



Restore plan

Immune Rescue

Directions for use

- **Elderberry Immune Support** x1 capsule, three times per day with food
- **Olive Leaf** x1 capsule, once per day with food
- **Astragalus** 30 drops in water, up to three times per day, with or after food
- **Super Zinc** x20 drops in water, twice per day with or after food
- **Selenium SeMSC** x1 capsule, once per day with food

Take until symptoms fully clear and then for a further 10-14 days.

Advice to boost results

- **Hydrate.** Keep fluid levels up, sip water with electrolytes added consistently, add in broths, raw coconut water and fresh vegetable juices too if you have them.
- **Avoid intense exertion.** Movement such as walking is helpful but anything more than this while you are unwell will depress the immune system and prolong illness. This applies to the recovery period after symptoms have disappeared too, phase back into exercise gently over 2-3 weeks after illness.
- **Sleep!** Rest is your body's opportunity to heal, so whilst unwell give your system as much opportunity to do its job as possible for faster recovery.