



Doctor's Optimum Immune Support

What is Immune Support?

Most people do not want to be sick. Parents certainly do not wish to have ill children. Let's not even talk about when men get sick (of course, nothing life-threatening). Some would guess, for many men, they feel the world is ending.

Most people have questions when they get sick - what can I take, what can I do, where do I go and, once better, what can I do to prevent going through that again?

The answers are easy. There are two essential components: probiotics and vitamin D-3. When taken together, they act in synergy - enhancing and benefiting those who take it by supporting the biochemistry of the immune system. And, when they are working properly, they enhance the ability of the immune system to obtain optimal support through adequate health.

Why take a probiotic?

Probiotics are live bacteria that are both beneficial and essential components of our digestive systems known as flora. Even clean, healthy diets come up short in our ability to eat and absorb nutrients that are necessary to support the human probiotic population due to changes in soil, toxin exposure, and the food industry. From a health prospective, this is not advantageous. Probiotics are necessary because they regulate the digestive system on how food is broken down. This is important as the gastrointestinal (GI) system is about 70% of our immune system and where probiotics live. More specifically, probiotics break down foods that are eaten and then made into hormones, neurotransmitters, enzymes, and other necessary building blocks to keep us healthy. They also act as a first line of defense against infections and foreign invaders, aide in weight loss, and are anti-inflammatory and mood stabilizers. Most importantly, what probiotics do is necessary for proper brain function to maintain an intact brain-gut axis and other neurological functions. In short, gut health is brain health. Of course anyone can live without a probiotic supplement. However, the probability of quality of life is most likely decreased if a probiotic is not part of a daily supplement regime. Keep in mind, digestive health is essential and paramount to our overall health. Without a healthy GI system, we can get an overgrowth of pathogenic bacteria (bad and toxic), yeast, parasites, and even other disease states that can lead to further inflammation such as food allergies and sensitivities, bloating, other infections, fatigue, malnutrition, autoimmune disease, diseases of the joints and nervous systems, migraines, and the list goes on. This means food, no matter how clean and healthy it is, without a proper functioning GI system, cannot adequately be broken down leading to symptoms of constipation, diarrhea, gas, bloating, acid reflux, eczema, weight gain, brain fog, headaches, and others symptoms before and after diagnosis of a condition.

Why select DOCTOR'S OPTIMUM Probiotic?

This probiotic formula was created to be broad spectrum – it can be used any time and is to be used continuously. Some probiotics are only intended to be taken for a week or two following antibiotic use and should be discontinued after that time period. **NOT ALL PROBIOTICS ARE CREATED EQUAL.** Unfortunately, many probiotics contain pathogenic strains that commonly grow due to combining bacterial strains. Even worse, many of these strains are rarely tested for cross-pollination and the outcome is a mutated pathogenic (disease-causing) strain. For a probiotic to perform properly, it is imperative that it gets past the acidic environment of the stomach and arrive in the intestines alive and with enough numbers present to make a difference. Therefore, the capsule must be acid resistant. Many probiotics, and a relatively high number of nutrition supplements, do not have these types of capsules and are killed once they hit stomach acid regardless of number, capsule, or type of probiotic species. Once dead, the cells are not arriving in force and you end up wasting your money. If a probiotic requires refrigeration, it is because it is fragile. Our question is: then how can it survive the stomach acid and the temperature of the body? Our research shows that the majority of probiotics do not survive. Our blend survives and arrives in the GI tract to perform its probiotic function and why we formulated **DOCTOR'S OPTIMUM Probiotic** for our clients.

DOCTOR'S OPTIMUM Probiotic is based on what is truly a probiotic:

- Exists in nature and in our GI system;
- Is stable enough and does not need to be refrigerated (refrigeration is an indicator of the instability of a probiotic);
- Can pass the stomach acid and has been proven to slow the growth of undesirable bacteria and yeast while supporting the immune response;
- Is easy and convenient because it does not require refrigeration.

What is Vitamin D?

Vitamin D is known as a fat-soluble vitamin that is naturally present in very few foods, added to others, and available as a dietary supplement in both liquid and powder form. The body can also produce it when ultraviolet rays from sunlight strike the skin and trigger vitamin D synthesis.

Vitamin D-3 is essential for calcium absorption in the gut and important for healthy mineralization of bone and bone remodeling. This is important as individuals grow bone remodeling keeps proper shape of the bones, as we age it aides in preventing osteoporosis and when we have an injury it supports recovery. It also modulates cellular growth, supports neuromuscular function, and, most importantly, supports the immune system (*from the National Institutes of Health*). In the intestine, vitamin D enhances the absorption of calcium, iron, magnesium, phosphate, and zinc.

There are numerous studies that vitamin D is beneficial in treating cardiovascular disease, metabolic syndrome, diabetes, a variety of cancers, influenza, musculoskeletal pain, erectile dysfunctions, respiratory infections, asthma and autoimmune disease, mood stabilizers, Autism,

Fibromyalgia, and depression. Unfortunately, very few foods in nature contain enough vitamin D to make much of a difference. It is even worse for individuals who have the conditions described above who have limited vitamin D absorption and an increased cellular demand.

Why select DOCTOR'S OPTIMUM Vitamin D-3?

It is:

- In a liquid form – can be taken alone or added to any liquid;
- Physician formulated to increase vitamin D levels;
- A quality supplement for musculoskeletal pain, low back pain, diabetes, and autoimmune condition;
- Combined with a medium chain triglyceride fat for best absorption;
- Biologically active D3 form;
- Formulated for all ages, easy to take, no pills to swallow;
- Free of: sugar, salt, starch, yeast, wheat, gluten, soy, milk, egg, shellfish, or preservatives.

Recommended dosage: Take two **DOCTOR'S OPTIMUM** Probiotic capsules per day. Research has shown it is best to take them right before a meal but they can also be taken, if desired, on an empty stomach.

Recommended dosage: Take **DOCTOR'S OPTIMUM** Vitamin D-3 daily. Infants take 2 drops, 6-12 months take 3 drops, 1-3 years take 6 drops, 4-8 years take 8 drops, 9 years and older take 10 drops. Take note should your vitamin D levels get over 100 discontinue the use of vitamin D until the levels decrease and show a necessity.