcg (micrograms) daily is what is recommended. The NFH Multi provides 100 mcg in the daily dose. It's recommended to also include selenium rich foods such as salmon (4 oz = 43 mcg), mushrooms (1 cup = 20 mcg), turkey/chicken/lamb (4 oz = 30 mcg), egg (1 egg = 15 mcg), etc.
- **Designs For Health SilverPure:** Can use liberally on your hands, doorknobs, toothbrushes as well (the spray works well for this). See PAGE 25 for more information.
- **Zinc:** Take with food. Designs for Health Zinc Supreme, Genestra Zinc Glycinate, and Metagenics Zinc Drink are all supplemental forms of zinc and will be helpful for meeting this therapeutic dose. Also, including pumpkin seed oil — which is available at LittleWarrior.com — may be beneficial for the whole family to include a couple times per week to increase dietary zinc consumption, and other important nutrients such as copper.
- **Probiotic:** Divided into 2-3 doses throughout the day. With meals.

# PREGNANCY PROTOCOL



## Supplements and Dosages

**Vitamin C (Liposomal or Stellar C)** — Liposomal (1.5 tsp/day, gives 1,500 mg), Stellar C (2 caps/day, gives 1300 mg)

**Can Prev Vitamin D3K2** — 10 drops or 2,500 IU/day

**NFH Cod Liver Oil** — 1 tsp daily with fat containing meal

**Genestra Zinc Glycinate or Metagenics Zinc Drink** — 1/2 tsp Zinc Glycinate / 1 tsp Zinc Drink (15 mg/day), up to 3-5 weeks, take with food

**Klaire Ther-Biotic Complete Probiotic** — 100 billion CFU daily (1/4 tsp)

**NFH Magnesium Bisglycinate** — 3 capsules /day in divided doses providing 450 mg daily magnesium bisglycinate

**Selenium from NFH Pre Natal** — 3 capsules, with meals, in divided doses (provides 50 mcg of selenium)

**Suro Elderberry Syrup** — 2-3 tsp daily, in divided doses

### Notes:

- **Vitamin C:** For Liposomal, swish in mouth for 30 seconds and swallow. With meals. Offer in divided doses (Liposomal: 1/2 tsp with each meal) (Stellar C: 1 cap with breakfast, one with dinner). Start with 1/2 tsp/1 capsule, increase by 1/2 tsp/1 cap every 1-2 days until you reach the recommended dose. Not to exceed 2000 mg of C during pregnancy.
- **Vitamin D:** If you are currently taking a dose that is higher due to a diagnosed vitamin D deficiency, take that dose.
- **Selenium:** 100 mcg (micrograms) daily is what is recommended. The NFH Pre Natal provides 50 mcg in the daily dose. Be sure to also include selenium rich foods such as salmon (4 oz = 43 mcg), mushrooms (1 cup = 20 mcg), turkey/chicken/lamb (4 oz = 30 mcg), egg (1 egg = 15 mcg), etc.
- **Zinc:** The goal is 35 mg of zinc per day. 25 mg comes from the NFH Pre Natal and 15 from the Genestra Liquid Zinc Glycinate or Metagenics Zinc Drink. If you aren't taking the NFH Pre Natal, adjust accordingly. Also, including pumpkin seed oil—which is available at LittleWarrior.com—will be beneficial for the whole family to include a couple times per week to increase dietary zinc consumption, and other important nutrients such as copper.
- **Probiotic:** Divided into 2-3 doses throughout the day. With meals.
- **Suro** The Suro Elderberry Syrup KIDS version we sell is safe for use during pregnancy.
- **Designs For Health SilverPure:** This product has not specifically been tested in pregnancy so is not included here. However, many practitioners use it with pregnant clients as it does not bioaccumulate. Can use liberally on your hands, doorknobs, surfaces, etc during pregnancy. See PAGE 25 for more information.

## CHILD (75-100 lbs)



### Supplements and Dosages

**Vitamin C (Liposomal or Stellar C)** — Liposomal (1.5 tsp/day, gives 1,500 mg), Stellar C (2 caps/day, gives 1300 mg)

**Can Prev Vitamin D3K2** — 10 drops or 2,500 IU/day for 3 wks, then reduce to regular daily dose

**NFH Cod Liver Oil** — 1 tsp daily for 3 weeks, and then down to their regular dose

**Genestra Zinc Glycinate or Metagenics Zinc Drink** — 1/3 tsp Zinc Glycinate or 2/3 tsp Zinc Drink, providing 10 mg daily, for up to 3-5 weeks

**Klaire Ther-Biotic Complete Probiotic** — 1/16th tsp twice a day for total of 50 billion CFU. Can do (1/8 tsp) once.

**Designs For Health SilverPure** — 3/4 tsp (4 sprays) in the mouth (gargle and swallow), up to 3 times a day

**NFH Magnesium Bisglycinate** — 2 capsules /day in divided doses providing 300 mg magnesium/day

**Selenium** — 50 mcg (micrograms) daily (from food - see note below)

**Suro Elderberry Syrup** — 2 tsp daily, in divided doses for up to 3 weeks

#### Notes:

- **Vitamin C:** For Liposomal, swish in mouth for 30 seconds and swallow. With meals. Offer in divided doses (Liposomal: 1/2 tsp with each meal) (Stellar C: 1 cap with breakfast, one with dinner). Start with 1/2 tsp/1 capsule, increase by 1/2 tsp/1 cap every 1-2 days until you reach the recommended dose. You can remove the Stellar C from the capsule and mix in water, juice, smoothie, or cold food. If the child experiences loose stool, lower the dose.
- **Selenium:** 50 mcg (micrograms) daily is what is recommended. Be sure to include selenium rich foods such as salmon (4 oz = 43 mcg), mushrooms (1 cup = 20 mcg), turkey/chicken/lamb (4 oz = 30 mcg), egg (1 egg = 15 mcg), etc.
- **NFH Cod Liver Oil:** Provide with a fat containing meal.
- **Designs For Health SilverPure Spray:** Can use liberally on your hands, doorknobs, toothbrushes as well. See PAGE 25 for more information.
- **Zinc:** Take with food. Genestra Zinc Glycinate and Metagenics Zinc Drink provide a supplemental forms of zinc and will be essential for meeting this therapeutic dose. Also, including pumpkin seed oil, which is available at LittleWarrior.com (high food-based source), will be beneficial for the whole family to include a couple times per week to increase dietary zinc consumption, and other important nutrients such as copper.
- **Probiotic:** Divided into 2-3 doses throughout the day. With meals.
- The child can continue to take the NFH Children's Multi in addition to this protocol.

## CHILD (50-74 lbs)



### Supplements and Dosages

**Vitamin C (Liposomal or Stellar C) – Liposomal (1 tsp/day, gives 1,000 mg), Stellar C (2 caps/day, gives 1300 mg)**

**Can Prev Vitamin D3K2 – 6 drops, or 1,500 IU/day for three weeks, then reduce to regular daily dose**

**NFH Cod Liver Oil – 3/4 tsp daily for 3 weeks, and then down to regular dose, with fat containing meal**

**Genestra Zinc Glycinate or Metagenics Zinc Drink – 5 mg daily, for up to 3-5 weeks (1/3 tsp Zinc Drink, or 1/6 tsp Zinc Glycinate)**

**Klaire Ther-Biotic Complete Probiotic – 50 billion CFU (1/8th of tsp once a day or 1/16th of tsp twice a day)**

**Designs For Health SilverPure – 2/3 tsp (3 sprays) in the mouth (gargle and swallow), up to 3 times a day**

**Natural Calm Magnesium Powder for Kids – 1.5 tsp daily mixed in water before bed**

**Selenium – 33 mcg (micrograms) daily (from food - see note below)**

**Suro Elderberry Syrup – 1-2 tsp daily, in divided doses for up to 3 weeks**

#### Notes:

- **Vitamin C:** For Liposomal, encourage child to swish in mouth for 30 seconds and swallow. With meals. Offer in divided doses (Liposomal: 1/2 tsp with breakfast, 1/2 tsp with dinner) (Stellar C: 1 cap with breakfast, one with dinner). Start with 1/2 tsp/1 capsule, 2 days later you can increase to the recommended dose. You can REMOVE the Stellar C from the capsule and mix in water, juice, smoothie, or cold food. If the child experiences loose stool, lower the dose.
- **Selenium:** 33 mcg (micrograms) daily is what is recommended. Be sure to include selenium rich foods such as salmon (4 oz = 43 mcg), mushrooms (1 cup = 20 mcg), turkey/chicken/lamb (4 oz = 30 mcg), egg (1 egg = 15 mcg), etc.
- **Designs For Health SilverPure Spray:** Can use liberally on your hands, doorknobs, toothbrushes as well. See PAGE 25 for more information.
- **Zinc:** Take with food. Genestra Zinc Glycinate and Metagenics Zinc Drink are supplemental forms of zinc and will be essential for meeting this therapeutic dose. Also, including pumpkin seed oil, which is available at LittleWarrior.com (high food-based source), will be beneficial for the whole family to include a couple times per week to increase dietary zinc consumption and other important nutrients such as copper.
- **Probiotic:** Ideally divided into 2 doses throughout the day. With meals.
- The child can continue to take the NFH Children's Multi in addition to this protocol.

## CHILD (30-49 lbs)



### Supplements and Dosages

**Vitamin C (Liposomal or Stellar C) — Liposomal (1/4 tsp 3 times/day giving 750 mg), Stellar C (1 cap/day, gives 650 mg)**

**Can Prev Vitamin D3K2 — 4 drops or 1,000 IU daily or your child's dose if higher (children under 1 see note)**

**NFH Cod Liver Oil — 1/2 tsp daily for 3 weeks, and then down to their regular dose**

**Genestra Zinc Glycinate or Metagenics Zinc Drink — 5 mg daily, for up to 3 weeks (1/3 tsp Zinc Drink, or 1/6 tsp Zinc Glycinate)**

**Klaire Ther-Biotic Complete Probiotic — 1/16th tsp twice a day or 1/8th tsp once a day providing 50 billion CFU**

**Designs For Health SilverPure — 2/3 tsp (3 sprays) in the mouth (gargle and swallow), up to 3 times a day**

**Natural Calm Magnesium Powder for Kids — 1/2 tsp daily mixed in water (providing ~100 mg), before bed is great!**

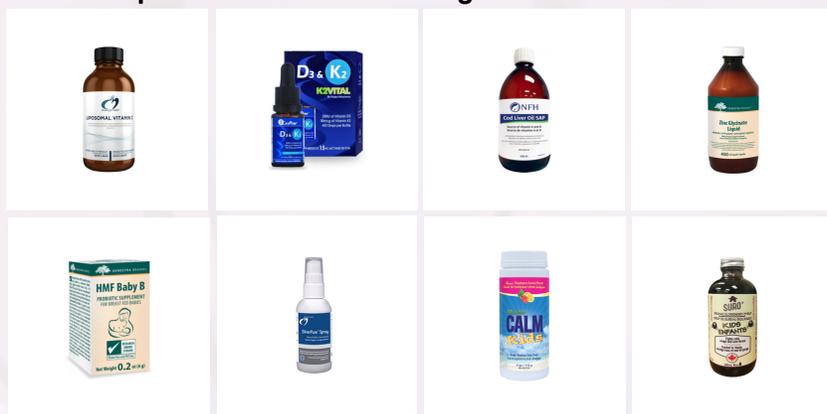
**Suro Elderberry Syrup — 1-2 tsp daily, in divided doses for up to 3 weeks (SEE NOTE)**

#### Notes:

- **Vitamin C:** For Liposomal, encourage child to swish in mouth for 30 seconds and swallow. With meals. Offer in divided doses (Liposomal: 1/4 tsp 3x/day with meals) (Stellar C: offer in divided doses if possible). Offer 1/2 the dose on day 1 and then 2 days later increase to the full dose. REMOVE the Stellar C from the capsule and mix in water, juice, smoothie, or cold food. If the child experiences loose stool, lower the dose.
- **NFH Cod Liver Oil:** Provide with a fat containing meal.
- **Designs For Health SilverPure Spray:** Can use liberally on your hands, doorknobs, toothbrushes as well. See PAGE 25 for more information.
- **Suro:** NOT FOR KIDS UNDER THE AGE OF 1.
- **D3K2:** Not for kids under age 1—use the Nordic Naturals Baby D3 drops instead.
- **Zinc:** Take with food. Genestra Zinc Glycinate and Metagenics Zinc Drink are supplemental forms of zinc and will be essential for meeting this therapeutic dose. Also, including pumpkin seed oil (high food-based source)—which is available at LittleWarrior.com—will be beneficial for the whole family to include a couple times per week to increase dietary zinc consumption, and other important nutrients such as copper.
- **Probiotic:** Divided into 2-3 doses throughout the day. With meals.
- Be sure to include selenium rich foods such as salmon (4 oz = 43 mcg), mushrooms (1 cup = 20 mcg), turkey/chicken/lamb (4 oz = 30 mcg), egg (1 egg = 15 mcg), etc.
- The child can continue to take the NFH Children's Multi in addition to this protocol.

## CHILD (20-29 lbs)

**NOT FOR CHILDREN UNDER 6 MONTHS OF AGE: Children under 6 months should follow our general wellness protocol and breastfeeding mama can follow the adult dosing.**



### Supplements and Dosages

**Vitamin C (Liposomal or Stellar C) — Liposomal (1/4 tsp twice/day, giving 500 mg), Stellar C (1 cap/day, gives 650 mg)**

**Can Prev Vitamin D3K2 / Nordic Naturals Baby D3 — 4 drops or 1,000 IU daily for 1 and up (baby's under 1 use Baby's D3—2 drops)**

**NFH Cod Liver Oil — 1/4 tsp twice daily for up to 3 weeks, then drop down to child's regular dose**

**Genestra Zinc Glycinate or Metagenics Zinc Drink — 5 mg daily, for up to 3 weeks (1/3 tsp Zinc Drink, or 1/6 tsp Zinc Glycinate)**

**Probiotic (see note) — 20-25 billion CFU daily**

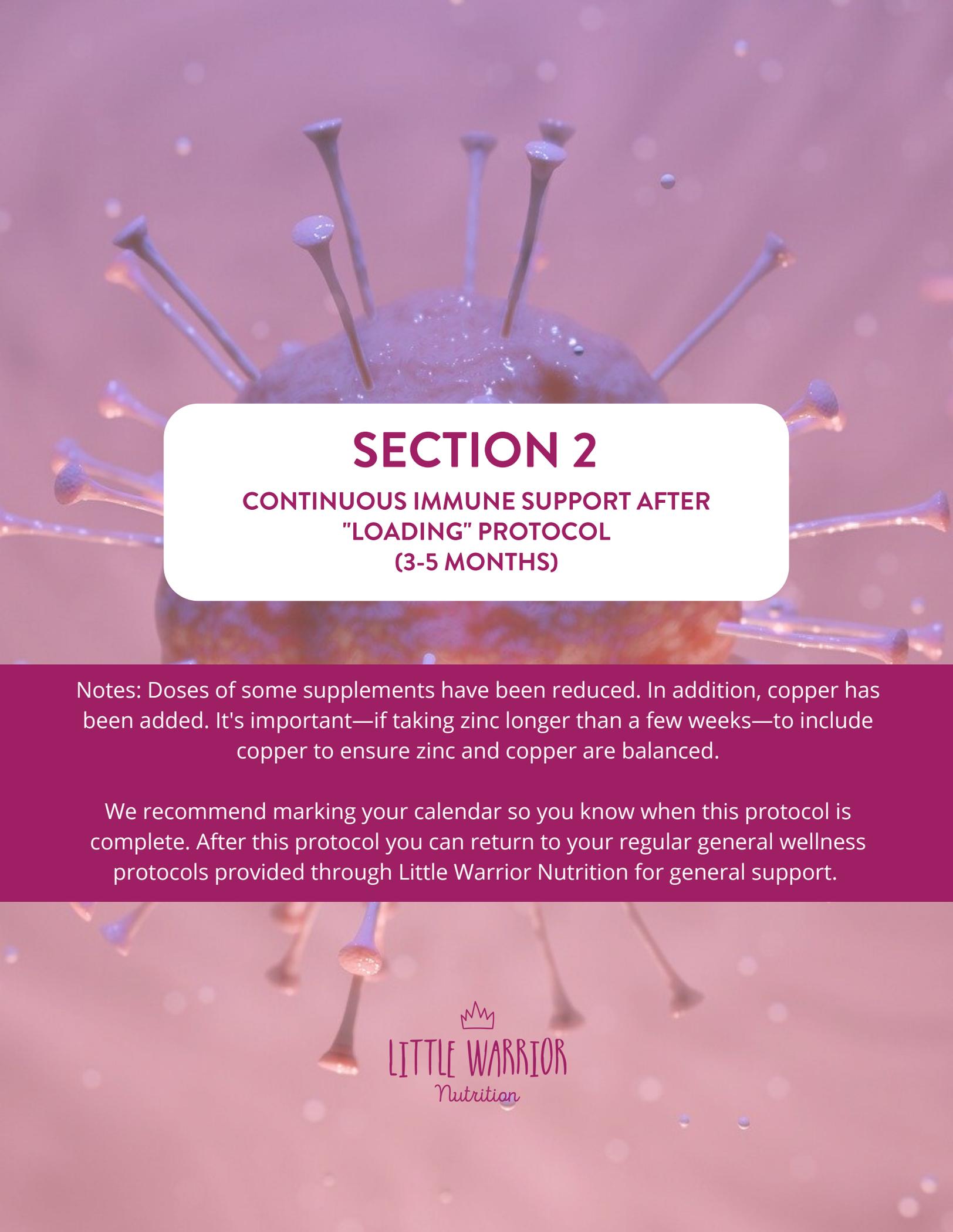
**Designs For Health SilverPure — 3 sprays in the mouth, up to 3 times a day**

**Natural Calm Magnesium Powder for Kids — 1/4 tsp daily mixed in water, before bed is great! (providing ~50 mg)**

**Suro Elderberry Syrup — 1 tsp daily (in 1/2 tsp divided doses) for up to 3 weeks (SEE NOTE)**

#### Notes:

- **Vitamin C:** For Liposomal, encourage child to swish in mouth for 30 seconds and swallow. With meals. Offer in divided doses (Liposomal: 1/4 tsp 2x/day with meals) (Stellar C: offer in divided doses if possible). Offer 1/2 the dose on day 1 and then 2 days later increase to the full dose. REMOVE the Stellar C from the capsule and mix in water, juice, smoothie, or cold food. If the child experiences loose stool, lower the dose.
- **Vitamin D:** Kids under 1 use Nordic Naturals Baby D3, kids over 1 use Can Prev D3K2.
- **NFH Cod Liver Oil:** Provide with a fat containing meal.
- **Designs For Health SilverPure Spray:** Can use liberally on your hands, doorknobs, toothbrushes as well. See page 25 for more information.
- **Suro:** NOT FOR KIDS UNDER THE AGE OF 1
- **Zinc:** Take with food. Genestra Zinc Glycinate and Metagenics Zinc Drink are supplemental forms of zinc and will be essential for meeting this therapeutic dose. Also, including pumpkin seed oil, which is available at LittleWarrior.com (high food-based source), will be beneficial for the whole family to include a couple times per week to increase dietary zinc consumption and other important nutrients such as copper.
- **Probiotic:** For children under one year of age use HMF Baby B (for breastfed babies) or HMF Baby F (for formula fed babies). For children over one year of age use Klaire Ther-Biotic Complete Powder. Two scoops of the HMF Baby B/F will provide 20 billion CFU daily, use for up to 3 weeks then reduce to 1 scoop daily. For Klaire Ther-Biotic use 1/16 tsp daily providing 25 billion CFU then reduce to regular dose if different. Provide in 2-3 divided doses throughout the day instead of all at once. Offer with meals.
- Be sure to include selenium rich foods such as salmon (4 oz = 43 mcg), mushrooms (1 cup = 20 mcg), turkey/chicken/lamb (4 oz = 30 mcg), egg (1 egg = 15 mcg), etc.
- A child over the age of 1 can continue to take the NFH Children's Multi in addition to this protocol.



## SECTION 2

### CONTINUOUS IMMUNE SUPPORT AFTER "LOADING" PROTOCOL (3-5 MONTHS)

Notes: Doses of some supplements have been reduced. In addition, copper has been added. It's important—if taking zinc longer than a few weeks—to include copper to ensure zinc and copper are balanced.

We recommend marking your calendar so you know when this protocol is complete. After this protocol you can return to your regular general wellness protocols provided through Little Warrior Nutrition for general support.

# ADULT PROTOCOL

See the following page for a specific PREGNANCY protocol



## Supplements and Dosages

**Vitamin C (Liposomal C or Stellar C)** — Liposomal (3 tsp/day, gives 3,000 mg) - Stellar C (4 caps/day, divided doses, gives 2600 mg)

**Can Prev Vitamin D3K2** — 4 drops, 1,000 IU/day

**NFH Cod Liver Oil** — 1 tsp daily with fat containing meal

**Genestra Zinc Glycinate / Metagenics Zinc Drink** — 1/2 tsp Zinc Glycinate / 1 tsp Zinc Drink (15 mg/day), take with copper, take with food

**Oligocan Copper** — 2 tsp daily (providing 1.5 mg), in a small amount of water

**Klaire Ther-Biotic Complete Probiotic** — 50 billion CFU daily (1/8 tsp), divided in 2-3 doses throughout day, with meals

**Designs For Health SilverPure** — 1 tsp (5 sprays) in the mouth (gargle and swallow), up to 3 times per day for prevention

**NFH Magnesium Bisglycinate** — 3 capsules /day in divided doses providing 450 mg daily magnesium bisglycinate

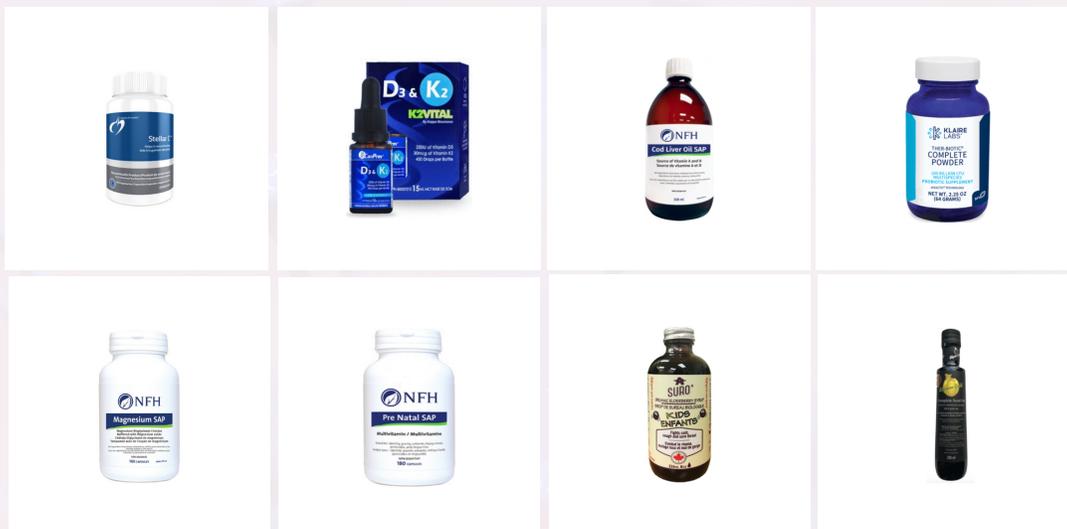
**Selenium from NFH Multi** — 3 capsules per day, with meals in divided doses (provides 100 mcg daily of Selenium)

**Suro Elderberry Syrup** — 2 tsp daily, in divided doses

### Notes:

- **Vitamin C:** Provide in divided doses throughout the day with meals. For the liposomal C, swish for 30 seconds then swallow.
- **Designs For Health SilverPure Spray:** Can use liberally on your hands, doorknobs, toothbrushes as well. See PAGE 25 for more information.
- **Vitamin D:** If you are currently taking a dose that is higher due to a diagnosed vitamin D deficiency, take that dose.
- **Zinc:** Don't take unless also taking the copper. The zinc dose is assuming you are taking the NFH Multi which also provides 15 mg of zinc (for a total of 30 mg per day). If you aren't taking the multi, you could double the zinc dose or take the Designs for Health Zinc Supreme (with 30mg of zinc per capsule). A great food based source of balanced zinc and copper is pumpkin seed oil—which is available at LittleWarrior.com. It will be beneficial for the whole family to include a couple times per week to increase dietary zinc consumption, and other important nutrients such as copper.
- **Oligocan Copper:** Zinc should not be consumed for longer than a few weeks without balancing it with copper. Including copper after the loading protocol in Section 1 will allow for a prolonged period of zinc supplementation. In addition, copper helps fight germs and viruses.

# PREGNANCY PROTOCOL



## Supplements and Dosages

**Vitamin C (Liposomal, or Stellar C)** — Liposomal (1.5 tsp/day, gives 1,500 mg), Stellar C (2 caps/day, gives 1300 mg)

**Can Prev Vitamin D3K2** — 4 drops 1,000 IU/day

**NFH Cod Liver Oil** — 1 tsp daily with fat containing meal

**Klaire Ther-Biotic Complete Probiotic** — 50 billion CFU daily (1/8 tsp), with meals, divided into 2-3 doses

**NFH Magnesium Bisglycinate** — 3 capsules /day in divided doses providing 450 mg daily magnesium bisglycinate

**NFH Pre Natal** — 3 caps per day, with food, in divided doses (50 mcg selenium, 25 mg zinc, 200 mcg copper)

**Suro Elderberry Syrup (KIDS version)** — 2 tsp daily, in divided doses

### Notes:

- **Liposomal Vitamin C:** Not to exceed 2000 mg of C during pregnancy. For liposomal C, swish for 30 seconds then swallow. Take in divided doses throughout the day with meals.
- **Vitamin D:** If you are currently taking a dose that is higher due to a diagnosed vitamin D deficiency, take that dose.
- **Selenium:** 100 mcg (micrograms) daily is what is recommended. The NFH Pre Natal provides 50 mcg in the daily dose. Be sure to also include selenium rich foods such as salmon (4 oz = 43 mcg), mushrooms (1 cup = 20 mcg), turkey/chicken/lamb (4 oz = 30 mcg), egg (1 egg = 15 mcg), etc.
- **Zinc:** A great food based source of balanced zinc and copper is pumpkin seed oil—which is available at LittleWarrior.com. It will be beneficial for the whole family to include a couple times per week to increase dietary zinc consumption, and other important nutrients such as copper.
- **Suro** The Suro Elderberry Syrup KIDS version we sell is safe for use during pregnancy.
- **Designs For Health SilverPure:** This product has not specifically been tested in pregnancy so it is not included here. Can use liberally on your hands, doorknobs, surfaces, etc during pregnancy. See PAGE 25 for more information.

## CHILD (75-100 lbs)



### Supplements and Dosages

- Vitamin C (Liposomal or Stellar C) — Liposomal (1.5 tsp/day, gives 1,500 mg), Stellar C (2 caps/day, gives 1300 mg)
- Can Prev Vitamin D3K2 — Regular daily dose from Little Warrior general wellness protocol
- NFH Cod Liver Oil — Regular daily dose from Little Warrior general wellness protocol
- Genestra Zinc Glycinate / Metagenics Zinc Drink — 1/6 tsp (0.8 ml) Zinc Glycinate OR 1/3 tsp Zinc Drink, providing 5 mg daily, take with food
- Oligocan Copper — 2/3 tsp daily (providing ~ 500 mcg), mixed in water
- Klaire Ther-Biotic Complete Probiotic — 1/16th tsp twice a day for total of 50 billion CFU. Can do (1/8 tsp) once.
- Designs For Health SilverPure — 3/4 tsp (4 sprays) in the mouth (gargle and swallow), up to 3 times a day
- NFH Magnesium Bisglycinate — 2 capsules /day in divided doses providing 300 mg magnesium/day
- Suro Elderberry Syrup — 1 tsp daily, in divided doses

### Notes:

- Liposomal Vitamin C:** Divide up the doses for best effect with meals. For liposomal, swish in mouth for 30 sec & swallow. You can REMOVE the Stellar C from the capsule and mix in water, juice, smoothie, or cold food. If the child experiences loose stool, lower the dose.
- Selenium:** 50 mcg (micrograms) daily is what is recommended. Be sure to also include selenium rich foods such as salmon (4 oz = 43 mcg), mushrooms (1 cup = 20 mcg), turkey/chicken/lamb (4 oz = 30 mcg), egg (1 egg = 15 mcg), etc.
- Designs For Health SilverPure Spray:** Can use liberally on your hands, doorknobs, toothbrushes as well. This will provide anti-infection benefits for up to 4 hours. See PAGE 25 for more information.
- Zinc:** Don't take unless also taking the copper. A great food based source of balanced zinc and copper is pumpkin seed oil—which is available at LittleWarrior.com. It will be beneficial for the whole family to include a couple times per week to increase dietary zinc consumption, and other important nutrients such as copper.
- Probiotic:** Divided into 2-3 doses throughout the day. With meals.
- The child can continue to take the NFH Children's Multi in addition to this protocol.
- Oligocan Copper:** Zinc should not be consumed for longer than a few weeks without balancing it with copper. Including copper after the loading protocol in Section 1 will allow for a prolonged period of zinc supplementation. In addition, copper helps fight germs and viruses.

## CHILD (50-74 lbs)



### Supplements and Dosages

- Vitamin C (Liposomal or Stellar C)** – Liposomal (1 tsp/day, gives 1,000 mg), Stellar C (2 caps/day, gives 1300 mg)
- Can Prev Vitamin D3K2** – Regular daily dose from Little Warrior general wellness protocol
- NFH Cod Liver Oil** – Regular daily dose from Little Warrior general wellness protocol
- Genestra Zinc Glycinate / Metagenics Zinc Drink** – 1/6 tsp (0.8 ml) Zinc Glycinate OR 1/3 tsp Zinc Drink, providing 5 mg daily, take with food
- Oligocan Copper** – 2/3 tsp daily (providing ~ 500 mcg), mixed in water
- Klaire Ther-Biotic Complete Probiotic** – 50 billion CFU (1/8th of tsp once a day or 1/16th of tsp twice a day)
- Designs For Health SilverPure** – 2/3 tsp (3 sprays) in the mouth (gargle and swallow), up to 3 times a day
- Natural Calm Magnesium Powder for Kids** – 1.5 tsp daily mixed in water before bed
- Selenium** – 33 mcg (micrograms) daily (from food - see note below)
- Suro Elderberry Syrup** – 1 tsp daily

#### Notes:

- Vitamin C:** Divide up the doses for best effect, with meals. For liposomal, swish in mouth for 30 sec & swallow. You can REMOVE the Stellar C from the capsule and mix in water, juice, smoothie, or cold food. If the child experiences loose stool, lower the dose.
- Selenium:** 33 mcg (micrograms) daily is what is recommended. Be sure to include selenium rich foods such as salmon (4 oz = 43 mcg), mushrooms (1 cup = 20 mcg), turkey/chicken/lamb (4 oz = 30 mcg), egg (1 egg = 15 mcg), etc.
- Designs For Health SilverPure:** Can use liberally on your hands, doorknobs, toothbrushes as well. See PAGE 25 for more information.
- Zinc:** Don't take unless also taking the copper. A great food based source of balanced zinc and copper is pumpkin seed oil—which is available at LittleWarrior.com. It will be beneficial for the whole family to include a couple times per week to increase dietary zinc consumption, and other important nutrients such as copper.
- Probiotic:** Ideally divided into 2 doses throughout the day. With meals.
- The child can continue to take the NFH Children's Multi in addition to this protocol.
- Oligocan Copper:** Zinc should not be consumed for longer than a few weeks without balancing it with copper. Including copper after the loading protocol in Section 1 will allow for a prolonged period of zinc supplementation. In addition, copper helps fight germs and viruses.

## CHILD (30-49 lbs)



### Supplements and Dosages

**Vitamin C (Liposomal or Stellar C)** – Liposomal (1/4 tsp 3 times/day giving 750 mg), Stellar C (1 cap/day, gives 650 mg)

**Can Prev Vitamin D3K2** – Regular daily dose from Little Warrior general wellness protocol

**NFH Cod Liver Oil** – Regular daily dose from Little Warrior general wellness protocol

**Genestra Zinc Glycinate / Metagenics Zinc Drink** – 1/6 tsp (0.8 ml) Zinc Glycinate OR 1/3 tsp Zinc Drink, providing 5 mg daily, take with food

**Oligocan Copper** – 2/3 tsp daily (providing ~ 500 mcg), mixed in water

**Klaire Ther-Biotic Complete Probiotic** – 1/16th tsp twice a day or 1/8th tsp once a day providing 50 billion CFU

**Designs For Health SilverPure** – 2/3 tsp (3 sprays) in the mouth (gargle and swallow), up to 3 times a day

**Natural Calm Magnesium Powder for Kids** – 1/2 tsp daily mixed in water (providing ~100 mg), before bed is great!

**Suro Elderberry Syrup** – 1 tsp daily (NOT for kids under 1)

#### Notes:

- **Vitamin C:** Divide up the doses for best effect, with food. For liposomal, swish in mouth for 30 sec & swallow. You can REMOVE the Stellar C from the capsule and mix in water, juice, smoothie, or cold food. If the child experiences loose stool, lower the dose.
- **Designs For Health SilverPure Spray:** Can use liberally on your hands, doorknobs, toothbrushes as well. See PAGE 25 for more information.
- **Suro Elderberry Syrup:** NOT FOR KIDS UNDER THE AGE OF 1.
- **CanPrev D3K2:** Not for kids under age 1—use the Nordic Naturals Baby D3 drops instead.
- **Zinc:** Don't take unless also taking the copper. A great food based source of balanced zinc and copper is pumpkin seed oil—which is available at LittleWarrior.com. It will be beneficial for the whole family to include a couple times per week to increase dietary zinc consumption, and other important nutrients such as copper.
- **Probiotic:** Divided into 2-3 doses throughout the day. With meals.
- Be sure to include selenium rich foods such as salmon (4 oz = 43 mcg), mushrooms (1 cup = 20 mcg), turkey/chicken/lamb (4 oz = 30 mcg), egg (1 egg = 15 mcg), etc.
- The child can continue to take the NFH Children's Multi in addition to this protocol.
- **Oligocan Copper:** Zinc should not be consumed for longer than a few weeks without balancing it with copper. Including copper after the loading protocol in Section 1 will allow for a prolonged period of zinc supplementation. In addition, copper helps fight germs and viruses.

## CHILD (20-29 lbs)

**NOT FOR CHILDREN UNDER 6 MONTHS OF AGE: Children under 6 months should follow our general wellness protocol and breastfeeding mama can follow the adult dosing.**



### Supplements and Dosages

- Vitamin C (Liposomal or Stellar C)** – Liposomal (1/4 tsp twice/day, giving 500 mg), Stellar C (1 cap/day, gives 650 mg)
- Can Prev D3K2 or Nordic Naturals Baby D3** – Regular daily dose from Little Warrior general wellness protocol
- NFH Cod Liver Oil** – Regular daily dose from Little Warrior general wellness protocol
- Genestra Zinc Glycinate / Metagenics Zinc Drink** – 1/6 tsp (0.8 ml) Zinc Glycinate OR 1/3 tsp Zinc Drink, **EVERY OTHER** day, with food
- Oligocan Copper** – 2/3 tsp **EVERY OTHER** day (providing ~ 500 mcg), mixed in water
- Probiotic (see note)** – 20-25 billion CFU daily
- Designs For Health SilverPure Spray** – 3 sprays a day in the mouth, up to 3 times a day
- Natural Calm Magnesium Powder for Kids** – 1/4 tsp daily mixed in water, before bed is great! (providing ~50 mg)
- Suro Elderberry Syrup** – 1/2 tsp daily (**NOT** for kids under 1 year of age)

#### Notes:

- Vitamin C:** Offer in divided doses for best results, with meals. Encourage child to swish it in their mouth for 30 seconds (if possible). You can REMOVE the Stellar C from the capsule and mix in water, juice, smoothie, or cold food. If the child experiences loose stool, lower the dose.
- Vitamin D:** Kids under 1 use Nordic Naturals Baby D3, kids over 1 use Can Prev D3K2
- Designs For Health SilverPure Spray:** Can use liberally on your hands, doorknobs, toothbrushes as well. See page 25 for more information.
- Suro Elderberry Syrup:** NOT FOR KIDS UNDER THE AGE OF 1
- Zinc:** Don't take unless also taking the copper. A great food based source of balanced zinc and copper is pumpkin seed oil— which is available at LittleWarrior.com. It will be beneficial for the whole family to include a couple times per week to increase dietary zinc consumption, and other important nutrients such as copper.
- Probiotic:** For children under one year of age use HMF Baby B (for breastfed babies) or HMF Baby F (for formula fed babies). For children over one year of age use Klaire Ther-Biotic Complete Powder. Two scoops of the HMF Baby B/F will provide 20 billion CFU daily, use for up to 3 weeks then reduce to 1 scoop daily. You could also continue this for a period of a few months while the risk is still high. For Klaire Ther-Biotic use 1/16 tsp daily providing 25 billion CFU then reduce to regular dose only if different. Provide in 2-3 divided doses throughout the day instead of all at once. Offer with meals.
- Be sure to include selenium rich foods such as salmon (4 oz = 43 mcg), mushrooms (1 cup = 20 mcg), turkey/chicken/lamb (4 oz = 30 mcg), egg (1 egg = 15 mcg), etc.
- A child over the age of 1 can continue to take the NFH Children's Multi in addition to this protocol.
- Oligocan Copper:** Zinc should not be consumed for longer than a few weeks without balancing it with copper. Including copper after the loading protocol in Section 1 will allow for a prolonged period of zinc supplementation. In addition, copper helps fight germs and viruses.

# SECTION 3

## ACUTE PROTOCOL (DURING ILLNESS)



### SOURCE:

The 4-day dosing protocol including high dose vitamin C, A, and D. As well as the inclusion of iodine, is the protocol being recommended by Dr. Brownstein. He is currently treating patients with this protocol and seeing great success. You can view his website at [www.DrBrownstein.com](http://www.DrBrownstein.com) to read more.

Dr. David Brownstein is a Board-Certified family physician and is one of the foremost practitioners of holistic medicine. He is the Medical Director of the Center for Holistic Medicine in West Bloomfield, MI. He is a graduate of the University of Michigan and Wayne State University School of Medicine. Dr. Brownstein is a member of the American Academy of Family Physicians and the American College for the Advancement in Medicine.

### IN ADDITION:

In addition to Dr. Brownstein's 4-day therapeutic acute protocol, we have included a couple of additional products, that may also be supportive for the immune system.

# ADULT PROTOCOL

**NOT FOR USE IN PREGNANCY! REVIEW NEXT PAGE FOR CONTRAINDICATIONS.**



## Supplements and Dosages

### DR. BROWNSTEIN'S PROTOCOL

- Can Prev Vitamin A (10,000 IU per drop) — 10 drops daily, providing 100,000 IU FOR 4 DAYS ONLY!!! NOT LONGER.
- Can Prev Vitamin D3 (1,000 IU per drop) — 50 drops daily, providing 50,000 IU FOR 4 DAYS ONLY!!! NOT LONGER.
- Vitamin C (Liposomal C or Stellar C) — 5,000-10,000 mg DAILY. If you can take more, do it. If you get loose stools, lower it.
- Trophic Liquid Iodine — 2 ml daily (providing 28.4 mg), for 4 days ONLY

### OTHER

- Designs for Health N-acetyl Cysteine (NAC) — 1 capsule, 2 times daily, until recovered
- Designs For Health SilverPure — 2 tbsp, 3 times per day, gargle and swallow, use at this dose until recovered
- NFH Quercetin SAP — 1 capsule twice daily with food in divided doses, until recovered (not more than 4 weeks)

### HERBAL SUPPORT

- MediHerb Broncafect OR St. Francis Respiraffect — Broncafect: 2 tablets, 2-4 times daily, until you recover (NOT longer than 4 weeks)  
Respiraffect: 1-2 ml (30-60 drops), 3 times daily in a bit of water on empty stomach (NOT longer than 4 weeks)

### Notes:

- IMPORTANT:** The vitamin A and D at that dose should ONLY BE TAKEN FOR 4 DAYS! NO LONGER! The higher dose provided for the vitamin C, iodine (kelp), SilverPure, and Broncafect/Respiraffect (not more than 4 weeks), should be used until recovered.
- Vitamin A and Vitamin D:** Consume with fat containing meal. Divide into 2 doses (e.g. for Vitamin A take 50,000 IU with breakfast and 50,000 IU with dinner).
- Vitamin C:** There is 1000 mg in 1 tsp of Liposomal Vitamin C and 650 mg in 1 capsule of the Stellar C. Take in 3-4 divided doses throughout the day, with meals. Reduce dose if you experience loose stools. When recovered lower dose gradually by 650-1000IU per day.
- To read more about Dr. Brownstein's Acute protocol please visit his website: [www.DrBrownstein.com](http://www.DrBrownstein.com). Note that in addition to this at-home high-dose acute protocol he also uses IV therapy with his patients. Details can be found on his website.
- N-acetyl Cysteine (NAC):** N-Acetyl-Cysteine (NAC) is an amino acid that is a precursor to glutathione, the body's most powerful antioxidant. It is heavily researched for its role in optimizing lung health. It is suggested this is especially important as we age since levels of glutathione decrease, which could increase the risk of complications when contracting a virus.
- SilverPure Spray:** You can also spray doorhandles, hands, toothbrushes, etc.
- Quercetin:** This product contains bromelain from pineapple so avoid with pineapple allergy.
- Herbal Support (Broncafect, Respiraffect):** Powerful herbal support to help relieve the symptoms and shorten the duration of upper respiratory tract infections. REVIEW CONTRAINDICATIONS on next page before use.
- IN ACUTE:** Follow the zinc, suro, and magnesium dosing from the loading protocol in Section 1, until you recover.

## CONTRAINDICATIONS

**THIS PROTOCOL IS NOT TO BE USED IF YOU ARE PREGNANT. If you are pregnant and you become sick, follow the "loading" protocol in Section 1 until recovery.**

**MEDICATIONS:** If you are taking specific medication, we recommend checking with your medical doctor first.

**MEDIHERB BRONCHAFECT:** Do not use if you are pregnant or breastfeeding, or if you have hypokalemia, high blood pressure, a kidney or cardiovascular disorder or if you are taking thiazide diuretics, cardiac glycosides, corticosteroids, stimulant laxatives or other medications which may aggravate electrolyte imbalance. If symptoms persist or worsen, consult a health care practitioner. If you have diabetes, a liver disorder, a progressive systemic disease such as tuberculosis, collagenosis, multiple sclerosis, AIDS, or HIV infection, or an auto-immune disorder, or if you are taking immune-suppressants, consult a health care practitioner prior to use. Rare cases of severe allergic reactions have been known to occur; use caution if you are allergic to plants of the Daisy family. May cause diarrhea, vomiting and dizziness, in which case discontinue use.

**ST. FRANCIS RESPIRAFECT:** Consult a health care practitioner before use: if you are taking immunosuppressants or anti-coagulant medication; if you have an autoimmune disorder or a progressive systemic disease such as tuberculosis, leukosis, collagenosis, multiple sclerosis, AIDS and/or HIV infection. Consult a health care practitioner if symptoms worsen or persist. Do not use: if you are pregnant or breastfeeding; if you have liver or gallbladder disorders; if you are taking thiazide diuretics, cardiac glycosides, corticosteroids, stimulant laxatives or other medications which may aggravate electrolyte imbalance; if you have hypokalemia, high blood pressure, or a kidney or cardiovascular disorder; if you are allergic to plants of the Asteraceae/Compositae/Daisy family. Discontinue use if you develop symptoms of liver trouble or if you experience vomiting, diarrhea, spasms and symptoms of paralysis.

## CHILD (50-100 LBS)



### Supplements and Dosages

#### DR. BROWNSTEIN'S PROTOCOL

- Can Prev Vitamin A (10,000/drop) — 5 drops daily, providing 50,000 IU FOR 4 DAYS ONLY!!! NOT LONGER.
- Can Prev Vitamin D3 (1,000IU per drop) — 25 drops daily, providing 25,000 IU FOR 4 DAYS ONLY!!! NOT LONGER.
- Vitamin C (Liposomal C or Stellar C) — 5,000 mg DAILY. If they can take more, do it. If they get loose stools, lower it.
- Trophic Liquid Iodine — 7 drops daily (providing 4.5 mg), for 4 days ONLY

#### OTHER

- Designs For Health SilverPure — 1 tsp (gargle and swallow), 3 times per day, use this dose until recovered
- NFH Quercetin SAP — 1 capsule daily with food, until recovered (not more than 4 weeks)

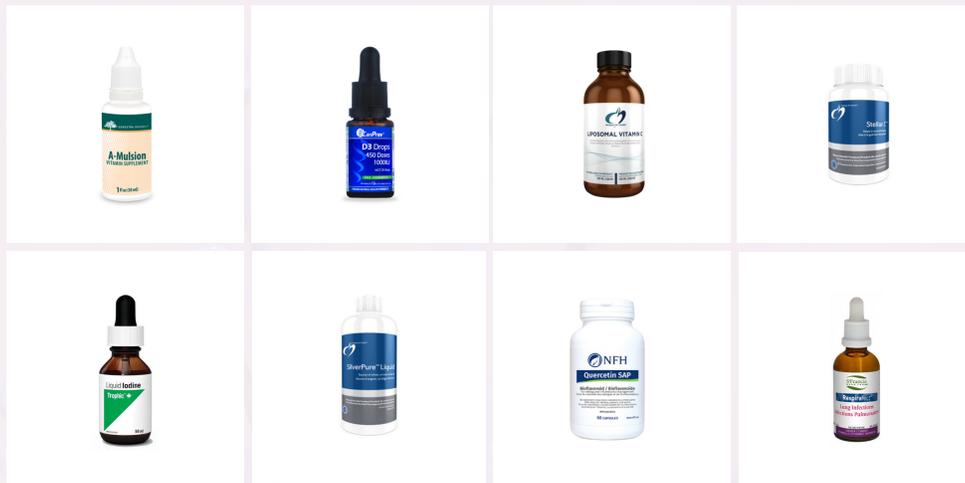
#### HERBAL SUPPORT

- St. Francis Respirafect — Take the dose below in a little bit of water on an empty stomach until recovered (NOT longer than 4 weeks)
  - Children (5-9 years): 0.4-0.5 ml (12-15 drops), 3 times per day
  - Adolescents (10-14 years): 0.8-1 ml (24-30 drops), 3 times per day
  - Adolescents (15 & over): 1-2 ml (30-60 drops), 3 times per day

#### Notes:

- IMPORTANT:** The vitamin A and D at that dose should ONLY BE TAKEN FOR 4 DAYS! NO LONGER! The higher dose provided for the vitamin C, iodine (kelp), SilverPure, and Respirafect (not more than 4 weeks) should be used until recovered.
- Vitamin A and Vitamin D:** Consume with fat containing meal. Divide into 2 doses (e.g. for Vitamin A take 25,000 IU with breakfast and 25,000 IU with dinner).
- Vitamin C:** There is 1000 mg in 1 tsp of Liposomal Vitamin C and 650 mg in 1 capsule of the Stellar C. Offer in 3-4 divided doses throughout the day, with meals. Reduce dose if you experience loose stools. When recovered lower dose gradually by 500-650IU per day. You can take the Stellar C out of the capsule and mix it in water, juice, a smoothie, cold food, etc.
- To read more about Dr. Brownstein's Acute protocol please visit his website: [www.DrBrownstein.com](http://www.DrBrownstein.com). Note that in addition to this at-home high-dose acute protocol he also uses IV therapy with his patients. Details can be found on his website.
- SilverPure Spray:** You can also spray doorhandles, hands, toothbrushes, etc.
- Quercetin:** You can take this out of the capsule and mix in water, juice, a smoothie, or cold food. This product contains bromelain from pineapple so avoid with pineapple allergy.
- Herbal Support (Respirafect):** Powerful herbal support to help relieve the symptoms and shorten the duration of upper respiratory tract infections. REVIEW CONTRAINDICATIONS on page 20 (1 page up) before use.
- IN ACUTE:** Follow the zinc, suro, and magnesium dosing from the loading protocol in Section 1 until they recover.

## CHILD (25-50 LBS)



### Supplements and Dosages

#### DR. BROWNSTEIN'S PROTOCOL

- Can Prev Vitamin A (10,000/drop) — 2 drops daily, providing 20,000 IU FOR 4 DAYS ONLY!!! NOT LONGER.
- Can Prev Vitamin D3 (1,000IU per drop) — 10 drops daily, providing 10,000 IU FOR 4 DAYS ONLY!!! NOT LONGER.
- Vitamin C (Liposomal C) — 3,000 mg DAILY. If they can take more, do it. If they get loose stools, lower it.
- Trophic Liquid Iodine — 4 drops daily (providing 2.5 mg), for 4 days ONLY

#### OTHER

- Designs For Health SilverPure — 1 tsp (5 sprays), 3 times per day, use this dose until recovered
- NFH Quercetin SAP — 1 capsule daily with food, until recovered (not more than 4 weeks)

#### HERBAL SUPPORT

- St. Francis RespiraFact — Take the dose below in a little bit of water on an empty stomach until recovered (NOT longer than 4 weeks)
  - Children (2-3): 0.15 ml (5 drops), 3 times per day
  - Children (4 years): 0.3 ml (10 drops), 3 times per day
  - Children (5-9 years): 0.4-0.5 ml (12-15 drops), 3 times per day

**THIS PROTOCOL SHOULD NOT BE USED ON BABIES UNDER 6 MONTHS OF AGE**

#### Notes:

- IMPORTANT:** The vitamin A and D at that dose should ONLY BE TAKEN FOR 4 DAYS! NO LONGER! The higher dose provided for the vitamin C, iodine (kelp), SilverPure, and RespiraFact (not more than 4 weeks), should be used until recovered.
- Vitamin A and Vitamin D:** Consume with fat containing meal. Divide into 2 doses (e.g. for Vitamin A take 10,000 IU (1 drop) with breakfast and 10,000 IU (1 drop) with dinner).
- Vitamin C:** There is 1000 mg in 1 tsp of Liposomal Vitamin C and 650 mg in 1 capsule of the Stellar C. Offer in 3-4 divided doses throughout the day, with meals. Reduce dose if you experience loose stools. When recovered lower dose gradually by 500-650IU per day. You can take the Stellar C out of the capsule and mix it in water, juice, a smoothie, cold food, etc.
- To read more about Dr. Brownstein's Acute protocol please visit his website: [www.DrBrownstein.com](http://www.DrBrownstein.com). Note that in addition to this at-home high-dose acute protocol he also uses IV therapy with his patients. Details can be found on his website.
- SilverPure Spray:** You can spray doorhandles, hands, toothbrushes, etc.
- Quercetin:** REMOVE POWDER FROM CAPSULE and mix in water, juice, a smoothie, or cold food. This product contains bromelain from pineapple so avoid with pineapple allergy.
- Herbal Support (RespiraFact):** Powerful herbal support to help relieve the symptoms and shorten the duration of upper respiratory tract infections. REVIEW CONTRAINDICATIONS on page 20 (2 pages up) before use.
- IN ACUTE:** Follow the zinc, suro, and magnesium dosing from the loading protocol in Section 1 until they recover.

## CHILD (Under 6 Months of Age)



### Supplements and Dosages

**Oscillococcinum** — At the onset of flu-like symptoms, dissolve the entire contents of 1 tube-dose of pellets in a small amount of water (e.g. 1/2-1 tsp). Then offer this liquid from a small spoon or dropper. If using a dropper, gently release the liquid into the mouth toward the cheek and be careful NOT to squirt it right at the back of the throat. Repeat 2 more doses at 6-hour intervals (for example, 6 hours after the first dose, give another dose, and 6 hours after that, give one more). For established flu-like symptoms, provide one tube-dose of pellets morning and evening for 3 days.

Adults and older children can use this product as well. For children over the age of 2 (and adults) the pellets can be placed directly in the mouth and dissolved on the tongue.

#### Notes:

- We do not recommend providing vitamins, minerals, and herbal remedies to a child under the age of 6 months, unless it is under the care of a trained health practitioner. However, using tissue salts and homeopathic remedies are safe for infants, following the dosages provided here and in the the Tissue Salts and Homeopathy Curve for Illness guide.
- **Oscillococcinum** is a homeopathic remedy that is safe for use in infants. If the child becomes sick with flu-like symptoms (body-aches, headache, fever, chills), this can be provided to support the child's immune system. However, this does not replace the need for medical advice. If your child becomes ill, seek the advice of a medical professional.
- **Tissue Salts and Homeopathy Curve For Illness:** The Curve is an illustration of the stages of inflammation the body passes through during acute illness, the symptoms to look out for, as well as the remedies associated with each stage. It was created by the brilliant Homeopath, Marianne Martinovic. This resource can be used as a guidepost for learning this basic, yet powerful natural method of supporting the body while going through an acute situation. This guide also includes a section about fever and how to support a fever naturally with homeopathic remedies, instead of suppressing it with medication. It will be a helpful guide to have on hand during illness. Click the image above to learn more and to pick up your copy today.

## PRODUCT HIGHLIGHT

### Click Product to Learn More

Our Secret Weapon of Choice!

SilverPure™ can bind with the charged, genetically incomplete viral molecules, preventing viral replication.



Available in spray bottle and refill size.



SilverPure™ technology has the ability to inactivate viruses at the DNA/RNA level. Incomplete segments of DNA/RNA are found in viruses and carry a slight magnetic charge. The silver in SilverPure™ acts like a magnet, attracting these charged particles and binding the DNA so tightly that it inactivates the virus and prevents virus replication. This same mechanism of action does not take place with healthy cells, as their thicker, more protected cell membranes carry a balanced charge, which protects them from the silver's magnetic attraction.

SilverPure is safe for use internally, (mouth, back of throat, nose, ears) and externally as a disinfectant hand spray. We spray the hands when we are out, count to 10 and dry them well, as wet hands attract more germs.

Spray it on toothbrushes if anyone in the household is sick, or just to keep toothbrushes sterilized. We recommend disinfecting doorhandles as well. One for the road, and one for home use is the way to go.

SilverPure is safe and doesn't accumulate in the body.

#### General Acute Illness Dosing:

Adult Dosing in acute illness: 30 sprays, 3 times per day

Children in acute illness: 5 sprays, 3 times per day

Children in less severe illness: 5 sprays, 2 times per day

The increase in severity increases dosing

#### General Prevention Dosing:

Adults: 5 sprays a day ongoing

Children: 3 sprays a day for kids in cold and flu season

It's an incredible anti-infection weapon of choice!

\*Health Canada Recommends not for use in pregnancy or breastfeeding as it has not been safety tested

## PRODUCT HIGHLIGHT

[Click Product to Learn More](#)



Highest absorbing vitamin C which can pass with greater ease into the cell as it is in LIPO (or fat) form.

We also carry the Stellar C (below), BioFizz Vitamin C, Acerola Cherry powder, and the mykind C Spray.

Water soluble vitamin C is a great addition for immune support.



This great vitamin C product provides vitamin C from both ascorbic acid as well as from acerola cherry powder (a whole food form of vitamin C, providing vitamin C in it's food-matrix). It also contains quercetin, rutin, and citrus bioflavonoids.



## VITAMIN C "FLUSH"

### How to saturate your body with vitamin C

High amounts of vitamin C have been shown to be effective at helping the body mount a strong immune response when it is confronted with respiratory infections. Currently in China there are clinical trials being conducted testing the effectiveness of IV vitamin C. We are monitoring these studies closely and are eagerly awaiting the results.

Performing a vitamin C flush may prove beneficial for helping to saturate the body with vitamin C. Here's how to do it with the Stellar C.

This should NOT be done on children or in pregnancy.

#### Instructions:

1. DAY 1: Starting first thing in the morning take 2 capsules of the Stellar C every hour (60 minutes) until you have to use the bathroom. You are looking for a watery bowel movement (it will be a bit like watery diarrhea). When this happens stop taking the vitamin C for the rest of the day. You may still have one or two more watery stools, but things should return to normal after that.
2. Keep track of how many capsules you took to achieve this watery stool. Note that each capsule provides 650 mg of vitamin C. Add up how much vitamin C you took to achieve the watery stool.
3. DAY 2: The following day take 75% of that total, divided into 3 doses throughout the day. For example, if it took you 16 capsules to achieve water stool (providing 10,400 mg) then you would need roughly 12 capsules the following day. So you would take 4 with breakfast, 4 with lunch, and 4 with dinner.
4. DAY 3 ONWARD: Each day going forward you will reduce the dose by 2 capsules per day. So on day 3 you would take 10 capsules, on day 4 you would take 8 capsules, etc. You reduce the number of capsules per day until you achieve your maintenance dose. This will be either the dose outlined in Section 1, or 2 of this protocol or the dose you are currently taking for general wellness.

#### Notes:

- Drink lots of water throughout each day. This is important. Take your weight in pounds and divide by 2. This is the number of ounces you should aim for in a day.
- It's important to follow the instructions and reduce the dose gradually each day after the initial flush.
- A vitamin C flush is not recommended for people with hemochromatosis, Gilbert's disease, irritable bowel syndrome (IBS), inflammatory bowel disease (IBD), hepatitis, kidney problems, or have been told to avoid oxalates. It is not recommended for children or during pregnancy. If you are unsure if a vitamin C flush is right for you, check with your functional health practitioner.

## PRODUCT HIGHLIGHT

[Click Product to Learn More](#)



Pumpkin seed oil is one of the highest natural plant food sources of zinc and it is naturally balanced with copper. The Zinc Drink or Zinc Supreme Capsules recommended in the protocol can be beneficial for short term use but for long term use getting zinc from food where it is balanced with copper will be advantageous.

## PRODUCT HIGHLIGHT

[Click Product to Learn More](#)



Cod liver oil provides vitamin A which is a critical immune supporter for viral infections. The American Society for Microbiology stated "Vitamin A supplementation to preschool children is known to decrease the risks of mortality and morbidity from some forms of diarrhea, measles, human immunodeficiency virus (HIV) infection, and malaria. These effects are likely to be the result of the actions of vitamin A on immunity." Its our anti-viral go to, and a part of all of our foundational health protocols at Little Warrior Nutrition.

[Click for study.](#)

## ADDITIONAL NOTES ON IMMUNE SUPPORT FROM LITTLE WARRIOR NUTRITION

For additional immune support, remember that the Warrior Way is a balanced lifestyle (as balanced as mama-hood can be!)

1. Nourishing Whole Meals: Following the Warrior Way, optimizing critical nutrients through whole foods first, and supporting with supplements to ensure an optimized little warrior. Hydration is a big part of this. Also, eliminate sugar, refined grains, industrial food oils, and processed foods.
2. Sleep/Down Time: Making sure your little one is getting plenty of rest and down time. Rebuilding and not running ragged during times of additional immune support.
3. Take the time to resolve an illness: Stay on your guard a few weeks after an illness has resolved. Often times we pop back at full force having been tucked away for the last week (or more) and wind up two steps back. We recommend Ferrum Phos and Nat Mur for the final stage of illness "resolution". It's important to support a child, to get their strength and energy back after an acute illness. When we think of "resolution" as the final stage of illness, its a helpful reframe to "its over, party-time!" We know illness isn't fun. We're trying to spare you a return to sick bay. For more on tissue salts and homeopathy check out our e-book: Tissue Salts and Homeopathy Curve For Illness at [littlewarrior.com](http://littlewarrior.com)
4. Practice safe social distancing, wash hands regularly (see instructions below), use hand sanitizer with at least 60% alcohol, and use SilverPure spray/refill to help kill viruses on door handles, toothbrushes, surfaces, and even hands.
5. Wash and DRY hands for at least 30 seconds with soap. We love the portable mini Dr. Bronner's. Here's what the CDC has to say about how to wash (and why to dry) your hands, the right way:
  - a. Step 1: Wet hands with clean, running water (warm or cold), turn off tap and apply soap
  - b. Step 2: Lather hands by rubbing them together with soap. Lather the BACKS of your hands, BETWEEN your fingers, and UNDER your nails.
  - c. Step 3: Scrub hands for at least 20 seconds (I recommend 30 seconds or 1 round of the ABC song).
  - d. Step 4: Rinse your hands well under clean, running water.
  - e. Step 5: Dry your hands using a clean towel or air dry them. Why? Germs can be transferred more easily to and from wet hands; therefore, hands should be dried after washing.Source for HandWashing Info: <https://www.cdc.gov/handwashing/show-me-the-science-handwashing.html>

## Dr. Brownstein, Board-Certified family physician

Dr. Brownstein has treated many patients with COVID-19. His blog is a great resource for up-to-date information about this virus.

The basis of the acute protocol laid out in this document has been provided by Dr. Brownstein.

### **CLICK TO VIEW FULL ARTICLE**

Dr. B's antiviral protocol for his patients during acute illness or exposure to someone ill:

Vitamin A (NOT beta carotene)

- Adults: 100,000 IU/day for four days for adults (not pregnant or breast-feeding women)
- Children 25-50 pounds: 20,000 IU/day for four days
- Children 50-100 pounds: 50,000 IU/day for four days

Vitamin D3

- Adults: -50,000 IU/day for four days
- Children 25-50 pounds: 10,000 IU/day
- Children: 50-100 pounds: 25,000 IU/day

(Note: Both Vitamin A and D are fat-soluble vitamins. They can build up in the body. These doses are NOT meant to be taken for longer than four days at time. If you need to repeat the doses, seek advice from your physician.)

Vitamin C: 5-10,000 mg/day. If you can take more, do it. If you get loose stools, lower it.

Iodine: 25-100 mg/day and more if ill. Kids can take lower doses.

-Children: A useful number is to use 0.08mg/pound.

Don't forget intravenous nutrient therapies are essential for helping the immune system in a time of crises. A holistic doctor skilled in nutrient IV therapy can help guide you. I have found IV hydrogen peroxide, ozone, and vitamin C wonderful treatments for my patients.

## **Dr. Brownstein, Board-Certified family physician**

[CLICK HERE](#) to view a list of Dr. Brownstein's articles.

He is currently providing daily updates as well as specific case reports of his patients and how the use of his protocol has helped them heal. Click the video below to view a couple of them.

[CLICK HERE](#) to view an interview with Dr. Brownstein and a patient experiencing flu-like symptoms and shortness of breath.



[CLICK HERE](#) to view another interview with Dr. Brownstein and a patient as they discuss the benefits of natural therapies



**For more information or to purchase any of the products  
listed in this protocol visit:**



*LittleWarrior.com*