FORUM HEALTH®

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SEASONAL WELLNESS GUIDE

Cold & Flu Season Supplement *Guide*

Three levels of immune support — from your daily foundation to what to keep on hand when you feel something coming on.



LEVEL 1 IMMUNE SUPPORT

Forum *Four*

Our Forum Four comprises the 4 most recommended foundational dietary supplements including:

- Mito Multi
- D3 & K2
- Omega
- Probiotic

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Supplements Recommended to Take *All Winter*

LEVEL 2 IMMUNE SUPPORT

Take these late November through March.

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InwellMune

InwellMune is a targeted blend of nutrients designed to provide a broad-spectrum support to the body's immune reserves. The formula includes quercetin, a powerful bioflavonoid that aids in supporting the immune system. Vitamin C and N-acetyl cysteine are potent antioxidants that promote respiratory function. Vitamin D and zinc are important micronutrients needed to create a robust immune reserve.



ImmunoG

ImmunoG is a highly concentrated (40%) immunoglobulin G (IgG) formula that provides essential nutrition for improved immune health. This pure and high-concentration formula provides improved immune modulation and strengthens the gut-immune barrier.

Remember to sign in to your Shop Forum account to view all recommended products.

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LEVEL 3 IMMUNE SUPPORT

Supplements to Always Have *Ready-to-Go*

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VirX

WHEN *Use acutely, once you feel the tickle in your throat, start taking this.*

The dynamic nature of the immune system means that all factors that affect health need to be addressed in order for it to function at peak performance. While vitamin deficiencies can compromise the immune system, consuming immune-enhancing nutrients and botanicals can support and strengthen the body's immune response. This formulation provides support for immune challenges and strengthens immune function.



Sinatrol

WHEN *For a sinus infection, stuffed nose, this will get things flowing.*

Sinatrol® is a unique nutrient and botanical formulation providing effective support for upper respiratory challenges. Standardized botanical extracts and nutrients support sinus health by reducing the viscosity of mucus, clearing airway passages, and promoting nasal microbial and inflammatory balance.



Vitamin C

1,000 mg of Vitamin C delivered in phosphatidylcholine liposomes for optimal absorption and bioavailability support. Vitamin C provides antioxidant protection, immune support and supports the production of healthy connective tissue and collagen.



Cofix

WHEN *For when you are traveling or any place indoors with a lot of people, provides baseline defense.*

A safe and effective Povidone-Iodine nasal spray proven to boost your immune system and help protect you against germs and pathogens. Povidone-Iodine has been used by doctors for decades as an effective antiseptic/antipathogen. Iodine is a powerful essential mineral that destroys pathogens, bacteria, fungi and parasites.



Argentyn 23

WHEN *For the throat and nose.*

Argentyn 23® Bio-Active Silver Hydrosol™ is composed of only 99.999% pure silver and purified water meeting USP 23, FDA monograph for pharmaceutical-grade, purified water. It is a unique mixture of the most active and effective species of silver – positively charged silver ions and particles of an unprecedented size as small as 0.8 nm. With the smallest particles and highest charge ratio, it is the ultimate refinement of colloidal silver.

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