

Immune Support Protocol

Clinical support for promoting immune health and healthy inflammatory responses through evidence-based lifestyle, dietary, and nutrient interventions.*

Immune Physiology

Promoting **immune health through targeted nutrition and lifestyle factors** may serve as an assistive strategy to support overall health and potentially decrease the risk of certain infections. An effective and balanced immune response requires the optimal function of two distinct arms within the immune system: **the innate and the adaptive**.¹

The **innate immune system** comprises **nonspecific defense mechanisms** that respond **rapidly** to various pathogens, including bacteria, viruses, and fungi. **Physical barriers**, such as the skin and mucous membranes, form the first layer of defense. Meanwhile, **an array of immune factors**, including macrophages, natural killer cells, mast cells, cytokines, and complement proteins, are released to further protect the body against foreign invaders.¹

The **adaptive immune system** is directed by **antibodies and T and B lymphocytes**. These cells identify specific pathogens, secrete signaling molecules, and coordinate an immune response in the face of an immune challenge. **Following the first interaction** with a foreign microorganism, components of the adaptive immune system activate and **develop a memory for improved recognition during subsequent exposures**. This adaptive process yields a **more prompt and robust secondary response and beyond**.¹

Diagnostic Biomarkers and Clinical Indicators

- A health-care practitioner can diagnose an infection based on symptoms and physical exam.
- Consider **Designs for Health GI Spotlight™** testing for gut microbial assay and secretory immunoglobulin A (SIgA).
- **Laboratory assessments**
 - White blood cell (WBC) differential
 - C-reactive protein
 - Alkaline phosphatase
 - RBC zinc
 - Serum iron and serum ferritin
 - 25-hydroxyvitamin D [25(OH)D]²
 - Optimal: 40 to 60 ng/mL³

Diet and Nutritional Considerations

- Recommend a **foundational prophylactic dietary plan**.
- Emphasize **polyphenols** and **micronutrients** essential for optimal immune system function and healthy inflammatory responses, including **zinc, selenium, and vitamins A, C, and D**.⁴⁻⁸
- Optimize **omega-3 fatty acid** composition to support balanced immune function and healthy inflammatory responses.^{5,6}
- Support the **patient's protein status** (RDA: 0.8 g/kg of body weight per day). A suboptimal status of dietary protein or amino acids is associated with impaired immune function.^{9,10}
- **Certain populations may require more than the RDA of protein** (ranging between 1.2 and 1.6 g/kg of body weight per day), such as the elderly, athletes, and immunocompromised individuals.¹¹⁻¹⁴
- Guide patients to **reduce or eliminate consumption of dietary sugar and alcohol**.

Lifestyle Interventions

- Promote **sleep hygiene** to ensure adequate quantity and quality of restorative rest.
- Encourage **stress management techniques**. Consider meditation, breathwork, and biofeedback.
- Recommend a balanced **physical activity routine** and **avoid excess exercise during times of immune challenge**.¹⁵
- Provide resources for **smoking cessation**.

Supplement Protocol

Supplementation amounts are based on a 150-pound healthy adult and may be adjusted according to body weight. Practitioners should individualize protocol use by selecting some or all listed products, determining timing of introduction (i.e., all at once or staggered), and guiding duration based on clinical judgment, patient presentation, complaints, and biomarkers.

Product	Amount and Duration	Formula Highlights
Immunitone Plus™	4 capsules per day with meals 3 months; reevaluate biomarkers, signs, and symptoms	<ul style="list-style-type: none"> A comprehensive blend of standardized herbs (including echinacea, astragalus, elderberry, and andrographis extracts) and 200 mg of functional mushrooms to support healthy immune system function, healthy inflammatory responses, and antioxidant status* Helps support normal natural killer cell activity and the balance of cytokines, as part of a normal immune response* Suitable for healthy adults during times of immune challenge, such as the cold months, but not for those with overactive immune systems*
C+BioFizz®	4 grams (approx. one scoop) in 8 oz of water per day 3 months; reevaluate biomarkers, signs, and symptoms	<ul style="list-style-type: none"> A “fizzy” powder that supports optimal vitamin C status and provides supportive bioflavonoids for immune health and healthy inflammatory responses* Features quercetin, hesperidin, and rutin, which are natural bioflavonoids commonly found in citrus fruits and may help support antioxidant status* Effervescent, orange-flavored powder
Mycosupreme™	2 capsules per day 3 months; reevaluate biomarkers, signs, and symptoms	<ul style="list-style-type: none"> Eight functional mushroom extracts with beta-glucans and ergothioneine to help promote immune health, antioxidant capacity, and overall resilience and vitality* Features 1,000 mg per serving of full-spectrum whole mushroom extracts: reishi, chaga, lion’s mane, cordyceps, maitake, shiitake, agaricus, and turkey tail Includes 15 mg of ergothioneine to help support antioxidant status and cognitive health, and 160 mg of beta-glucans to promote immune balance*
ProbioMed™ 50	1 capsule per day with a meal 3 months; reevaluate biomarkers, signs, and symptoms	<ul style="list-style-type: none"> Shelf-stable, once daily probiotic to help continuously replenish and nourish the gut microbiome, which helps support overall immune health* Formulated with 10 highly researched probiotic strains containing 50 billion colony-forming units (CFUs) per serving Helps support a healthy gut-immune connection, digestive health, and normal bowel movements*

Optional Support	
Vitamin D Supreme	To help promote optimal vitamin D status and support immune balance, take 1 to 2 capsules of Vitamin D Supreme per day with a meal. * Each capsule provides 5,000 IU of vitamin D3.

This information is provided as a medical and scientific educational resource for the use of physicians and other licensed health-care practitioners (“Practitioners”). This information is intended for Practitioners to use as a basis for determining whether to recommend these products to their patients. All recommendations regarding protocols, dosing, prescribing and/or usage instructions should be tailored to the individual needs of the patient considering their medical history and concomitant therapies. This information is not intended for use by consumers.

For a list of references cited in this document, please visit:

<https://www.designsforhealth.com/api/library-assets/literature-reference---immune-support-protocol-references>

Dosing recommendations are given for typical use based on an average 150-pound healthy adult. Health-care practitioners are encouraged to use clinical judgement with case-specific dosing based on intended goals, subject body weight, medical history, and concomitant medication and supplement usage. Any product containing botanical substances has the potential for causing individual sensitivities; appropriate monitoring, including liver function tests (LFT) is recommended.

For considerations regarding herb–drug and nutrient–drug interactions, please refer to reliable, evidence-based resources such as the Natural Medicine Database or Stargrove MB, Treasure J, McKee DL. *Herb, Nutrient, and Drug Interactions: Clinical Implications and Therapeutic Strategies*. Mosby-Elsevier; 2008.

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***These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**