IMMUNE ENERGY PACK

•1 Booster Energy Performance • Immunocal • Multi + Resveratrol



"A healthy immune system depends on your entire body having the resources it needs to defend against threats. The 40+ years of research behind immune-enhancing Immunocal, along with the cutting-edge Nrf2 gene technology and natural energy compounds in the Energy & Performance Booster topped off with our industry-leading multivitamin with resveratrol will give both you and your immune system the lift they're waiting for."*

Jimmy Gutman MD, Immunotec Chief Science Officer

| Morning | Take one pouch of Immunocal with Booster Energy first thing in the morning. Shake well with 1oz of cold water or favorite beverage. Tip: take one or two pouches of Immunocal immediately after exercise. Take two capsules of Multi + Resveratrol daily at mealtime, preferably with breakfast. |
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| Afternoon | • Optional: Take 1 pouch of Booster Energy with 8 oz of water or favorite cold beverage, if you need more energy in you day. |
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| | ptional: Take two capsules of Multi + Resveratrol daily at mealtime, referably with dinner. |
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IMMUNE ESSENTIAL BOOSTER PACK

• Immunocal • Multi + Resveratrol • Booster Reds & Greens • Omega Gen V • Calcium-D



"A healthy immune system depends on your entire body having the resources it needs to defend against threats. The 40+ years of research behind immune-enhancing Immunocal, along with the cutting-edge Nrf2 gene technology in the Booster is complimented with Immunotec's Daily Essential Pack which rounds off your most fundamental requirements."*

Jimmy Gutman MD, Immunotec Chief Science Officer

| Morning | Take one pouch of Immunocal with Booster Reds & Greens first thing in the morning. Shake well with 1oz of cold water or favorite beverage. Tip: take one or two pouches of Immunocal with Booster Reds & Greens immediately after exercise. Take two capsules of Mutli + Resveratrol daily at mealtime, preferably with breakfast. Take four soft gels of Omega Gen V daily at mealtime, preferably with breakfast. Take two tablets of Calcium-D in the morning, or as directed by a health care practitioner. |
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| Afternoon | Optional: Take two capsules of Mutli + Resveratrol daily at mealtime, preferably with breakfast. Optional: Take four soft gels of Omega Gen V daily at mealtime, preferably with breakfast. |
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Evening

• Take two tablets of Calcium-D before bedtime, or as directed by a health care practitioner



IMMUNOCAL FOUNDATION PACK

• Immunocal • Mutli + Resveratrol • Probio 3+



"We are still learning how complex the immune system really is. What Immunotec researchers have established over the last 40+ years is the huge contribution that glutathione makes here. What is now also established is that your gut microbiome (the bacteria living in your intestines) play an absolutely critical role in keeping your immune system primed against threats. Our industry-leading multivitamin with resveratrol round off this defense trio."*

Jimmy Gutman MD, Immunotec Chief Science Officer

| Morning | Take one pouch of Immunocal first thing in the morning. Shake well with 1oz of cold water or favorite beverage. Tip: take one or two pouches of Immunocal immediately after exercise. Take two capsules of Mutli + Resveratrol daily at mealtime, preferably with breakfast. |
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| | Take one capsule of Probio 3+ daily with water. |
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| Afternoon | Optional: Take two capsules of Mutli + Resveratrol daily at mealtime, preferably with breakfast. |
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| Evening | • Optional: Take one capsule of Probio 3+ daily with water. |
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OPTIMAL IMMUNITY SUPPORT PACK

• Immunocal • K-21 • Omega Gen V • Multi + Resveratrol • Probio 3+ • Booster Reds & Greens



"If you are looking for a comprehensive combination of nutritional products to keep your Immune system functioning at its best, combining glutathione augmentation, Nrf2 technology, microbiome support, adaptogenic assistance, anti-inflammatory action and micronutrient provision, this pack has been developed to take advantage of all those immune enhancing strategies."*

Jimmy Gutman MD, Immunotec Chief Science Officer

| Morning | Take one pouch of Immunocal with Booster Reds & Greens first thing in the morning. Shake well with 1oz of cold water or favorite beverage. Tip: take one or two pouches of Immunocal with Booster Reds & Greens immediately after exercise. Take two capsules of Mutli + Resveratrol daily at mealtime, preferably with breakfast. Take four soft gels of Omega Gen V daily at mealtime, preferably with breakfast. Take one tablespoon (1/2 oz) of K-21 in the morning. Can be mixed with a half a glass of water or your Immunocal mixed with Booster Reds & Greens. Take one capsule of Probio 3+ daily with water. |
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| Afternoon | Optional: Take two capsules of Mutli + Resveratrol daily at mealtime, preferably with breakfast. Optional: Take four soft gels of Omega Gen V daily at mealtime, preferably with breakfast. |
| Evening | Take one tablespoon (1/2 oz) of K-21 in the evening. Can be mixed with a half a glass of water or your Immunocal mixed with Booster Reds & Greens. Optional: Take one capsule of Probio 3+ daily with water. |

