



IMMUNE SUPPORT

Take 2 BloX each day, and in times of stress or illness you can increase BloX to 2 capsules 3 times per day.

Take 2 LIV Smart each day. Optimum levels of vitamins D and B complex help protect the body and support a strong immune system. Concentrated herbs like turmeric support the immune system due to its powerful antioxidant properties.

Use SereZen throughout the day, especially when you feel anxious or stressed or anticipate a stressful event or time. Stress is a common cause of a weakened immune system.

Use at least 1 packet of Green2o, dissolved in water, to provide your body with healthy alkaline hydration and the trace minerals and antioxidants it needs to support the immune system.

Take 1-2 capsules of E-3 Enzymes+ before or between meals. The majority of a person's immune protection originates in the gut. It is important to keep the digestive system functioning at an optimum level. E-3 enzymes support a healthy digestive system.

