

supplements for immune support



sabrina koperski, ND
PASSION FOR HEALTH NATURALLY

Nutrient/ Botanical	Dose	Function
Vitamin A (not safe in pregnancy)	10-30,000IU daily	Antiviral, anti-inflammatory, enhances immune function, supports respiratory tract
Vitamin C	1-10+g daily. dose to bowel tolerance	Supports cellular function of immune system, decreases viral growth, reduces symptoms
Vitamin D	5,000-10,000IU daily (short term only)	enhances immune function, may reduce upper respiratory infections, decreases viral growth, enhances immune system, reduces symptoms
Quercetin	1000mg orally 2x/day	Decreases viral growth, enhances immune system, reduces sx
Glutathione (GSH)		potent antioxidant, supports immune function, may have some anti-viral properties
NAC	600-900mg orally, daily in divided doses	supports GSH production, breaks up mucus thereby improves respiratory clearance, known to reduce severity of the flu
Zinc (gluconate preferred)	30-60mg orally, daily	Antiviral, decreases viral growth, enhances immune function, reduces symptoms

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Nigella Sativa/Black cumin seed oil	40mg/kg daily in divided doses	Anti-viral, antimicrobial, anti- inflammatory
Melatonin	5-20mg orally	promotes sleep, lowers inflammation (too much can cause nightmares), enhances immune function, reduces viral growth
Elderberry/ Sambucusnigra	500mg Orally, daily	Enhances immune function, reduces viral growth, decreases symptoms, full of vitamin C & anti- oxidants
Resveratrol	100-150mg orally, 2x/day	Enhances immune function, reduces viral growth, anti- inflammatory
Andrographis	340-1,200mg per day, divided doses	anti-viral, may reduces upper respiratory tract infections, stimulates immune system
Echinacea	300-500mg (powder) 3x/day OR 2.5ml (liquid extract) 3x/day	antioxidant, antibacterial, stimulates immune system, may prevent viral adhesion, anti-inflammatory

The above doses are adult dosing. To adjust for child's dose divide by 150 and multiply by child's weight in lb.

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Note that there are a lot of recommendations. By no means am I recommending you take all of these. See which ones work for your lifestyle and supplement approach. I've also attached a handout with some basic dosing and propose for each of the below nutrients. For personalized dosing and supplement recommendations feel free to make an appointment with me here:

[Book Session](#)

My absolute favorite immune (and skin) supporting supplement - Skin Within - isn't yet on this platform but can be found here:
Use code **DrKoperski** for 15% off your purchase.

[Skin Within](#)

This supplement is geared toward skin and immune system, which may seem like a far fetch but in short, our skin is actually a reflection of our immune health. For daily dosing I recommend 2caps (1/2 serving size) and during illness or when you need a little boost take the full dose - 4 caps. Make sure to take with food as some B vitamins and zinc can be difficult for some to tolerate on an empty stomach and may cause nausea.

I love this supplement because it replaces many of the ones below.

In health & wellness,

Dr K

To Shop supplements with 10% discount

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