

Flu

DNA Health Report

REPORT CATEGORIES —



RESPIRATORY HEALTH



IMMUNITY &
INFECTIONS

Sample Client

Report date: 15 January 2026

Table of Contents

03 How this works

- 04 Impact
- 05 Evidence
- 06 Some things to keep in mind

07 Introduction

08 Your genetics

10 Your recommendations

63 Next Steps

- 63 Your Lab Results

DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

Personal information

NAME

Sample Client

SEX AT BIRTH

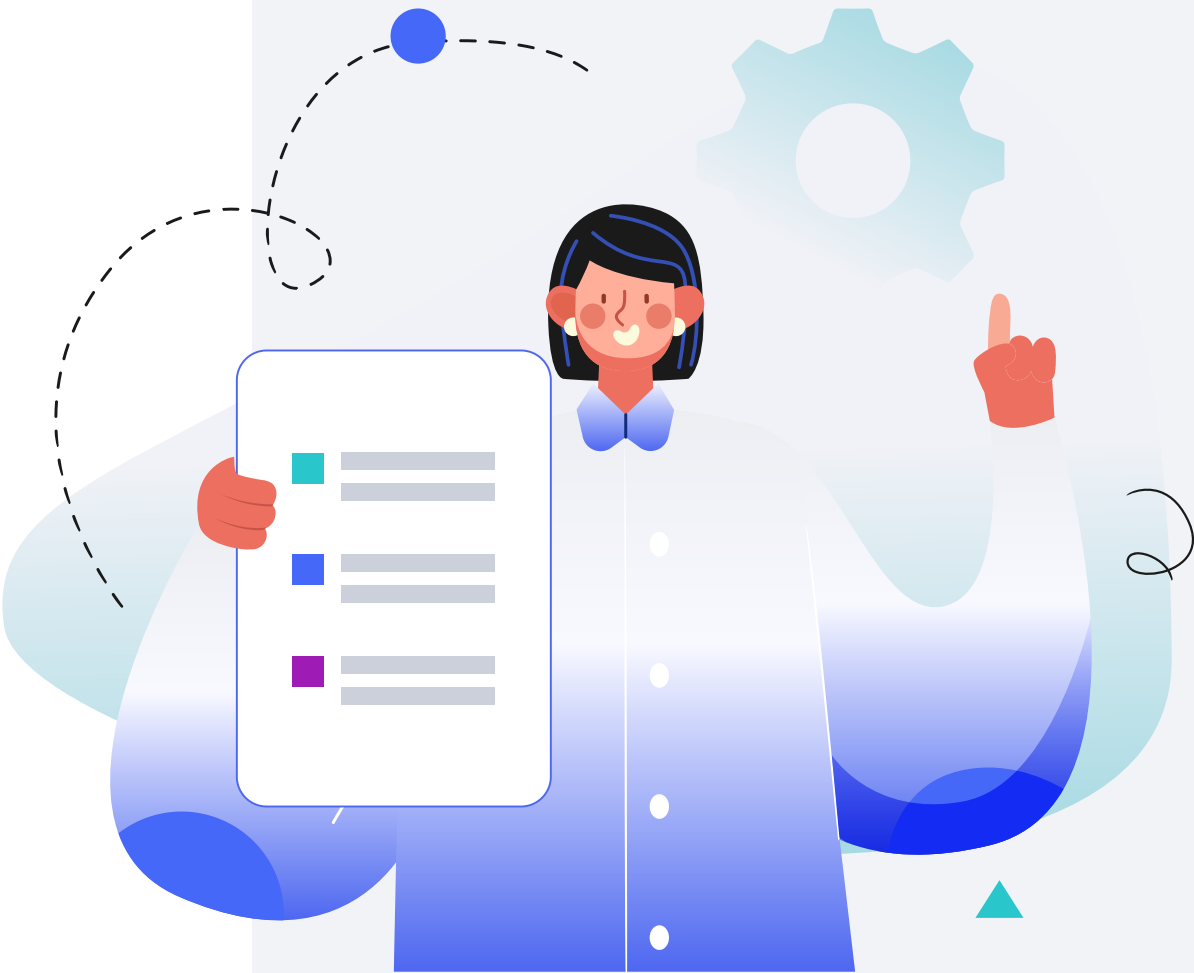
Male

HEIGHT

5ft 5" 165cm

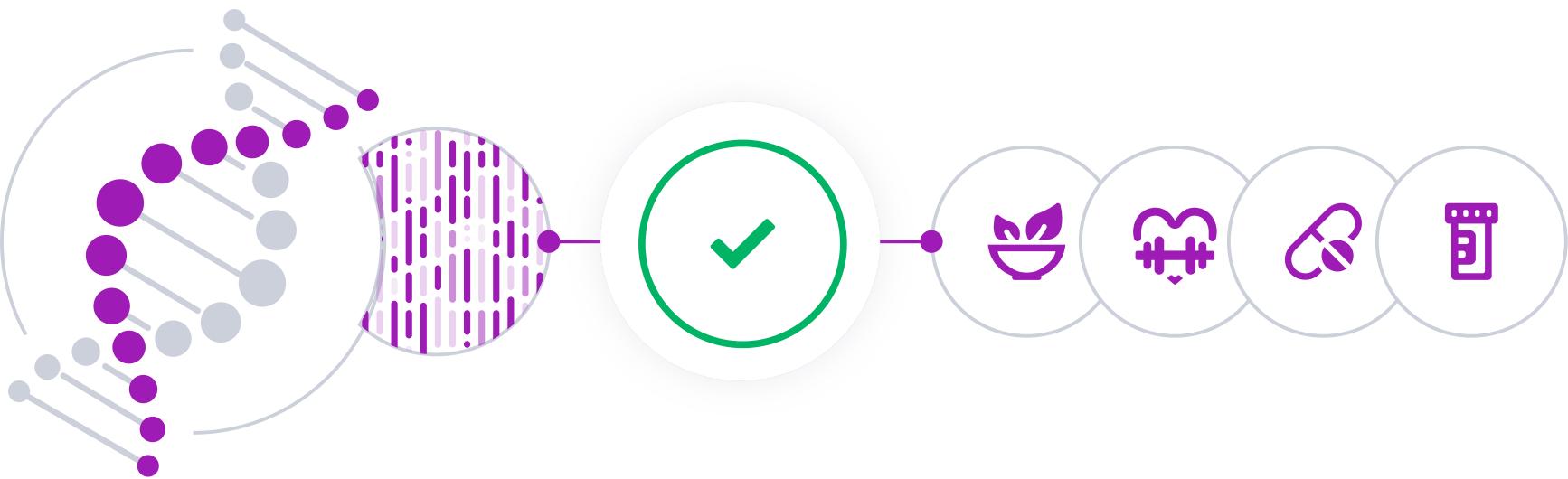
WEIGHT

137lb 62kg



How this works

Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.

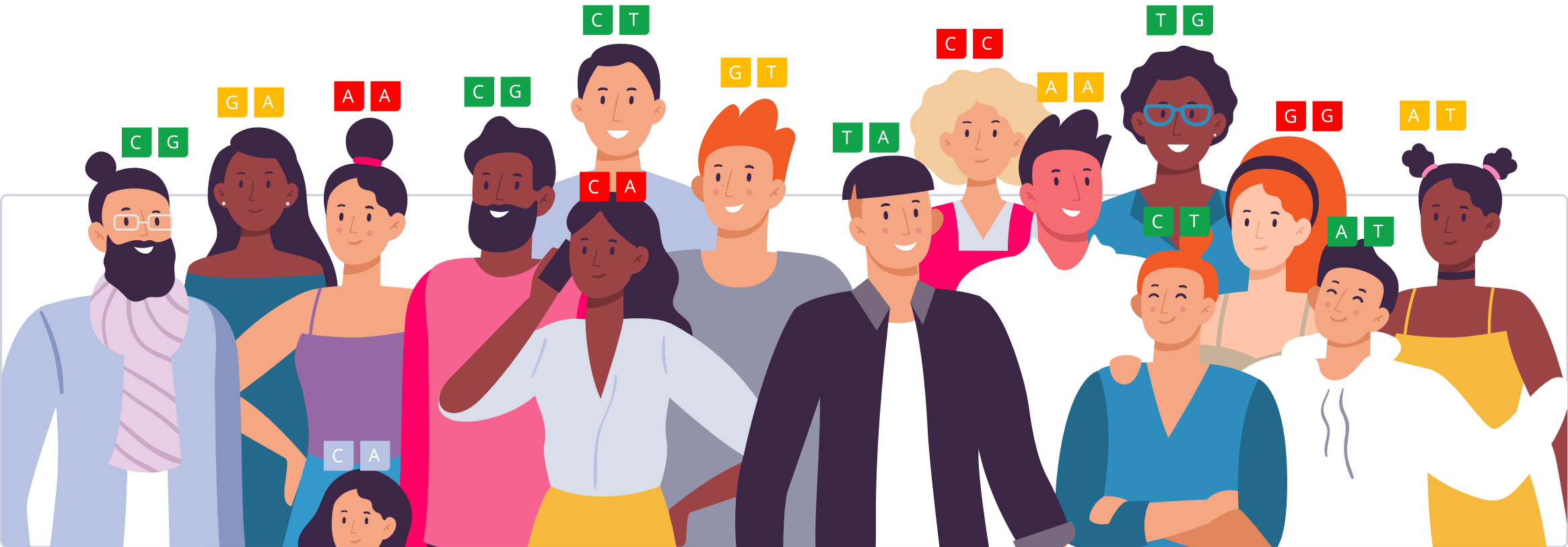


Similarly, our Trait Reports look at how your DNA influences your traits.



Your DNA is like an instruction manual — it contains a lot of information.
You can think of it as a blueprint for your body.

Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



We use artificial intelligence and machine learning to analyze all this information.
We then summarize your results as a risk score or display it on a gauge.

In total, we analyze up to 83 million genetic variants.

When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:



Genotype color info:

AA

You don't have any risk alleles

AA

You have 1 risk allele

AA

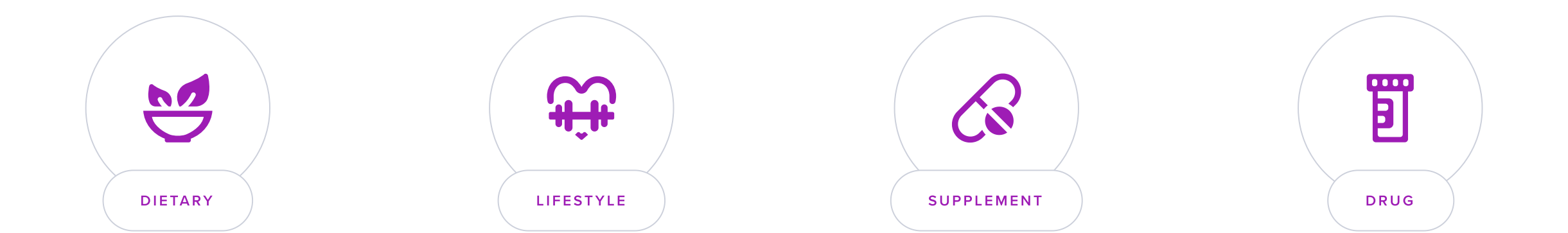
You have 2 risk alleles

Your risk is also displayed as a percentile. This will tell you how your risks compare to our sample population. The lower your percentile number, the lower your risk. The "50th percentile" would be an average risk.

Similarly, the gauge tells you your relative risk score compared to our sample population, or it indicates a specific trait or haplotype you are more likely to have based on your genetic variants.

When applicable, we also list top evidence-based recommendations that may help lower your risk. The focus is on recommendations that may be of benefit to you, based on your genetics.

Our recommendations come in four categories: lifestyle, diet, supplements and drugs.
The following icons tell you which category a recommendation falls into:



Our team of scientists also ranks each recommendation.
We rank based on impact and the strength of evidence in the medical literature.

Impact shows how strongly a recommendation will affect your health in a certain area.
Evidence is how much scientific support there is for the recommendation. Rankings are from 1 to 5 (low to high):



Impact

Impact scores range from 1-5. These scores reflect how much of an effect each recommendation can have. An impact score of 5 predicts the biggest effect.

When a recommendation affects something we can measure, we use those measurements to assign the impact score. For example, a recommendation that decreases cholesterol by 20% will have a higher impact score than one that decreases it by 5%.

Some recommendations affect things that we cannot directly measure, like stress or mood. For these, the impact score is based on how well they work relative to other recommendations and standard treatments. The best ones get the highest scores.

If there is a lot of research that shows a recommendation works especially well for your genotype, the impact score gets increased.

Recommendation Evidence

5 / 5

Recommendations that are considered effective and generally recommended by experts and medical bodies.

4 / 5

Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.

3 / 5

Recommendations that are considered possibly effective and have many studies supporting them

2 / 5

Recommendations that have insufficient evidence, with two or several clinical trials supporting them, or many studies but with ambiguous results.

1 / 5

Recommendations that have insufficient evidence, with a single clinical trial, or with many studies most of which didn't find support for the recommendation.

0 / 5

No evidence in humans.

Genotype-specific Evidence

High-quality

Direct evidence that a recommendation helps more in people with your gene variant (many clinical trials, a few large clinical trials, or a meta-analysis).

Medium-quality

Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).

Low-quality

Direct evidence that a recommendation helps more in people with your gene variant (a single clinical trial or more trials with inconsistent results).

Indirect

A recommendation may help more in people with your gene variant because it targets a specific gene or protein affected by your variant (e.g., MTHFR, dopamine).

In theory

A recommendation may help more in people with your gene variant because it targets a specific mechanism affected by your variant (e.g., inflammation, oxidative stress).

Some things to keep in mind:

- Genetics doesn’t play a considerable role in a condition or a trait.
- There is not enough research available to estimate a genetic predisposition.
- There are technical limitations to estimating or presenting a genetic predisposition.
- The topic is sensitive, and a genetic predisposition should only be estimated and presented by a healthcare professional.

Introduction

Flu (influenza) is a respiratory infection of the nose, throat and lungs. It’s not to be confused with the “stomach flu” viruses that cause diarrhea and vomiting. On average, about **8%** of the US population gets sick from the flu each season.

The Influenza virus travels through the air in droplets when an infected person coughs, sneezes or talks. The virus can then be inhaled or picked up from an object and then transferred to your eyes, nose or mouth.

People are likely contagious **from a day before symptoms appear until about four days after.** Children and people with weakened immune systems may be contagious for slightly longer.

Risk Factors

Flu (influenza) is a respiratory infection of the nose, throat and lungs, transferred via droplets that are either inhaled or picked up from surfaces.

Studies show that **genetic factors** can play a significant role in the risk of developing severe flu symptoms [R].

The following groups are at a higher risk of getting the flu and developing complications [R]:

- Young children under age 2
- Adults older than age 65
- Residents of nursing homes and other long-term care facilities
- Women who are pregnant during flu season
- People with weakened immune systems
- People who have chronic health conditions
- Obese people with a BMI of 40 or higher



MORE LIKELY

More likely to get the flu based on 8,860 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
FRY	rs181806454	CT
NVL	rs112467163	CC
DRD1	rs142723725	TT
TRPS1	rs183950686	CC
UBE4B	rs143629080	AA
C8ORF37	rs181713880	GG
ZFPM1	rs145453932	CC
CNIH3	rs10916657	CC
PAPPA	rs146267898	CC
ZFAT	rs140441520	CC
FAM216B	rs79927049	AA
TTC39C	rs578224362	GG
IL5RA	rs17882872	GG
TRPS1	rs149728106	CC
SRPK2	rs192703162	TT
BSN	rs114922254	GG
GLRB	rs112901368	GG
/	rs139049214	TT
OPN5	rs150665848	GG
NVL	rs114066857	CC
VWF	rs55687637	AA
RGS3	rs142013149	CC
FCHO2	rs114204222	GG
ANKEF1	rs79081661	GG

GENE	SNP	GENOTYPE
CDH18	rs62355262	GG
COL13A1	rs141075045	GG
CNIH3	rs11590545	GG
RASSF6	rs75154041	GG
RASGRP1	rs148766918	TT
CXCL8	rs62314281	TT
TCERG1L	rs118102487	GG
CNIH3	rs113985023	AA
/	rs145227855	CC
XIRP2	rs116382898	AA
/	rs78569081	AA
GRIA2	rs113443624	TT
/	rs150980669	GG
/	rs146136008	CC
AFM	rs62312107	TT
NDRG1	rs76317833	CC

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

Your Recommendations

Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You’ll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

		DOSAGE			DOSAGE
1	Good Hygiene Practices	20 seconds	2	Regular Hand Washing	
3	Sleep for 7+ Hours		4	Clean and Disinfect Surfaces Regularly	
5	Wear Facemasks		6	Avoid Close Contact With Infected People	
7	Probiotics	10 billion	8	Exercise At Least One Hour a Day	1 hour
9	Green Tea	400 mg	10	Maintain Optimal Vitamin D Levels	1000 iu
11	Dietary Antioxidants		12	Echinacea	240 mg
13	Bifidobacterium Lactis Bi-04	10 billion CFU	14	Nutritional Yeast	
15	Garlic Supplement	200 mg	16	Relaxation Techniques	30 minutes
17	Vitamin C	500 mg	18	Lactobacillus Rhamnosus	10 billion CFU
19	Meditation	30 minutes	20	Avoid Touching Your Face	
21	Bifidobacterium Animalis Subsp. Lactis	10 billion CFU	22	Elderberry	
23	Avoid Crowds		24	Zinc	10 mg
25	Glutamine	5 g	26	Avoid Air Pollution	
27	Lactobacillus Plantarum	10 billion CFU	28	Bifidobacterium Longum	10 billion CFU
29	Lactobacillus Casei	10 billion CFU	30	N-acetylcysteine (NAC)	600 mg
31	Lactobacillus Acidophilus	10 billion CFU	32	Good Oral Hygiene	2 minutes

33	Glycine	3 g	34	Mindfulness	30 minutes
35	Shiitake Mushroom	500 mg	36	Fucoidan	300 mg
37	Sulforaphane	30 mg	38	Lactobacillus Delbrueckii	10 billion CFU
39	Andrographis	300 mg	40	Regular Sleep Schedule	
41	Guar Gum	5 g	42	Broccoli Sprouts	2 tbsp
43	Green Tea Catechins and L-Theanine	200 mg	44	Thymus Glandular	
45	Bifidobacterium Bifidum	10 billion CFU	46	Mindfulness Meditation	30 minutes
47	Green Tea Extract	250 mg	48	American Ginseng	200 mg
49	Lactobacillus Fermentum	10 billion CFU	50	B. Lactis Bi-07 and L. Acidophilus NCFM	10 billion CFU
51	L-Theanine and Cystine	100 mg	52	L-Theanine	100 mg
53	Colostrum	20 g	54	Lactobacillus Acidophilus NCFM	10 billion CFU
55	Wash Your Linens Regularly		56	Bifidobacterium Lactis Bi-07	10 billion CFU

1



Good Hygiene Practices

IMPACT

4 / 5

EVIDENCE

4 / 5

How to implement

Wash your hands with soap and water for at least 20 seconds, especially before eating, after using the restroom, and when returning home. Shower or bathe daily using soap, focusing especially on areas that produce more sweat. Brush your teeth twice a day with fluoride toothpaste and floss daily to maintain oral hygiene.

TYPICAL STARTING DOSE

20 seconds

Description

Good hygiene practices, such as regular handwashing and proper sanitation, are essential for preventing the spread of infections and maintaining public health. Adhering to good hygiene habits can reduce the risk of illness and promote general well-being.

Good hygiene practices involve keeping your body and environment clean. Everyday, we get in contact with millions of germs. Neglecting hygiene practices creates an ideal environment for these germs, increasing the risk of infections.

Personal hygiene is the action of maintaining the body clean and healthy. Good practices include:

- Showering or bathing at least every other day
- Washing your hands multiple times a day
- Brushing your teeth at least twice a day
- Trimming and brushing your nails regularly

Domestic hygiene includes all the work done to keep people’s clothes, beddings, and houses clean.

Poor hygiene is associated with an increased risk of [\[R\]](#):

- **Respiratory infections**
- Gastrointestinal infections
- Athlete’s foot
- Head, body, and pubic lice
- Tooth decay
- Hot tub rash
- Pinworms
- Scabies
- Swimmer’s ear
- Ringworms

How it helps

Experts recommend good hygiene practices to prevent the flu and other respiratory infections. These include [\[R\]](#), [\[R\]](#):

- Regular hand washing
- Cleaning and disinfecting surfaces
- Coughing or sneezing into a tissue, elbow, or sleeve
- Avoiding touching your eyes, nose, or mouth
- Avoiding crowds during peak flu season
- Avoiding close contact with people who are sick
- Staying home if sick
- Wearing facemasks

These good hygiene practices may reduce flu incidence and absenteeism from work or school [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

2



Regular Hand Washing

IMPACT4 / 5

EVIDENCE4 / 5

How to implement

Wash your hands with soap and water for at least 20 seconds, making sure to scrub all surfaces of your hands, including the backs, between your fingers, and under your nails. Do this several times a day, especially before eating, after using the bathroom, after blowing your nose, coughing, or sneezing, and after touching garbage.

Description

Regular hand washing is a simple yet highly effective hygiene practice that helps prevent the spread of infectious diseases and illnesses. It is essential for reducing the transmission of harmful pathogens and maintaining overall health.

How it helps

Regular hand washing can eliminate flu viruses on your hands, thereby reducing the risk of infection. It's especially effective as these viruses can spread through direct contact with an infected person or contaminated surfaces [\[R,R\]](#).

Along with other hygiene measures, it may reduce flu incidence and absenteeism from work or school [\[R,R,R,R,R,R,R,R,R,R,R\]](#).

3



Sleep for 7+ Hours

IMPACT4 / 5

EVIDENCE3 / 5

How to implement

Ensure you allocate enough time in your schedule to achieve a minimum of 7 hours of sleep each night. This might involve going to bed earlier or adjusting your evening routine to promote relaxation and make it easier to fall asleep.

Description

Optimizing sleep involves adopting healthy sleep habits and creating a sleep-conducive environment to ensure restorative and sufficient sleep duration. It supports cognitive function, mood stability, and overall physical health. Most experts recommend getting **at least 7 hours of good-quality sleep each night**.

[Sleep](#) supports your body and mind [\[R, R\]](#). More precisely, sleep helps:

- Support brain health [\[R, R\]](#)
- Maintain a healthy weight and appetite [\[R, R, R\]](#)
- Regulate blood pressure [\[R, R\]](#)
- Balance blood sugar [\[R, R\]](#)

Ways to sleep better include [\[R\]](#):

- Reducing your bright light exposure (screen time) in the evenings
- Sticking to a regular sleep schedule
- Avoiding hunger or large meals before bed
- Avoiding nicotine, caffeine, and alcohol before bed
- Maintaining a sleep area that’s cool, dark, and quiet

How it helps

Both short sleep and insomnia may increase the incidence of the flu and other respiratory infections [\[R, R, R\]](#).

Sleep deprivation may also worsen the immune response to the flu shot [\[R, R\]](#).

In people with the flu, experts recommend sleeping well to help the immune system fight the infection [\[R\]](#).

Sleep may help with the flu by stimulating immune function and reducing inflammation [\[R, R\]](#).

4

Clean and Disinfect Surfaces Regularly

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Use a household cleaner or disinfectant to clean frequently-touched surfaces such as doorknobs, light switches, countertops, and handles daily. After spraying the disinfectant, leave it on the surface for at least 1 minute before wiping it off to ensure germs are killed.

Description

Cleaning and disinfecting surfaces are crucial to prevent the transmission of infections. Surfaces can harbor viruses and bacteria, posing a risk of contamination. Regular cleaning removes dirt and grime, while disinfecting eliminates or reduces the presence of pathogens.

This practice is especially important in shared spaces and high-touch areas, as it helps break the chain of infection, protects individuals from harmful germs, and contributes to maintaining a clean and safe environment for overall public health.

How it helps

Experts recommend good hygiene practices to prevent the flu and other respiratory infections. These include cleaning and disinfecting surfaces [\[R, R\]](#).

These good hygiene practices may reduce flu incidence and absenteeism from work or school [\[R, R, R, R, R, R, R, R, R, R, R\]](#).

5

Wear Facemasks

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Place a clean facemask over your nose and mouth before going into public spaces, especially indoor or crowded areas, making sure it fits snugly against the sides of your face without gaps. Keep it on throughout your exposure to these areas and replace the mask with a new one if it becomes damp or after each use. For cloth masks, wash them after a day’s use.

Description

Wearing facemasks is a preventive measure to reduce the transmission of infectious diseases, particularly respiratory illnesses. It is used to protect individuals and communities from viral infections by preventing the spread of respiratory droplets.

How it helps

Experts recommend good hygiene practices to prevent the flu and other respiratory infections. These include wearing facemasks in crowded places, especially during peak flu season [\[R, R\]](#).

Facemasks trap droplets that are produced when the wearer talks, coughs, or sneezes, reducing your chances of getting infected with the flu. They also protect others by preventing your droplets from spreading when you talk, cough, or sneeze.

6



Avoid Close Contact With Infected People

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Maintain a distance of at least 6 feet from people who are showing symptoms of respiratory illness, such as coughing or sneezing. This should be done continuously, especially during outbreaks of contagious diseases, until public health officials declare it safe to resume normal interactions.

Description

Avoiding close contact with infected people is essential to prevent the spread of contagious diseases. Many infections, including respiratory viruses, are transmitted through respiratory droplets expelled during close interactions. Maintaining distance helps reduce the risk of exposure, protecting individuals from contracting and spreading illnesses.

This practice is particularly important during outbreaks or pandemics, as it contributes to breaking the chain of transmission and safeguarding public health.

How it helps

Experts recommend good hygiene practices to prevent the flu and other respiratory infections. These include avoiding close contact with infected people [\[R, R\]](#).

These good hygiene practices may reduce flu incidence and absenteeism from work or school [\[R, R, R, R, R, R, R, R, R, R, R\]](#).

7



Probiotics

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Take a probiotic supplement containing 10 billion or more live cultures once daily, preferably with a meal or as directed by the packaging or a healthcare provider.

TYPICAL STARTING DOSE

10 billion

Description

Probiotics are live beneficial bacteria and yeasts that can support gut health and digestive function when consumed as supplements or found in fermented foods like yogurt and sauerkraut. They may be beneficial to gut health, immune function, blood sugar, and mood.

Probiotic bacteria are “good” bacteria found mainly in the large intestine. They support your body and mind by [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Maintaining gut health
- Supporting a healthy immune system
- Improving your mood
- Helping to maintain healthy blood sugar

Prebiotics are certain types of fiber and other complex carbs that serve as food for gut bacteria. **They support gut health by helping boost the activity and growth of “good” bacteria** [\[R\]](#), [\[R\]](#).

Prebiotics are also added to foods and supplements. Common prebiotic ingredients are [\[R\]](#), [\[R\]](#):

- Oligo-fructose
- Oligo-galactose
- [Inulin](#)

Mixtures of probiotics and prebiotics are known as **synbiotics** [\[R\]](#).

How it helps

Supplementation with probiotics may slightly reduce the risk, duration, and severity of respiratory infections, including the flu. Tested probiotics include [\[R\]](#):

- [Lactobacillus rhamnosus](#)
- [L. acidophilus](#)
- [L. delbrueckii](#)
- [L. plantarum](#)
- [Bifidobacterium bifidum](#)
- [B. animalis](#)
- [B. longum](#)

Some of these probiotics may also boost the immune response to the flu shot [\[R\]](#), [\[R\]](#).

Probiotics may help by supporting immune function [\[R\]](#).

8

Exercise At Least One Hour a Day

IMPACT

2 / 5

EVIDENCE

3 / 5

How to implement

Dedicate a minimum of 60 minutes to moderate-intensity activities such as brisk walking, swimming, or cycling. Do this most days of the week, aiming for at least 5 days to optimize benefits.

TYPICAL STARTING DOSE

1 hour

Description

[Exercise](#) can do wonders for your health. It can help you lose weight, improve your heart health, boost your mood, and more [\[R\]](#).

There are many ways you can be active. You can walk, run, swim, dance, or play team sports. **Everything counts, and it's never too late to start!**

Try to get at least **60 minutes of moderate physical activity on most days**, including walking. **Getting a mix of cardio (min 150 min/day) and strength training (min 2 times a week) may be optimal.**

How it helps

Moderate to vigorous exercise may reduce the risk of respiratory infections by stimulating immune function in the airways [\[R, R, R, R, R\]](#).

However, it's important to stay within your comfort zone. **Periods of intense physical training may predispose to respiratory tract infections by temporarily reducing immunity** [\[R, R\]](#).

Physical activity may boost the immune response to the flu shot. However, the evidence is mixed [\[R, R\]](#).

Exercise may help by strengthening the breathing muscles and supporting immune function [\[R, R, R\]](#).

TABLE OF CONTENTS

PAGE 18 / 63

SKIP TO NEXT SECTION

9



Green Tea

IMPACT

2 / 5

EVIDENCE

3 / 5

How to implement

Consume 400 mg of green tea extract daily. This can be taken in the form of capsules or tablets available that specify the amount of green tea extract. Ensure the supplement is taken according to the product's specific instructions, usually once a day with water.

TYPICAL STARTING DOSE

400 mg

Description

Tea is a beverage made by steeping the leaves of the *Camellia sinensis* plant in hot water. It comes in various types, including black, green, white, and herbal teas, and is known for its diverse flavors and potential health benefits due to antioxidants and other bioactive compounds.

[Green](#) and black tea are made from the same plant (*Camellia sinensis*). This plant is processed in different ways to make each type of tea [\[R\]](#), [\[R\]](#).

Tea contains antioxidants called **flavonoids**, which may help prevent [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Heart disease
- Cancer
- Diabetes

How it helps

Drinking green tea may reduce flu incidence. Gargling with green tea may be similarly effective [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Green tea polyphenols may help through their antimicrobial activity [\[R\]](#).

Please note: polyphenols from green tea may bind to iron and form insoluble complexes, which reduces iron absorption in the gut. If you have anemia, consult your healthcare provider before using green tea [\[R\]](#).

10



Maintain Optimal Vitamin D Levels

IMPACT2 / 5

EVIDENCE3 / 5

How to implement

Check your vitamin D levels, they should ideally be in the 30-66 ng/mL range. If your levels are lower than that, take a vitamin D supplement, 1000-4000 IU daily, to reach an optimal range.

TYPICAL STARTING DOSE
1000 iu

Description

Vitamin D, often referred to as the "sunshine vitamin," can be synthesized by the skin when exposed to sunlight, as well as being found in fish, eggs, and fortified milk. It helps regulate calcium absorption, promoting strong bones and a healthy immune system. Vitamin D deficiency can lead to conditions like rickets in children and osteoporosis in adults.

Your body needs [vitamin D](#) for strong bones. Vitamin D also plays a role in [\[R\]](#):

- Mood
- Immunity
- Heart health
- Blood sugar control

[Sunlight](#) is our main source of vitamin D. Experts recommend getting at least **5-15 minutes of midday sun, 2-3 times per week**. People with darker skin and those living at high latitudes may need longer periods of sun exposure [\[R\]](#), [\[R\]](#).

Foods like fish, eggs, and fortified milk provide small amounts of vitamin D. **People lacking vitamin D should consider taking a supplement** [\[R\]](#).

How it helps

Low levels of vitamin D may increase the risk of having severe complications from the flu and other respiratory infections [\[R\]](#).

Supplementation with vitamin D may reduce flu incidence and duration, especially in people with low baseline levels [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Vitamin D may help by supporting a healthy immune system and reducing inflammation [\[R\]](#).

11



Dietary Antioxidants

IMPACT2 / 5

EVIDENCE3 / 5

How to implement

Incorporate foods rich in antioxidants, such as fruits (berries, oranges, plums), vegetables (spinach, kale, bell peppers), nuts (walnuts, almonds), and seeds (flaxseeds, chia seeds) into your daily meals. Aim for at least 5 servings of fruits and vegetables per day, ensuring a variety of colors to cover different antioxidants.

Description

Dietary antioxidants are compounds found in foods that help neutralize harmful molecules called free radicals, potentially reducing the risk of oxidative stress-related diseases and supporting overall health. Examples include vitamins C and E, beta-carotene, and polyphenols.

Our cells sometimes produce molecules called **reactive oxygen species (ROS)** [\[R\]](#).

High levels of ROS can cause [oxidative stress](#) and damage our cells. Oxidative stress plays a role in many health conditions, including [\[R\]](#):

- High blood sugar
- Type 2 diabetes
- Heart disease

Antioxidants are substances that help combat ROS [\[R\]](#).

Antioxidants are found in many plants. Good sources include [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Fruits like tomatoes, berries, and pomegranates
- Vegetables like onions, spinach, and celery
- Chocolate
- Olive oil
- Wine

How it helps

Dietary antioxidants such as quercetin or anthocyanins may reduce the incidence (by 33%), severity, and duration of respiratory infections such as the common cold and the flu [\[R\]](#), [\[R\]](#).

Dietary antioxidants may help through their antioxidant, anti-inflammatory, and antimicrobial effects.

12



Echinacea

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Take an echinacea supplement of 240 mg to 480 mg per day, divided into 2 to 3 doses, for up to 8 weeks to support immune function. It is available in various forms such as capsules, tinctures, or teas.

TYPICAL STARTING DOSE
240 mg

Description

Echinacea is an herbal remedy believed to boost the immune system and reduce the severity and duration of colds and respiratory infections. Some studies suggest that it may have immune-stimulating properties, but the evidence is mixed, and its effectiveness varies among individuals.

[Echinacea](#) (*Echinacea angustifolia*), also known as purple coneflower, is a herb traditionally used for [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Common cold and flu
- Anxiety
- Infections

How it helps

Echinacea supplementation (400 mg/day) may help prevent the flu [\[R\]](#), [\[R\]](#).

In people with the flu, echinacea may help improve the symptoms and speed up recovery [\[R\]](#), [\[R\]](#).

Echinacea may help by reducing inflammation and mucus in the airways [\[R\]](#), [\[R\]](#), [\[R\]](#).

Please note: *People with autoimmune or systemic diseases like tuberculosis, multiple sclerosis, or AIDS should not use echinacea. This also applies to patients taking immunosuppressants* [\[R\]](#).

13



Bifidobacterium Lactis Bi-04

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

TYPICAL STARTING DOSE

10 billion CFU

Description

[Bifidobacterium animalis](#) is a [probiotic](#) bacterium that can be found in the healthy gut of most mammals, including humans. *B. lactis* was previously considered to be a separate species but was shown to be a subspecies of *B. animalis* [\[R\]](#), [\[R\]](#).

People mainly take *B. animalis* to support gut health [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

B. lactis Bi-04 is a strain known for its resilience to stomach acid and bile, which allows it to survive the harsh conditions of the gastrointestinal tract and colonize the gut effectively. It may help alleviate digestive discomfort, improve bowel regularity, and boost immune function.

How it helps

In a placebo-controlled trial of 136 participants, consuming fermented milk (Qingrun) with Bifidobacterium lactis BI-04 (250 g/day) for 12 weeks reduced the incidence of the common cold and flu (approximately 3 times), as well as the duration and severity of upper respiratory tract infections. The fermented milk also increased IFN-gamma and IgA levels. Similarly, this strain (2 x 10^9 cfu/day) reduced the incidence of upper respiratory tract infections in a placebo-controlled trial of 465 physically active volunteers [\[R\]](#), [\[R\]](#).

Supplementation with this strain increased CXCL8 levels in response to an experimental common cold infection while reducing nasal virus titers in a placebo-controlled trial of 152 volunteers [\[R\]](#).

14



Nutritional Yeast

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Incorporate nutritional yeast into your diet by adding 1-2 tablespoons to your meals each day. You can sprinkle it over popcorn, stir it into soups, or blend it into smoothies. Do this consistently for several weeks to months to observe benefits.

Description

Nutritional yeast is a deactivated yeast commonly used as a flavoring agent in vegan and vegetarian diets. It is a source of B vitamins, including B12, and is often used to add a cheesy or nutty flavor to dishes.

[Nutritional yeast](#) is made from [Saccharomyces cerevisiae](#), a type of yeast that has been used in brewing and baking since ancient times. Manufacturers grow the yeast on glucose or molasses, deactivate it using heat, and dry it. Nutritional yeast is rich in B vitamins, minerals, and proteins [\[R\]](#), [\[R\]](#).

People take nutritional yeast to boost their immunity, energy levels, and intake of essential nutrients. It’s also a popular cooking ingredient, especially in [vegan](#) dishes [\[R\]](#).

How it helps

Supplementation with nutritional yeast (250-500 mg/day for 12 weeks) may reduce flu incidence, duration, and severity [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Nutritional yeast may also boost the immune response to the flu shot [\[R\]](#).

Beta-glucans and [zinc](#) found in nutritional yeast may help by supporting immune function [\[R\]](#), [\[R\]](#).

15



Garlic Supplement

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Take a garlic supplement, such as a garlic extract or aged garlic supplement, in a dosage of 600-1,200 mg per day, divided into separate doses. This should be taken with meals to minimize digestive issues. Continue daily for at least 8-12 weeks to evaluate its effects on health markers like blood pressure or cholesterol.

TYPICAL STARTING DOSE

200 mg

Description

Garlic is a pungent herb known for its potential health benefits, including cardiovascular support and immune system enhancement. It contains bioactive compounds that may help reduce the risk of chronic diseases and support overall well-being.

[Garlic](#) is a delicious aromatic herb that adds flavor to your food. But did you know that garlic has been a part of traditional medicine for thousands of years? **From ancient Egypt and Rome to China, people have praised garlic for its many health benefits.** Today, we can trace many of those benefits to sulfur-rich compounds found in garlic. People take garlic to help control their blood pressure and cholesterol [\[R\]](#).

Please note: *Garlic can interact with blood thinners (like aspirin, Plavix, Coumadin). If you are on blood thinners, consult your doctor before supplementing with garlic [\[R\]](#).*

How it helps

Supplementation with aged garlic extract (2.5 g/day for 3 months) may reduce flu incidence, symptoms, and number of days missed from work or school [\[R, R, R\]](#).

Garlic may help by stimulating the immune system [\[R, R\]](#).

Please note: *Garlic can interact with blood thinners (such as aspirin, Plavix, and Coumadin). In addition, garlic can irritate the stomach in some people. Talk to your doctor before taking garlic [\[R, R\]](#).*

16

Relaxation Techniques

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Incorporate relaxation techniques such as deep breathing exercises, meditation, or yoga into your daily routine. Spend at least 15-30 minutes each day practicing one of these techniques, preferably in a quiet, comfortable space without interruptions.

TYPICAL STARTING DOSE

30 minutes

Description

Relaxation techniques encompass various methods like deep breathing, yoga, meditation, and progressive muscle relaxation, aimed at reducing stress and promoting mental and physical relaxation. Practicing these techniques regularly can help manage stress, improve mental clarity, and enhance overall emotional well-being.

We all get stressed from time to time.

[Stress](#) can help you deal with a challenge or avoid danger. However, **it’s not healthy to be stressed for a long time** [\[R\]](#), [\[R\]](#).

Relaxation techniques such as [yoga](#) and [meditation](#) can relieve stress in different ways. Most of them focus on breathing and help you get rid of negative thoughts and emotions [\[R\]](#).

People use relaxation techniques to improve conditions like [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Anxiety
- Depression
- Chronic pain

Progressive muscle relaxation is another relaxation technique. In this technique, you focus on tensing and relaxing different parts of your body. It is common to start with the toes and slowly work your way up to the neck and head [\[R\]](#), [\[R\]](#).

Autogenic training is a relaxation technique that a person may carry out on their own. It uses exercises that take the mind’s attention to bodily sensations such as warmth and heaviness [\[R\]](#), [\[R\]](#).

How it helps

Stress may worsen the immune response to the flu shot. Similarly, reduced stress and increased optimism may improve the response to this vaccine [\[R\]](#), [\[R\]](#).

Stress management programs may reduce the number of sick days due to the flu [\[R\]](#).

Relaxation techniques such as meditation may reduce flu severity and enhance the response to the vaccine [\[R\]](#), [\[R\]](#), [\[R\]](#).

17



Vitamin C

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Take 500-2000 mg of vitamin C supplement daily. It can be taken at any time of the day, with or without food, according to personal preference or tolerance.

TYPICAL STARTING DOSE

500 mg

Description

[Vitamin C](#) is an essential nutrient. This means that our bodies can’t produce it on their own, so we have to get it from food or supplements [\[R\]](#).

Foods rich in Vitamin C include: [\[R\]](#)

- Citrus Fruits
- Peppers
- Brussel sprouts
- Kiwi
- Broccoli
- Tomato
- Cantaloupe
- Cauliflower
- Spinach

Vitamin C has antioxidant properties. It supports immunity, heart health, and wound healing [\[R\]](#), [\[R\]](#).

Vitamin C deficiency is called *scurvy*. In the past, many sailors suffered from it [\[R\]](#).

How it helps

Lower serum vitamin C levels are linked to increased odds of wheezing and higher mortality from chronic lower respiratory diseases (CLRD), especially flu and pneumonia (112% for a 0.65 mg/dl decrease), in US adults [\[R\]](#).

Supplementation with high vitamin C doses (300 mg/day) may reduce flu incidence, as well as the severity and duration of the symptoms [\[R\]](#).

Vitamin C may help by reducing oxidative damage and inflammation, and stimulating immune function in the airways [\[R\]](#), [\[R\]](#).

Please note: *Supplementing with vitamin C is linked to a slightly higher risk of kidney stones in men. Talk to your doctor before taking vitamin C* [\[R\]](#), [\[R\]](#).

18



Lactobacillus Rhamnosus

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Take a probiotic supplement containing Lactobacillus rhamnosus. Typically, the suggested dose is 10 billion CFUs (colony-forming units) per day. This can be taken as a single daily dose or divided into two doses, morning and evening, with or without food. Continue this regimen for at least 4 weeks to observe benefits.

TYPICAL STARTING DOSE
10 billion CFU

Description

Lactobacillus rhamnosus is a beneficial probiotic strain that can support digestive health and contribute to a balanced gut microbiome. It may help improve gut function, enhance nutrient absorption, and bolster the immune system, promoting overall well-being.

[Lactobacillus rhamnosus](#) is a [probiotic](#) bacterium, part of the normal gut microflora. Various foods may have added *L. rhamnosus*, including yogurt, cheese, and fermented legumes [\[R\]](#), [\[R\]](#).

People take *L. rhamnosus* supplements to balance their immune system and help with infections, allergies, and dermatitis [\[R\]](#).

How it helps

Supplementation with *L. rhamnosus* (GG, 10^8 CFU/day) may reduce the number of days with respiratory symptoms in children with the flu [\[R\]](#).

L. rhamnosus (GG, 10^9-10^10 CFU/day), both alone and combined with [B. animalis](#), may boost the immune system after getting the flu shot [\[R\]](#), [\[R\]](#).

A probiotic mix with *L. rhamnosus*, *B. animalis*, and [L. plantarum](#) may reduce the incidence and severity of the flu and other respiratory diseases [\[R\]](#).

*CFU (colony forming units) = the number of active bacteria in one probiotic serving

19

Meditation

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Set aside 10-20 minutes each day in a quiet space without distractions to practice meditation. Focus on your breath or perform guided meditation using an app or audio track.

TYPICAL STARTING DOSE

30 minutes

Description

Meditation is a mindfulness practice that can reduce stress, improve mental clarity, and promote relaxation. Regular meditation is associated with numerous mental and emotional health benefits, including reduced anxiety and enhanced emotional well-being.

Meditation is a relaxation technique that trains your mind to focus and redirect your thoughts. Some of the main types of meditation are [\[R\]](#):

- Mindfulness
- Focused
- Transcendental
- Mantra
- Moving

People use meditation to improve [\[R\]](#), [\[R\]](#):

- Stress and anxiety
- Mood
- Sleep disturbances
- Pain

How it helps

Meditation may reduce flu severity, mainly by improving quality of life [\[R\]](#), [\[R\]](#).

Mindfulness meditation may improve the immune response to the flu shot. However, the evidence is mixed [\[R\]](#), [\[R\]](#).

20



Avoid Touching Your Face

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Keep your hands away from your face as much as possible, especially the eyes, nose, and mouth, to help prevent the spread of germs and reduce the risk of infection. This action should be a continuous habit, but be more conscious of it during periods of illness or when in public or crowded places.

Description

Avoiding touching your eyes, nose, and mouth is crucial for infection prevention. These areas are entry points for viruses and bacteria. Touching contaminated surfaces and then your face increases the risk of infection transmission. Viruses, like the flu or common cold, can enter the body through mucous membranes, leading to illness.

Practicing good hand hygiene and refraining from touching your face reduces the likelihood of introducing pathogens into the body, supporting overall health and preventing the spread of infections.

How it helps

Experts recommend good hygiene practices to prevent the flu and other respiratory infections. These include avoiding touching your mouth, nose, and eyes [R, R].

These good hygiene practices may reduce flu incidence and absenteeism from work or school [R, R, R, R, R, R, R, R, R, R, R].

21



Bifidobacterium Animalis Subsp. Lactis

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Take a supplement containing Bifidobacterium animalis subsp. lactis at a dose of 10 billion colony-forming units (CFU) daily, with or without food. Joe's preferred strain is *B lactis* HN019 (10B CFU). Continue this regimen daily for at least 2 weeks to 4 weeks to observe potential benefits.

TYPICAL STARTING DOSE
10 billion CFU

Description

Bifidobacterium animalis lactis is a specific strain of probiotic bacteria known for its potential to support digestive health and immune function.

[Bifidobacterium animalis](#) is a [probiotic](#) bacterium that can be found in the healthy gut of most mammals, including humans. *B. lactis* was previously considered to be a separate species but was shown to be a subspecies of *B. animalis* [\[R\]](#), [\[R\]](#).

People mainly take *B. animalis* to support gut health [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

How it helps

Consuming yogurt fermented with *B. animalis* (BI-04, 2x10^9 CFU/100 g) may reduce the incidence of the flu and other respiratory infections [\[R\]](#).

Probiotic mixes with *B. animalis* (~10^9 CFU/day) may reduce the incidence and severity of the flu, and improve vaccine efficiency [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

*CFU (colony forming units) = the number of active bacteria in one probiotic serving

22



Elderberry

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Take an elderberry supplement in the form of capsules or liquid extract. The typical dosage range is 300-500mg of elderberry extract taken twice daily for the duration of cold or flu symptoms. Always follow the specific dosage guidelines provided on the supplement's packaging.

Description

Elderberry is a fruit known for its potential immune-boosting properties. Elderberry supplements or syrups are used to support immune health and help reduce the duration and severity of cold and flu symptoms.

[Elderberries](#) are the glossy, tart, deep-purple fruits of the European elder (*Sambucus nigra*). They are used to make juices, syrups, jams, jellies, pies, punches, and wines [\[R, R\]](#).

All parts of the elder plant (leaves, flowers, bark, and berries) are used in folk medicine. People mainly take elderberry to help with [\[R\]](#):

- The flu and other respiratory infections
- Pain, swelling, and inflammation
- Constipation

How it helps

In people with the flu, supplementation with elderberry extract (600-900 mg/day for 2-16 days) may improve the symptoms, reduce their duration, and prevent complications. However, the quality of the evidence is low [\[R, R, R\]](#).

Elderberry is rich in flavonoids with antiviral, anti-inflammatory, and antioxidant properties [\[R, R\]](#).

23



Avoid Crowds

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Minimize your time in crowded places by scheduling your errands during off-peak hours, avoiding public events known to draw large crowds, and choosing less crowded routes or modes of transportation.

Description

Avoiding crowded environments, especially during contagious disease outbreaks, can reduce the risk of viral transmission and help protect public health. It promotes social distancing measures that are crucial for preventing the spread of infectious diseases.

How it helps

Avoiding crowds curbs the spread of flu because it's highly contagious, transferring through droplets when an infected person coughs, sneezes or talks. Less exposure to people means lower chances of inhaling these flu-carrying droplets.

Experts recommend good hygiene practices to prevent the flu and other respiratory infections. These include avoiding crowds, especially during peak flu season [\[R, R\]](#).

These good hygiene practices may reduce flu incidence and absenteeism from work or school [\[R, R, R, R, R, R, R, R, R, R, R\]](#).

24



Zinc

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Take a 15 mg zinc supplement daily, ideally with a meal to enhance absorption.

TYPICAL STARTING DOSE

10 mg

Description

Zinc is an essential mineral found in various foods, including meat, dairy, and nuts. It is crucial for immune function, wound healing, DNA synthesis, and maintaining healthy skin and nails. Zinc supplements are sometimes used to support immune health and manage zinc deficiencies.

[Zinc](#) is an essential mineral. Your body needs it to [\[R\]](#), [\[R\]](#):

- Defend against disease
- Protect DNA from damage
- Heal wounds
- Control blood sugar

Some of the best sources of zinc include **shellfish, pork, beef, and beans**. It is also available as a supplement [\[R\]](#).

Adults should get **8-11 mg of zinc** per day [\[R\]](#).

How it helps

Zinc supplementation (up to 40 mg/day) may reduce the duration of flu symptoms by half. However, it may not reduce the incidence of this and other respiratory infections [\[R\]](#).

Zinc may help by supporting immune function [\[R\]](#).

Please note: *A high intake of zinc may cause stomach pain and gut irritation. Medical bodies recommend against taking more than **40 mg** of zinc per day* [\[R\]](#), [\[R\]](#).

How to implement

TYPICAL STARTING DOSE

5 g

Description

L-glutamine is an amino acid produced by the body. Its levels may decrease during periods of stress or illness. It is important for protein and energy production, and helps control kidney pH balance [R].

- Gut health
- Immunity
- Exercise recovery and muscle performance
- Brain health

How it helps

In elderly people receiving the influenza vaccine, supplementation with L-glutamine may improve the immune response to this vaccine [R, R].

26



Avoid Air Pollution

IMPACT

1 / 5

EVIDENCE

2 / 5

How to implement

Stay indoors on days when air quality indexes (AQI) indicate high pollution levels, which are often reported by weather services or government environmental agencies. **Install air purifiers** in your home, especially in bedrooms, to reduce indoor pollutants. Limit outdoor exercise when air pollution warnings are issued, opting for indoor activities instead.

Description

Avoiding air pollution by reducing exposure to pollutants in the environment is essential for respiratory and overall health. It can help lower the risk of respiratory diseases, cardiovascular conditions, and other health issues associated with poor air quality.

While city life is convenient in a lot of ways, it comes with some health hazards. Cars, factories, and other sources increase air [pollution](#) ^[R].

Air pollution plays a role in [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Lung disease
- Heart disease
- Diabetes
- Asthma
- Skin conditions

How it helps

High exposure to the air pollutant SO2 may increase the risk of catching the flu [\[R\]](#).

Exposure to indoor wood burning may also increase the risk, but the evidence is limited and mixed [\[R\]](#).

Air pollutants may contribute to the flu by irritating the airways [\[R\]](#).

Tips for lowering exposure to air pollution include [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Monitoring air pollution levels regularly
- Using an appropriate face mask when pollution levels are high
- Avoiding outdoor exercise when pollution levels are high
- Cleaning and maintaining air filtration systems
- Not burning wood or trash
- Using protective respiratory equipment at work, if needed

27



Lactobacillus Plantarum

IMPACT1 / 5

EVIDENCE2 / 5

How to implement

Take a probiotic supplement containing *Lactobacillus plantarum* 299V daily. The typical dosage is 10 billion colony-forming units (CFUs). Continue for at least 4 weeks to assess benefits on digestive health.

TYPICAL STARTING DOSE
10 billion CFU

Description

Lactobacillus plantarum is a [probiotic](#) bacterium found in many fermented plant products such as sauerkraut, pickles, brined olives, and Korean kimchi [\[R\]](#).

People take *L. plantarum* supplements to improve [\[R, R, R, R\]](#):

- Diarrhea
- Skin appearance
- IBD
- High cholesterol

How it helps

Consuming a probiotic with two *L. plantarum* strains (CECT7315 and CECT7316, providing 5.5x10^9 CFU/day) during the 3 months after getting the flu shot may boost the immune system [\[R\]](#).

Probiotic mixes with *L. plantarum* may reduce the incidence and severity of the flu [\[R, R\]](#).

**CFU (colony forming units) = the number of active bacteria in one probiotic serving*

28



Bifidobacterium Longum

IMPACT

1 / 5

EVIDENCE

2 / 5

How to implement

Take a Bifidobacterium longum supplement daily, with a typical dosage around 10 billion colony-forming units (CFUs). It can be consumed any time of day, but taking it with a meal might improve its absorption and effectiveness. Continue this regimen for at least 4 weeks to assess its benefits on digestive health.

TYPICAL STARTING DOSE
10 billion CFU

Description

Bifidobacterium longum is a beneficial probiotic strain known for its potential to support digestive health and boost the immune system.

[Bifidobacterium longum](#) is a [probiotic](#) bacterium naturally present in the human gastrointestinal tract. Its subspecies *B. longum subsp. infantis* is one of the earliest bacteria to colonize the infant gut [\[R\]](#).

People take *B. longum* to enhance immunity against infections and support gut health [\[R, R, R\]](#).

How it helps

Supplementation with *B. longum* (BB536, 10^11 CFU/day for 5 weeks) may boost the effects of the flu shot on the immune system in elderly people [\[R\]](#).

A probiotic mix with *B. longum* (BI221, 2x10^9 CFU/day), [B. animalis](#), and [L. plantarum](#) may be similarly effective [\[R\]](#).

The *infantis* subspecies (R0033, 3x10^9 CFU/day) may reduce the number of days with flu symptoms. However, the evidence is mixed [\[R, R, R\]](#).

**CFU (colony forming units) = the number of active bacteria in one probiotic serving*

29



Lactobacillus Casei

IMPACT1 / 5

EVIDENCE2 / 5

How to implement

Take a supplement containing Lactobacillus casei daily, with a dosage recommended by the product's manufacturer or a healthcare professional. The specific amount can vary, but it is commonly found in doses around 10 billion colony-forming units (CFUs). Continue this regimen for at least 4 weeks to observe potential health benefits.

TYPICAL STARTING DOSE
10 billion CFU

Description

Lactobacillus casei is a probiotic bacterium known for its potential to support gut health and immune function. It contributes to a balanced gut microbiome and may help alleviate digestive issues like diarrhea.

[Lactobacillus casei](#) is a [probiotic](#) bacterium found in fermented foods (e.g., cheese), as well as in the reproductive and gastrointestinal tracts of humans and other animals [\[R, R\]](#).

People mainly take *L. casei* to support a healthy gut microbiota [\[R\]](#).

How it helps

Supplementation with *L. casei* (at least 10^9 CFU/day) may boost the immune response to the flu shot and reduce symptom duration [\[R, R, R, R\]](#).

*CFU (colony forming units) = the number of active bacteria in one probiotic serving

30



N-acetylcysteine (NAC)

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take 600 mg of N-Acetylcysteine (NAC) supplement daily with water. It can be taken at any time of the day, but try to take it at the same time each day for best results.

TYPICAL STARTING DOSE

600 mg

Description

NAC is a supplement that contains a form of the amino acid cysteine, a protein building block that your body uses to make the antioxidant glutathione. It is used for its potential antioxidant properties and its ability to support lung, gut, and mental health.

[N-acetylcysteine](#) (NAC) is converted to cysteine in the body. Cysteine is a protein building block (amino acid) that helps make the antioxidant glutathione [\[R\]](#).

People take NAC to potentially support [\[R\]](#), [\[R\]](#):

- Mental health
- Ovarian health and pregnancy outcomes
- Lung health
- Gut health

How it helps

Supplementation with NAC (1200 mg/day for 6 months) may reduce the frequency, length, and severity of flu-like episodes [\[R\]](#).

NAC may help by reducing oxidative stress and inflammation. It may also help break mucus down [\[R\]](#).

31



Lactobacillus Acidophilus

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a probiotic supplement containing Lactobacillus acidophilus. Look for products that offer around 10 billion CFUs (colony-forming units) and take it once daily, preferably on an empty stomach, either first thing in the morning or right before bed.

TYPICAL STARTING DOSE
10 billion CFU

Description

Lactobacillus acidophilus is a [probiotic](#) bacterium that has been traditionally and widely used in the dairy industry to make yogurt [\[R\]](#).

More recently, *L. acidophilus* has been used as a probiotic. People take it to help with [\[R, R, R, R\]](#):

- High cholesterol
- Gut diseases
- Allergies
- Vaginal infections

How it helps

L. acidophilus (NCFM, 5x10^9 CFU/day), both alone and combined with [B. animalis](#), may reduce the incidence and duration of flu symptoms. It may also reduce the number of missed school days in children [\[R\]](#).

*CFU (colony forming units) = the number of active bacteria in one probiotic serving

32



Good Oral Hygiene

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Brush your teeth at least twice a day for two minutes each time using fluoride toothpaste. Floss daily to remove plaque from places your toothbrush can't reach and consider using mouthwash. Visit your dentist at least twice a year for professional cleanings and checkups.

TYPICAL STARTING DOSE

2 minutes

Description

Good oral hygiene, which includes regular brushing, flossing, and dental check-ups, is crucial for preventing tooth decay, gum disease, and maintaining overall oral health. A healthy mouth contributes to overall well-being and can prevent dental issues that may impact systemic health.

Oral hygiene refers to practices that keep the mouth healthy. Good habits include [\[R\]](#), [\[R\]](#):

- Gently brushing the teeth and tongue for two minutes, at least twice a day
- Flossing daily
- Using a toothpaste with fluoride and a soft toothbrush
- Replacing a worn toothbrush at least every 3 months

To help maintain good oral hygiene, it is also important to regularly see dental professionals. They can help prevent and address issues with your teeth and gums.

How it helps

Two studies of 9 elderly participants and 32 patients scheduled to undergo oral and maxillofacial surgery found that oral cleansing reduced the prevalence of pathogenic microbes in the mouth, potentially reducing the risk of flu and other respiratory illnesses [\[R\]](#), [\[R\]](#).

Moreover, maintaining oral hygiene may help reduce the risk of secondary bacterial infections during flu recovery.

33



Glycine

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take 3 to 5 grams of glycine supplement per day with water, preferably before bedtime for sleep improvement or spread throughout the day for general health benefits. Continue indefinitely as needed, but consult a healthcare provider for long-term use beyond three months.

TYPICAL STARTING DOSE

3 g

Description

Glycine is an amino acid that may have calming and anti-inflammatory effects, potentially benefiting sleep quality and joint health.

If you can't get enough glycine from food sources, glycine supplements are available. Daily doses of up to **6 g** have been safely used for up to **4 weeks**. Consult your doctor before supplementing.

How it helps

Human metabolism produces insufficient glycine, causing a 10g/day deficiency. A 3-year study with 127 volunteers showed glycine intake (10g/day) reduced flu infections, severity, and duration, strengthening virus defense via extracellular matrix barriers [\[R\]](#).

Glycine may help by supporting the immune system and reducing inflammation.

34

Mindfulness

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Set aside 5-10 minutes each day to practice mindfulness meditation. Find a quiet place, assume a comfortable seated position, close your eyes, focus on your breathing, and observe your thoughts and sensations without judgment.

TYPICAL STARTING DOSE

30 minutes

Description

Mindfulness involves paying focused and non-judgmental attention to the present moment. It can reduce stress, improve emotional regulation, and enhance overall mental clarity and well-being.

Mindfulness is the practice of being aware of the present moment. When practicing mindfulness, a person acknowledges their thoughts, feelings, and sensations without any judgment [R].

Mindfulness and other types of [meditation](#) may improve [R]:

- Weight and anxiety
- Low mood
- Sleep disturbances
- Pain
- High blood pressure

How it helps

In a non-placebo-controlled trial of 41 participants, an 8-week mindfulness meditation program increased antibody titers to the influenza vaccine. However, neither exercise nor mindfulness-based stress reduction enhanced the immune response to influenza vaccination in a non-placebo-controlled trial of 98 participants and only factors such as optimism, reduced anxiety, and reduced perceived stress enhanced it [R, R].

In a non-placebo-controlled trial of 149 adults aged 50 years and older, mindfulness meditation reduced the incidence of acute respiratory illnesses such as the flu [R].

35



Shiitake Mushroom

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take shiitake mushroom in supplement form, typically ranging from 500 to 1,000 mg per day, divided into two or three doses. It can be consumed with or without food. Continue this regimen daily for at least one to two months to observe potential health benefits.

TYPICAL STARTING DOSE

500 mg

Description

Shiitake mushrooms are edible fungi native to east Asia. They contain compounds like lentinan, which may have immune-boosting properties.They are also rich in vitamins, minerals, and compounds like beta-glucans, which are believed to support immune health and overall well-being.

How it helps

A standardized mixture of carbohydrates from shiitake mushroom (AHCC) activated immune cells in response to the vaccine against seasonal influenza B in 30 healthy volunteers [R].

Similarly, shiitake extracts enhanced immune response in mice challenged with other influenza viruses [R, R, R].

36



Fucoidan

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 300 mg of fucoidan supplement once daily, preferably with a meal to aid absorption. Continue this regimen for a minimum of four weeks to evaluate its effects on your health.

TYPICAL STARTING DOSE

300 mg

Description

Fucoidan is a compound found in certain brown seaweeds and marine plants, and it is consumed for its immune system support and anti-inflammatory effects.

How it helps

In a placebo-controlled trial of 70 older participants, supplementation with fucoidan (300 mg/day) for 4 weeks increased antibody production and natural killer cell activity after influenza vaccination [R].

Fucoidan may help by bolstering your body's natural defense against viruses.

37



Sulforaphane

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a sulforaphane supplement, typically available in capsule form, with a dosage ranging from 30 to 60 milligrams per day. It is generally taken once daily, with or without food, according to the product's label instructions or a healthcare provider's advice. Continue this regimen daily for as long as you seek its benefits, but consult a healthcare provider for long-term use guidance.

TYPICAL STARTING DOSE

30 mg

Description

Sulforaphane is a natural compound found in cruciferous vegetables like broccoli and cauliflower. It is known for its potent antioxidant and anti-inflammatory properties, potentially offering protective effects against chronic diseases and promoting overall health.

How it helps

In a placebo-controlled trial of 29 healthy volunteers receiving the influenza vaccine, supplementation with broccoli sprout homogenates further increased virus-induced peripheral blood NK cell granzyme B production, an effect that may be important for enhanced antiviral defense responses [R].

38



Lactobacillus Delbrueckii

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a supplement containing Lactobacillus delbrueckii at a dosage as advised on the product packaging, usually once daily. It is typically found in probiotic supplements or dairy products enriched with probiotics. Consistency is key, so take it at the same time each day, preferably with a meal for the best absorption and efficacy.

TYPICAL STARTING DOSE

10 billion CFU

Description

Lactobacillus delbrueckii is a beneficial probiotic strain that can support digestive health and contribute to a balanced gut microbiome. It may help improve gut function, enhance nutrient absorption, and bolster the immune system, promoting overall well-being.

[Lactobacillus delbrueckii](#) is a bacterium widely used in the production of yogurt and other fermented dairy products [R].

As a [probiotic](#), people mainly take *L. delbrueckii* to boost the immune system. This helps fight and prevent infections [R, R, R].

How it helps

Consuming yogurt with *L. delbrueckii* (OLL1073R-1) for 12 weeks may increase the production of antibodies against the flu. This may help prevent infections [R].

39



Andrographis

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take an Andrographis supplement following the dosages provided on the product label, usually ranging from 300 to 600 mg daily. This is typically divided into two to three doses throughout the day, with meals, and should be done for up to 8 weeks to support immune function or relieve cold symptoms.

TYPICAL STARTING DOSE

300 mg

Description

Andrographis is a medicinal herb native to South Asian countries like India and Sri Lanka. It is known for its potential health benefits, primarily due to its active compound, andrographolide, which has anti-inflammatory and immune-boosting properties. Andrographis is often used in traditional medicine to treat conditions such as upper respiratory tract infections, fever, and digestive issues.

[Andrographis](#) (*Andrographis paniculata*) is an Ayurvedic plant known as the “king of [bitters](#)” People traditionally use it to fight infections and the common cold [\[R\]](#).

How it helps

In people with the flu and other respiratory infections, taking andrographis (600-1200 mg/day for 3-5 days) may improve cough and sore throat [\[R\]](#).

Active components in andrographis may help with the flu because they have the following effects [\[R\]](#):

- Anti-inflammatory
- Antiviral
- Anti-allergic
- Immune-stimulating
- Pain-relieving

40



Regular Sleep Schedule

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Go to bed and wake up at the same time every day, even on weekends and holidays. This helps regulate your body's internal clock, leading to better sleep quality. Aim for 7-9 hours of sleep per night.

Description

Maintaining a regular sleep schedule involves going to bed and waking up at consistent times each day. This practice helps regulate the body's internal clock and promotes better sleep quality, mood, and cognitive function.

How it helps

A study of 83 healthy adults associated shorter sleep during 13 days with fewer antibodies 1-4 months after flu vaccination. In another study of 24 participants, one night of sleep deprivation reduced antibodies 5 days after flu vaccination, but only in men [\[R\]](#), [\[R\]](#).

Keeping a consistent sleep schedule promotes better rest and supports the immune system during flu recovery.

41



Guar Gum

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 5-10 grams of guar gum with at least 8 ounces of water. Start with a lower dose to assess your tolerance, then gradually increase as needed. It is best taken before meals, up to three times a day.

TYPICAL STARTING DOSE

5 g

Description

Guar gum is a soluble fiber derived from guar beans and is commonly used as a food thickener and stabilizer. Its ability to slow down digestion and promote a feeling of fullness can be beneficial for managing appetite and supporting digestive health when consumed as part of a balanced diet.

Guar gum is a fiber made from the seeds of the Indian cluster bean (*Cyamopsis tetragonolobus*). It is used in food products to help bind and thicken them [\[R\]](#).

Guar gum may help with blood pressure control and support the immune system [\[R\]](#).

How it helps

In hospitalized patients, taking guar gum (5.2 g/day) may reduce the risk of catching the flu [\[R\]](#).

Guar gum acts as a prebiotic that may support immune function by promoting the growth of beneficial bacteria [\[R\]](#).

42



Broccoli Sprouts

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Consume 2-4 tablespoons of fresh broccoli sprouts daily. They can be added to salads, sandwiches, or smoothies to make them easier to consume. Continue this practice daily for at least 3 months to potentially see benefits.

TYPICAL STARTING DOSE

2 tbsp

Description

Broccoli and broccoli sprouts are nutrient-dense vegetables packed with vitamins, minerals, and antioxidants. They are known for their potential to support a healthy immune system, protect against chronic diseases, and promote overall nutritional wellness.

How it helps

In 2 placebo-controlled trials of healthy young adult smokers and nonsmokers, consuming broccoli sprout homogenate for 4 days before receiving a flu vaccine reduced virus-induced inflammation markers and lowered virus quantity while increasing peripheral blood NK cell granzyme B production, especially in smokers [\[R\]](#), [\[R\]](#).

Broccoli sprouts are rich in a compound called sulforaphane, which boosts the body's immune system. Additionally, their anti-inflammatory properties can help soothe symptoms like fever and sore throat.

43



Green Tea Catechins and L-Theanine

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a supplement containing 200-400 mg of green tea catechins and 100-200 mg of L-theanine daily. This can be consumed in a single dose or divided into two doses, one in the morning and one in the afternoon. Continue this supplementation daily for at least 3 months to observe beneficial effects.

TYPICAL STARTING DOSE

200 mg

Description

Green tea catechins are bioactive compounds found in green tea that contribute to its health benefits. They are known for their antioxidant properties and may help protect cells from oxidative stress and reduce the risk of chronic diseases. Theanine is an amino acid found in green tea known for its potential to promote relaxation and reduce stress and anxiety.

How it helps

In a placebo-controlled trial of 197 healthcare workers, taking capsules with green tea catechins (378 mg/day) and theanine (210 mg/day) for 5 months lowered influenza infection and reduced the time for which the patient was free from clinically defined influenza infection [\[R\]](#).

In another trial of 65 elderly residents in a nursing home, L-cystine and L-theanine (for 14 days before immunization) increased the rate of seroconversion for influenza virus A (H1N1) among subjects with low serum total protein (63% vs 10%) or low hemoglobin (71% vs 9%) [\[R\]](#).

Green tea catechins and theanine boost your immune system, which helps your body fight off the flu virus more effectively. They also have antiviral properties that limit the virus's ability to multiply, potentially reducing the severity and duration of your symptoms.

Please note: polyphenols from green tea may bind to iron and form insoluble complexes, which reduces iron absorption in the gut. If you have anemia, consult your healthcare provider before using green tea [\[R\]](#).

44



Thymus Glandular

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a thymus glandular supplement, usually found in capsule form, once daily with a meal. It is commonly recommended to follow the dosage instructions on the product label or as directed by a healthcare professional. Continue as long as recommended in the guidance you receive.

Description

Thymus extract is derived from the thymus gland of animals and may contain bioactive compounds believed to support the immune system. It's used in some dietary supplements for potential immune-modulating effects.

How it helps

In a randomized clinical study of 85 patients with recurrent respiratory infections, thymomodulin alone (120 mg/day for 20 days/month over 4 months) and in combination with a vaccine, reduced the number and duration of infectious episodes as well as the intake of antibiotics, compared to antibiotics and vaccine alone. This treatment also improved respiratory symptoms, especially bouts of coughing [\[R\]](#).

Thymus extract boosts your immune system, which helps your body fight off the flu. It increases the production of white blood cells that actively fight viruses.

45



Bifidobacterium Bifidum

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take a bifidobacterium bifidum supplement according to the manufacturer's instructions, usually once or twice daily with a glass of water and potentially with meals. Supplement duration varies; some may use it continuously for ongoing gut health support, while others might take it for a specific period, such as 4-8 weeks, especially during or after antibiotic treatment.

TYPICAL STARTING DOSE
10 billion CFU

Description

Bifidobacterium bifidum is a probiotic strain that can help support digestive health and maintain a balanced gut microbiome.

[Bifidobacterium bifidum](#) is a [probiotic](#) bacterium naturally present in the human gastrointestinal tract. This species is the second most abundant one in breast-fed infants, but its levels decrease during adulthood [\[R\]](#).

People take *B. bifidum* to help with [\[R\]](#):

- Digestive issues
- Eczema
- Infections

How it helps

Supplementing with *B. bifidum* (R0071, 3x10^9 CFU/day) for 6 weeks may reduce the number of days with flu symptoms [\[R\]](#).

**CFU (colony forming units) = the number of active bacteria in one probiotic serving*

46

Mindfulness Meditation

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Practice mindfulness meditation for 10-20 minutes daily. Find a quiet, comfortable place to sit or lie down, then focus on your breath, observing thoughts and sensations without judgment. Consistency is key, so try to incorporate it into your daily routine, perhaps in the morning or before bed.

TYPICAL STARTING DOSE

30 minutes

Description

Mindfulness meditation involves focused attention on the breath or a specific point of focus to cultivate mindfulness and reduce stress. Regular meditation practice is associated with improved mental clarity, emotional regulation, and overall well-being.

How it helps

In a non-placebo-controlled trial of 149 participants, those who practiced mindfulness mediation had less severe cold and flu episodes than those exercising. An analysis of the study attributed the beneficial effects of mindfulness meditation to improvements in function and quality of life [\[R\]](#).

47



Green Tea Extract

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a green tea extract supplement containing 250-500 mg of EGCG (the active compound in green tea) daily, preferably with a meal to enhance absorption. This dosage is typically split into two separate doses, taken in the morning and later in the day. Continue this regimen for at least three months to observe potential health benefits.

TYPICAL STARTING DOSE

250 mg

Description

Green tea extract is a concentrated form of the beneficial compounds found in green tea, such as catechins. It is used in dietary supplements for its potential to enhance metabolism, aid in weight management, and provide antioxidant protection.

[Green tea](#) is made from the same plant as black tea (*Camellia sinensis*). However, the leaves and buds are processed differently [\[R\]](#).

Green tea contains **catechins**. These are antioxidants that help prevent [oxidative stress](#) [\[R\]](#).

EGCG is the main catechin found in green tea. It may help reduce inflammation and support weight loss [\[R\]](#).

How it helps

In a placebo-controlled trial of 197 healthcare workers, taking capsules with green tea catechins (378 mg/day) and theanine (210 mg/day) for 5 months lowered influenza infection and reduced the time for which the patient was free from clinically defined influenza infection [\[R\]](#).

Green tea catechins can boost your immune system, making it easier for your body to fight off the flu virus. They also have antiviral properties that can directly inhibit flu viruses.

Please note: polyphenols from green tea may bind to iron and form insoluble complexes, which reduces iron absorption in the gut. If you have anemia, consult your healthcare provider before using green tea [\[R\]](#).

48



American Ginseng

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 200-400 mg of American ginseng extract daily, preferably with a meal to enhance absorption. This regimen can be followed continuously for up to 12 weeks, after which a break or reassessment of the need to continue should be considered.

TYPICAL STARTING DOSE

200 mg

Description

American ginseng is a perennial herb native to North America, particularly regions of the United States and Canada. It is valued for its potential health benefits, including immune system support, stress reduction, and enhanced cognitive function, with the primary active compounds being ginsenosides.

[Ginseng](#) is a plant people use to improve [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Sexual function
- Immunity
- Fatigue
- Attention

There are many different types of ginseng. The most common ones are [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Korean red ginseng, also called Asian ginseng (*Panax ginseng*)
- [American ginseng](#) (*Panax quinquefolius*)
- Chinese notoginseng, also called Sanchi (*Panax notoginseng*)

How it helps

In a placebo-controlled trial of 323 adults, supplementation with an American ginseng extract rich in poly-furanosyl-pyranosyl-saccharide (2 capsules/day) for 4 months reduced the mean number of colds per person, the proportion of subjects who experienced 2 or more colds, the severity of symptoms and the number of days cold symptoms were reported [\[R\]](#).

Similarly, American ginseng extract (200 mg, 2x/day) taken for 12 weeks reduced the incidence of acute respiratory illness by 89% in a placebo-controlled trial of 198 older participants [\[R\]](#).

In a placebo-controlled trial of 293 patients with early-stage, untreated chronic lymphocytic leukemia, there was a trend toward reduced rates of moderate to severe acute respiratory illness and less sore throat after supplementation with American ginseng [\[R\]](#).

However, American ginseng extract failed to prevent upper respiratory infections in a placebo-controlled trial of 75 children [\[R\]](#).

American Ginseng can boost your immune system, which may help your body more effectively fight off the flu.

49



Lactobacillus Fermentum

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take a supplement containing Lactobacillus fermentum, aiming for dosages around 10 billion CFU (colony forming units). Consume it daily, preferably with a meal, to ensure proper absorption. Continue this routine for at least 4 weeks to observe benefits.

TYPICAL STARTING DOSE

10 billion CFU

Description

Lactobacillus fermentum is a beneficial probiotic strain that can support digestive health and contribute to a balanced gut microbiome. It may help improve gut function, enhance nutrient absorption, and bolster the immune system, promoting overall well-being.

How it helps

In a placebo-controlled trial of 50 healthy volunteers, supplementation with *L. fermentum* CECT5716 before the influenza vaccine boosted the immune response of this vaccine [R].

L. fermentum is a probiotic that strengthens your immune system, helping your body fight off the flu virus more effectively.

50



B. Lactis Bi-07 and L. Acidophilus NCFM

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

TYPICAL STARTING DOSE

10 billion CFU

Description

Bifidobacterium lactis Bi-07 and Lactobacillus acidophilus NCFM are both probiotics that have been shown to have a number of health benefits. They can help to improve gut health, boost the immune system, and reduce the risk of diarrhea.

How it helps

The combination of *Bifidobacterium lactis* Bi-07 and *Lactobacillus acidophilus* NCFM (5 x 10^9 cfu each per day) reduced the incidence of respiratory infections in a placebo-controlled trial of 465 physically active participants. This combination taken for 6 months reduced the incidence of fever, rhinorrhea, and cough, the duration and antibiotic prescription incidence, and the number of missed school days attributable to common cold or flu in a placebo-controlled trial of 326 children [R, R].

51



L-Theanine and Cystine

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a combined supplement of L-theanine and cystine, usually found in a 2:1 ratio favoring L-theanine. Consume this supplement once daily, preferably in the morning on an empty stomach to enhance absorption. The typical dosage for L-theanine ranges between 100 to 200 mg, making the cystine component approximately 50 to 100 mg per daily dose.

TYPICAL STARTING DOSE

100 mg

Description

Theanine and cystine are amino acids found in various foods, including tea and wheat. Theanine is known for its calming effects, promoting relaxation, while cystine is essential for protein synthesis and antioxidant defenses in the body.

How it helps

Elderly nursing home residents received l-cystine and l-theanine or placebo before influenza vaccination. Both groups showed increased antibody titers post-vaccination, with significantly enhanced response in the l-cystine and l-theanine group among those with low protein or hemoglobin levels [\[R\]](#).

52



L-Theanine

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 100-400 mg of L-theanine supplement daily. It can be consumed at any time of the day, with or without food.

TYPICAL STARTING DOSE

100 mg

Description

L-theanine is an amino acid found in tea leaves, known for its calming and relaxation-promoting effects. It is often used to reduce stress and anxiety and may contribute to improved focus and cognitive performance.

[L-theanine](#) is an amino acid found in black and [green tea](#) [\[R\]](#).

People take L-theanine as a supplement to [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Improve cognition
- Boost immunity
- Relieve anxiety and stress

How it helps

L-theanine generally aids in boosting the body's immune system and reducing stress.

A placebo-controlled trial of 197 healthcare workers found that capsules including green tea catechins (378 mg/day) and theanine (210 mg/day) for 5 months lowered influenza infection. It also reduced the time for which the patient was free from clinically defined influenza infection [\[R\]](#).

Another trial with 65 elderly residents in a nursing home found that L-cystine and L-theanine (for 14 days before immunization) increased the rate of seroconversion for influenza virus A (H1N1) among subjects with low serum total protein (63% vs 10%) or low hemoglobin (71% vs 9%) [\[R\]](#).

53



Colostrum

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take colostrum supplements orally, typically 20 to 60 grams daily, split into two to three doses. It is recommended to start with a lower dose and gradually increase as needed. This supplement can be taken for varying durations, from a few weeks to several months, depending on the health goals and responses observed.

TYPICAL STARTING DOSE

20 g

Description

Colostrum is the first milk produced by mammals, including humans, after giving birth. It is rich in nutrients and antibodies and is believed to support newborns' immune systems and overall health.

Colostrum, or “first milk,” is the very first type of milk produced right after a mammal gives birth. It supports the newborn’s immune system and provides a rich source of nutrients and growth factors [R].

People take colostrum to boost immunity and exercise performance [R].

How it helps

Supplementation with cow colostrum (400 mg/day for 2 months) may help prevent the flu [R].

Colostrum may help by boosting immunity [R].

54



Lactobacillus Acidophilus NCFM

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

TYPICAL STARTING DOSE

10 billion CFU

Description

[Lactobacillus acidophilus](#) is a [probiotic](#) bacterium that has been traditionally and widely used in the dairy industry to make yogurt [\[R\]](#).

More recently, *L. acidophilus* has been used as a probiotic. People take it to help with [\[R, R, R, R\]](#):

- High cholesterol
- Gut diseases
- Allergies
- Vaginal infections

L. acidophilus NCFM is a specific strain that may help relieve diarrhea, improve gut health, and boost the immune system. It can be taken as a supplement or found in some yogurts and other fermented foods.

How it helps

The combination of *Bifidobacterium lactis* Bi-07 and *Lactobacillus acidophilus* NCFM (5 x 10^9 cfu each per day) reduced the incidence of respiratory infections in a placebo-controlled trial of 465 physically active participants. This combination taken for 6 months reduced the incidence of fever, rhinorrhea, and cough, the duration and antibiotic prescription incidence, and the number of missed school days attributable to common cold or flu in a placebo-controlled trial of 326 children [\[R, R\]](#).

55



Wash Your Linens Regularly

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Wash your bed linens, blankets, and pillowcases once a week in hot water, at least 130°F (54.4°C), to kill dust mites and bacteria, and use a hot iron if possible to further sterilize the fabric. For those with allergies or skin conditions like eczema, consider washing these items twice a week.

Description

Frequent cleaning of linens is essential to eliminate accumulated dirt, allergens, and bacteria. Bed linens, towels, and other fabrics harbor moisture and dead skin cells, creating an environment conducive to microbial growth. Regular washing prevents the spread of infections, minimizes allergen exposure, and ensures a clean sleeping and bathing environment.

Proper linen hygiene contributes to overall health, comfort, and the longevity of the textiles, enhancing overall well-being and maintaining a hygienic living space.

How it helps

Regular washing of linens helps mitigate the flu by eliminating influenza viruses and preventing their transmission. Washing bed linens, pillowcases, and towels in hot water removes viral particles, reducing the risk of infection. This practice is crucial during flu seasons, promoting a clean environment and minimizing the potential for the virus to persist on surfaces and contribute to the spread of illness.

How to implement

10 billion CFU

Description

B. lactis Bi-07 is a strain that may help reduce the risk of diarrhea, improve gut health, and boost the immune system. It can be taken as a probiotic supplement or found in yogurts and fermented foods.

How it helps

The combination of *Bifidobacterium lactis* Bi-07 and *Lactobacillus acidophilus* NCFM (5 x 10⁹ cfu each per day) reduced the incidence of respiratory infections in a placebo-controlled trial of 465 physically active participants. This combination taken for 6 months reduced the incidence of fever, rhinorrhea, and cough, the duration and antibiotic prescription incidence, and the number of missed school days attributable to common cold or flu in a placebo-controlled trial of 326 children [R, R].

Next Steps

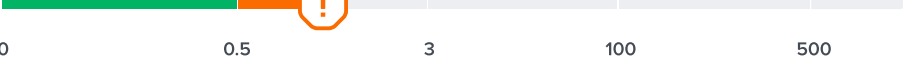
Remember, your genes only tell one important part of your health story!

Now that you've seen your DNA-based results for this health topic, let's take a look at other contributing factors.

Your lab results

Your lab results are impacted by the combined effect of your genes, environment and lifestyle.

Lab tests will give you the best picture of your current health status, while your genes provide insight into your health predispositions and which recommendations are best for you.

	WBC	6.92 x10^3/mm3		9 Nov 2025
	Zinc	17.12 umol/L		9 Nov 2025
	Vitamin D, 25-Hydroxy, Total	58.59 ng/mL		9 Nov 2025
	Albumin	4.3 g/dL		9 Nov 2025
	hs-CRP	1.6 mg/L		9 Nov 2025