

# Dr. Green Mom's Guide to Immune Supplements

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## Start Here: Immune Supports Article

Hello friends! I wrote this guide to Dr. Green Mom Immune Supplements as a companion to [this article about immune support](#). The article covers important principles of holistic wellness and this guide gives specific examples of how to use my specific immune support products.

*Please always keep in mind that health information that you find online is generalized and healthcare is meant to be individualized. Always discuss natural health products with your healthcare provider to come up with the right plan for you and your family. The information contained in this guide is healthcare information, for educational purposes only. This is not health advice.*

## Immune Support For Newborns to 6 Months

### Breastmilk

The number one immune support for newborns is breast milk. If breastfeeding isn't possible for you, donor milk is a good option. If donor milk isn't accessible, infant formula can be supplemented with ½ scoop of [Infant & Kids Probiotic Powder](#).

### Probiotics

[Probiotic](#) supplementation may help support the microbiome of infants who were exposed to antibiotics, formula fed infants, and infants who were born via cesarean section. ½ scoop of [Infant & Kids Probiotic Powder](#) can be added to baby formula or to pumped breastmilk. Alternatively, a small amount of [probiotic powder](#) can be applied to the nipple before nursing (be cautious of nipple aversion) or offered on the tip of a finger.

### Vitamin D

[Vitamin D](#) (400 IU) is recommended for all infants. Dr. Green Mom [Vitamin D Liquid](#) contains 10 mcg or 400 IU per drop. One drop per day can be offered to newborns on a finger or nipple. I don't advise dropping vitamin D directly into an infant's mouth.

Baby formula is usually fortified with vitamin D, so formula fed infants don't need a separate [vitamin D supplement](#). Check your label to be sure.

## Acute Treatment Of Upper Respiratory Tract Infections

[Nature's Biotic](#), [Temperature Tamer](#), and [Bronchial Calm](#) were all formulated to be safe for acute treatment of upper respiratory tract symptoms in infants over 10 lbs. However, always consult a physician before use in an infant under 12 months.

All of the above herbals may be used in succession again with back to back illnesses, with permission from a physician.

[Vitamin C](#) can be supplemented during illness and for 2+ weeks after to support the immune system and to help replenish glutathione, if acetaminophen was administered. The dose of [Immune Liquid C](#) is ¼ tsp per day. Some babies may be sensitive to vitamin C and may develop diarrhea even with a low dose, so keep an eye on diapers to be sure that they stay consistent.

*Note: fevers are serious for young infants. Always seek urgent medical attention for fevers over 100.4 F in babies younger than 3 months.*

### Product Links:

[Infants & Kids Probiotic for Gut Health](#)

[Vitamin D3 Drops for Kids \(400IU\)](#)

[Nature's Biotic \(Natural Antibiotic For Infants & Kids\)](#)

[Temperature Tamer™ \(For Infants & Kids\)](#)

[Bronchial Calm \(for Infant and Kids Cough & Congestion\)](#)

[Immune Liquid Vitamin C \(For Infants, Kids & Adults\)](#)

## Immune Support For Babies 6-12 Months

Once babies have started eating a variety of solid foods, a daily immune support supplement can be introduced. See below for the products I use most often in this age group.

### Breastmilk/Formula, Probiotics, and Vitamin D

Breastmilk, formula, probiotics, and [vitamin D](#) continue to be immune system essentials as described above. The dose of [Infant & Kids Probiotic Powder](#) at 6-12 months is 1 scoop per day. [Vitamin D](#) is continued at 400-800 IU (1-2 drops) per day.

### Nutritional Immune Support

Zinc is an important immune system nutrient and at 6 months, the levels of zinc present in breast milk no longer meet the needs of a developing baby; they must start to obtain zinc through other food sources. Zinc is found in most animal products, so if your baby eats meat well, zinc supplementation may not be needed. If your baby doesn't enjoy meat, [liquid zinc](#) can be given, ¼ tsp per day.

Alternatively, [Grass Fed & Finished Beef Liver Capsules](#) are a source of zinc plus vitamin A and other immune supporting nutrients. A capsule may be opened and sprinkled into smoothies or on top of meals. At this age, 1 capsule can be mixed into food every day or several times per week.

### Herbal Immune Support

You may want to consider the addition of a daily immune supplement if: your baby is in daycare, your baby lives with older siblings who may bring germs home from daycare or school, your baby is exposed to cigarette smoke, and/or your baby frequently gets sick. If you feel that your infant needs additional herbal immune support, [Elderberry Elixir](#) is my top choice for babies. ¼ - ½ tsp per day.

### Covid-19 Specific Immune Support

In response to the pandemic, I formulated a supplement, [Essential Immune Support For Infants & Kids](#) that closely mirrors the research into what nutrients may be helpful against the virus that causes Covid-19. It may be used for treatment or prevention of viral upper respiratory tract infections. Consult a physician for use over 8 weeks time.

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[Essential Immune Support For Infants & Kids](#) contains zinc, vitamin A, vitamin C, and vitamin D along with other nutrients. If your child is taking [Essential Immune Support For Infants & Kids](#), they should not take any additional vitamins or minerals. However, they should be on a separate [probiotic](#).

## Acute Treatment Of Upper Respiratory Tract Infections

[Nature's Biotic](#), [Temperature Tamer](#), and [Bronchial Calm](#) were all formulated to be safe for acute treatment of upper respiratory tract symptoms in infants over 10 lbs. [Elderberry Elixir](#) can also be used to treat upper respiratory tract symptoms.

All of the above herbals may be used in succession again with back to back illnesses.

[Vitamin C](#) can be supplemented during illness and for 2+ weeks after to support the immune system and to help replenish glutathione, if acetaminophen was administered. The dose of [Immune Liquid C](#) is ¼ tsp per day. Some babies may be sensitive to vitamin C and may develop diarrhea even with a low dose, so keep an eye on diapers to be sure that they stay consistent.

I often give a “hefty dose” of 50,000 IUs of [vitamin A](#) at the onset of upper respiratory symptoms. Because this is a large dose, it is only given once per season.

## Product Links:

[Infants & Kids Probiotic for Gut Health](#)

[Vitamin D3 Drops for Kids \(400IU\)](#)

[Nature's Biotic \(Natural Antibiotic For Infants & Kids\)](#)

[Temperature Tamer™ \(For Infants & Kids\)](#)

[Bronchial Calm \(for Infant and Kids Cough & Congestion\)](#)

[Immune Liquid Vitamin C \(For Infants, Kids & Adults\)](#)

[Immune Liquid Zinc \(w/ organic elderberry & echinacea\) For Infants, Kids & Adults](#)

Grass Fed & Finished Beef Liver Capsules

Organic Elderberry Elixir (Infants, Kids & Adults)

Essential Immune Support for Infants & Kids

Neuroimmune Liquid Vitamin A

## Immune Support For Toddlers (1-3 Years)

Immune support for toddlers is based on the same principles as immune support for babies. Probiotics and vitamin D are still at the foundation, however, toddlers rely less on formula and breast milk (if at all) and more on the nutrients that they can get in solid food. Because toddlers can sometimes be picky, supplementation may be used to help fill nutrient gaps that may be missing in their diets.

### Breastmilk/Formula, Probiotics, and Vitamin D

Breastmilk, formula, probiotics, and [vitamin D](#) continue to be immune system essentials as described above. The dose of [Infant & Kids Probiotic Powder](#) at 1-3 years is 1 scoop once or twice per day. Kids over two may prefer our [Chewable Probiotic](#). [Vitamin D](#) is continued at 400-1200 IU (1-3 drops) per day. [Vitamin D organic blend gummies](#) are available (1,000 IU/gummy).

### Nutritional Immune Support

[Zinc](#) is an important immune system nutrient. [Zinc](#) is found in most animal products, so if your kiddo eats meat well, zinc supplementation may not be needed. If your little one doesn't enjoy meat, [liquid zinc](#) can be given, ½ tsp per day. [Zinc organic blend gummies](#) are available (12 mg/gummy).

Alternatively, [Grass Fed & Finished Beef Liver Capsules](#) are a source of zinc plus vitamin A and other nutrients and may be opened and sprinkled into smoothies or on top of meals. At this age, 1 capsule can be mixed into food every day or several times per week.

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## Herbal Immune Support

Toddlers tend to be exposed to a lot of germs in the winter, especially if they are in daycare or if they have older siblings. [Organic Immunity Boost \(Infants & Kids\)](#) or [Elderberry Elixir](#) are great choices for daily immune support at this age. Follow dosing instructions on the label.

## Covid-19 Specific Immune Support

In response to the pandemic, I formulated a supplement, [Essential Immune Support For Infants & Kids](#) that closely mirrors the research into what nutrients may be helpful against the virus that causes Covid-19. It may be used for treatment or prevention of viral upper respiratory tract infections. Consult a physician for use over 8 weeks.

[Essential Immune Support For Infants & Kids](#) contains zinc and vitamin D along with other nutrients. If your child is taking [Essential Immune Support For Infants & Kids](#), they should not take any additional vitamins or minerals. However, they should be on a separate probiotic.

## Acute Treatment Of Upper Respiratory Tract Infections

[Nature's Biotic](#), [Temperature Tamer](#), and [Bronchial Calm](#) were all formulated to be safe for acute treatment of upper respiratory tract symptoms. [Elderberry Elixir](#) can also be used to treat upper respiratory tract symptoms.

All of the above herbals may be used in succession again with back to back illnesses.

[Colloidal silver](#) can be added to treatment protocols for kids over 2 years of age. [Colloidal silver](#) may be given to younger kids if the benefit outweighs the risk. See this article: [Colloidal Silver: Everything Parents Need To Know](#) for more information.

[Vitamin C](#) can be supplemented during illness and for 2+ weeks after to support the immune system and to help replenish glutathione, if acetaminophen was administered. The dose of [Immune Liquid C](#) is ¼ tsp per day. [Vitamin C organic blend gummies](#) are available (250mg/gummy).

I often give a “hefty dose” of 100,000 IUs of [vitamin A](#) at the onset of upper respiratory symptoms. Because this is a large dose, it is only given once per season.

# Dr. Green Mom's Guide To Immune Supplements

## Product Links:

[Infants & Kids Probiotic for Gut Health](#)

[Kids Chewable Probiotic \(Age 2 and Up\) for Gut Health - Dr. Green Mom](#)

[Vitamin D3 Drops for Kids \(400IU\)](#)

[Vitamin D organic blend gummies \(kids & adults\)](#)

[Nature's Biotic \(Natural Antibiotic For Infants & Kids\)](#)

[Temperature Tamer™ \(For Infants & Kids\)](#)

[Bronchial Calm \(for Infant and Kids Cough & Congestion\)](#)

[Immune Liquid Vitamin C \(For Infants, Kids & Adults\)](#)

[Vitamin C organic blend gummies \(kids & adults\)](#)

[Immune Liquid Zinc \(w/ organic elderberry & echinacea\) For Infants, Kids & Adults](#)

[Zinc organic blend gummies \(kids & adults\)](#)

[Grass Fed & Finished Beef Liver Capsules](#)

[Organic Elderberry Elixir \(Infants, Kids & Adults\)](#)

[Essential Immune Support for Infants & Kids](#)

[Neuroimmune Liquid Vitamin A](#)

[Colloidal Silver 15ppm \(Professional Strength\) - Dr. Green Mom](#)

Organic Immunity Boost (Infants & Kids) - Dr. Green Mom

## Immune Support For Kids (4-12)

### Probiotics, and Vitamin D

Probiotics, and [vitamin D](#) continue to be immune system essentials as described above.

The dose of [Infant & Kids Probiotic Powder](#) at 4-12 years is 1 scoop once or twice per day. Kids may prefer our [Chewable Probiotic](#) instead.

[Vitamin D](#) is continued at 400-2000 IU (1-5 drops) per day. [Vitamin D organic blend gummies](#) are available (1,000 IU/gummy).

### Nutritional Immune Support

[Zinc](#) is an important immune system nutrient. [Zinc](#) is found in most animal products, so if your kiddo eats meat well, zinc supplementation may not be needed. If your kiddo doesn't enjoy meat, [liquid zinc](#) can be given, 1 tsp per day. [Zinc organic blend gummies](#) are available (12 mg/gummy).

Alternatively, [Grass Fed & Finished Beef Liver Capsules](#) are a source of zinc plus vitamin A and other immune supporting nutrients and may be opened and sprinkled into smoothies or on top of meals. At this age, 1 capsule can be mixed into food every day or several times per week.

### Herbal Immune Support

Kids are notorious for bringing home germs in the winter. [Organic Immunity Boost \(Infants & Kids\)](#) or [Elderberry Elixir](#) are great choices for daily seasonal immune support at this age. Follow dosing instructions on the label.

### Covid-19 Specific Immune Support

In response to the pandemic, I formulated a supplement, [Essential Immune Support For Infants & Kids](#) that closely mirrors the research into what nutrients may be helpful against the virus that causes Covid-19. It may be used for treatment or prevention of viral upper respiratory tract infections. Consult a physician for use over 8 weeks.

# Dr. Green Mom's Guide To Immune Supplements

[Essential Immune Support For Infants & Kids](#) contains zinc and vitamin D along with other nutrients. If your child is taking [Essential Immune Support For Infants & Kids](#), they should not take any additional vitamins or minerals. However, they should be on a separate probiotic.

## Acute Treatment Of Upper Respiratory Tract Infections

[Nature's Biotic](#), [Temperature Tamer](#), and [Bronchial Calm](#) were all formulated to be safe for acute treatment of upper respiratory tract symptoms. [Elderberry Elixir](#) can also be used to treat upper respiratory tract symptoms.

[Organic Black Cumin Seed Oil](#) is an anti-tussive and respiratory relaxant which can be used for coughs, cold, bronchitis, and pneumonia.

All of the above herbals may be used in succession again with back to back illnesses.

[Colloidal silver](#) is a potent antimicrobial that can be added to treatment protocols. I prefer to limit colloidal silver use to two weeks or less. See this article: [Colloidal Silver: Everything Parents Need To Know](#) for more information.

[Vitamin C](#) can be supplemented during illness and for 2+ weeks after to support the immune system and to help replenish glutathione, if acetaminophen was administered. The dose of [Immune Liquid C](#) is 1 tsp per day. [Vitamin C organic blend gummies](#) are available (250mg/gummy).

I often give a "hefty dose" of 100,000 IUs of [vitamin A](#) at the onset of upper respiratory symptoms. Because this is a large dose, it is only given once per season.

## Product Links:

[Infants & Kids Probiotic for Gut Health](#)

[Kids Chewable Probiotic \(Age 2 and Up\) for Gut Health - Dr. Green Mom](#)

[Vitamin D3 Drops for Kids \(400IU\)](#)

[Vitamin D organic blend gummies \(kids & adults\)](#)

[Nature's Biotic \(Natural Antibiotic For Infants & Kids\)](#)

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Temperature Tamer™ (For Infants & Kids)

Bronchial Calm (for Infant and Kids Cough & Congestion)

Immune Liquid Vitamin C (For Infants, Kids & Adults)

Vitamin C organic blend gummies (kids & adults)

Immune Liquid Zinc (w/ organic elderberry & echinacea) For Infants, Kids & Adults

Zinc organic blend gummies (kids & adults)

Grass Fed & Finished Beef Liver Capsules

Organic Elderberry Elixir (Infants, Kids & Adults)

Essential Immune Support for Infants & Kids

Neuroimmune Liquid Vitamin A

Colloidal Silver 15ppm (Professional Strength) - Dr. Green Mom

Organic Immunity Boost (Infants & Kids) - Dr. Green Mom

Organic Black Cumin Seed Oil (kids & adults)

## Immune Support For Adults & Teens

**Essential Immune Support** for adults and teens was formulated based on nutrients that research predicts would be helpful for the treatment and prevention of Covid-19. As a preventative, I have adults and teens 13+ take two capsules daily. For treatment, the dose is two capsules, twice daily. Consult a physician for use over 8 weeks.

**Vitamin D organic blend gummies** are available (1,000 IU/gummy).

**Vitamin C organic blend gummies** are available (250mg/gummy).

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[Zinc organic blend gummies](#) are available (12 mg/gummy).

[Probiotics](#) may help enhance the immune system as well. They are a particularly good idea if there are any underlying gut issues, mental health concerns, and/or inflammation.

[Adrenal & Focus \(Adolescents & Adults\)](#) is my secret weapon when it comes to preventing illness in chronically stressed individuals. The adaptogenic herbs that improve focus and energy also boost the immune system. Alternatively, [Immune Support Max](#) is a good choice for immune enhancing; it contains potent immune enhancing botanicals.

For treatment of upper respiratory tract infections in adults and teens, I either double the dose of [Immune Support Max](#), or give [Nature's Biotic](#), or [Elderberry Elixir](#). [Colloidal silver](#) may be added for added antimicrobial effect.

[Organic Black Cumin Seed Oil](#) is an anti-tussive and respiratory relaxant which can be used for coughs, cold, bronchitis, and pneumonia.

All of the above herbals may be used in succession again with back to back illnesses.

I often give a “hefty dose” of 100,000 IUs of [vitamin A](#) at the onset of upper respiratory symptoms. Because this is a large dose, it is only given once per season.

## Product Links

[Essential Immune Support™ \(Adolescents & Adults\)](#)

[Women's Health Probiotic](#)

[Adrenal & Focus \(Adolescents & Adults\)](#)

[Immune Support Max \(Adolescent & Adult\)](#)

[Neuroimmune Liquid Vitamin A](#)

[Colloidal Silver 15ppm \(Professional Strength\)](#)

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[Nature's Biotic \(Natural Antibiotic For Adolescents & Adults\) - Dr. Green Mom](#)

[Organic Elderberry Elixir \(Infants, Kids & Adults\) - Dr. Green Mom](#)

[Vitamin D organic blend gummies](#)

[Vitamin C organic blend gummies](#)

[Zinc organic blend gummies](#)

[Organic Black Cumin Seed Oil](#)

## Immune Support During Pregnancy

All your basic immune support needs during pregnancy are covered by the [Prenatal and Postnatal Daily Nutrients](#), [Prenatal and Postnatal Omega-3](#), and [Women's Health Probiotic](#).

Added immune support can be found in [Mother's Immunity Support](#) in either [capsule](#) or [glycerite](#) form. [Mother's Immunity Support](#) is a combination of low doses of medicinal and edible mushrooms that have traditionally been consumed during pregnancy.

For acute treatment of upper respiratory tract infections in pregnancy, I most commonly use [Ginger Ease](#). Ginger is a potent antimicrobial. [Echinacea](#) and/or [elderberry](#) may also be used for periods of 1-2 weeks.

[Vitamin D organic blend gummies](#) are available (1,000 IU/gummy).

[Vitamin C organic blend gummies](#) are available (250mg/gummy).

[Zinc organic blend gummies](#) are available (12 mg/gummy).

## Product Links

[Prenatal & Postnatal Daily Nutrients + Fertility & Lactation](#)

[Prenatal & Postnatal Omega-3 Pharmaceutical Grade](#)

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Women's Health Probiotic

Mother's Immunity Support (Organic)

Mother's Immunity Support Glycerite (Organic)

Ginger-Ease™ High Potency for Nausea & More

Organic Elderberry Elixir (Infants, Kids & Adults)

Vitamin D organic blend gummies

Vitamin C organic blend gummies

Zinc organic blend gummies

## Immune Support While Breastfeeding

I usually recommend that mothers in my practice continue to use [Prenatal and Postnatal Daily Nutrients](#), [Prenatal and Postnatal Omega-3](#), and [Women's Health Probiotic](#) for six months or more after giving birth. [Grass Fed & Finished Beef Liver Capsules](#) may be consumed to boost up nutritional status even more.

Added immune support can be found in [Mother's Immunity Support](#) in either [capsule](#) or [glycerite](#) form. [Mother's Immunity Support](#) is a combination of low doses of medicinal and edible mushrooms. [Immune Support Max](#) is also lactation approved.

For acute treatment of upper respiratory tract infections in breastfeeding moms, I most commonly use [Ginger Ease](#). Ginger is a potent antimicrobial. [Echinacea](#) and [elderberry](#) are also good choices.

[Vitamin D organic blend gummies](#) are available (1,000 IU/gummy).

[Vitamin C organic blend gummies](#) are available (250mg/gummy).

[Zinc organic blend gummies](#) are available (12 mg/gummy).

## Product Links

[Prenatal & Postnatal Daily Nutrients + Fertility & Lactation](#)

[Prenatal & Postnatal Omega-3 Pharmaceutical Grade](#)

[Women's Health Probiotic](#)

[Mother's Immunity Support \(Organic\)](#)

[Mother's Immunity Support Glycerite \(Organic\)](#)

[Ginger-Ease™ High Potency for Nausea & More](#)

[Organic Elderberry Elixir \(Infants, Kids & Adults\)](#)

[Immune Support Max \(Adolescent & Adult\)](#)

[Grass Fed & Finished Beef Liver Capsules](#)

[Vitamin D organic blend gummies](#)

[Vitamin C organic blend gummies](#)

[Zinc organic blend gummies](#)

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