



CIPC recommends a combination of Vitamin D3, Omegas (EFAs), and Probiotics for all our patients to support their immune system and overall health. EFAs support the production of immune cells and antibodies, while Vitamin D enhances their function and modulates the immune response. Probiotics maintain gut health, ensuring efficient nutrient absorption and creating an optimal environment in the gut for these processes. By combining these essential nutrients, you can create a harmonious environment for your immune system, significantly reducing the risk of colds and flu.

Vitamin D3: Most people do not get enough vitamin D from their environment or food sources. It's vital to bone health, muscle movement, nerve connections to the brain, and immune system function. Studies indicate vitamin D also may help protect us from infections. CIPC recommendations will be different than typical recommendations you may see with over-the-counter products.

Dosages: Infants under the age of 1 year: 1,000 IU

Children 1 year – 4 years: 2,000IU

Children 4 years – 10 years: 3,000IU

10 years- Adults: 4,000-5,000IU

Omega EPA/ DHA: EFAs help regulate inflammation and maintain the integrity of cell membranes. This makes it harder for viruses to invade and replicate within your body. The immune-boosting properties of EFAs don't stop there. They aid in the production of antibodies, the immune system's defense force, which helps neutralize viruses and bacteria. This vital role makes EFAs a cornerstone in safeguarding your body during the cold and flu season.

Dosages:	0-6 months-	125mg
	6 months- 2 years-	250mg
	2-5 years-	500-600mg
	6-12 years-	1200-1500mg
	12 years and up-	2000mg

Probiotics: The gut is often referred to as the “second brain” due to its intricate connection to the immune system. Probiotics, the beneficial bacteria residing in your gut, play a central role in enhancing the gut's protective barrier and, by extension, immunity. When the gut microbiota is balanced and diverse, it can effectively combat pathogens that cause colds and flu.

Probiotics enhance the production of antibodies and cytokines, molecules that regulate the immune response. They also contribute to the integrity of the gut lining, preventing harmful microorganisms from entering the bloodstream. Therefore, a healthy gut flora ensures that your immune system is well-equipped to defend against seasonal illnesses.

Remember, there's no single magic bullet for immunity. It's a combination of factors, including nutrition and lifestyle, that create a formidable defense against colds and flu. To maintain robust immunity during the cold and flu season, focus on a balanced diet rich in EFAs, Vitamin D, and Probiotics. Complement this with a healthy lifestyle, including staying physically active, getting adequate sleep, and managing stress.

It's important to note that a balanced diet that includes a variety of foods rich in these nutrients can be highly beneficial. However, supplements may be necessary to bridge nutritional gaps, especially for those with specific dietary restrictions or medical conditions.