

Respiratory Infections

DNA Health Report

REPORT CATEGORIES —



IMMUNITY &
INFECTIONS



RESPIRATORY HEALTH

Sample Client

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Personal information

NAME

Sample Client

SEX AT BIRTH

Male

HEIGHT

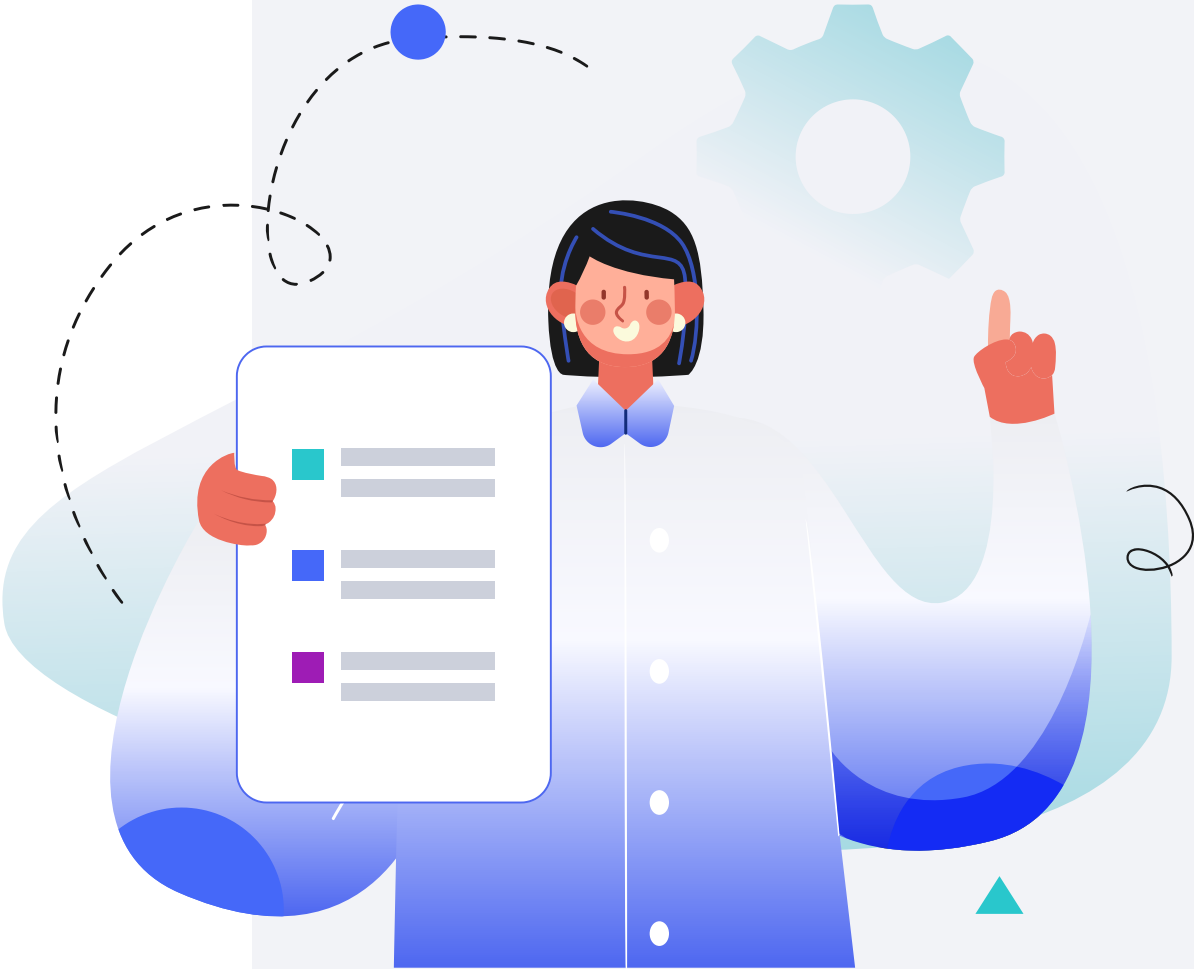
5ft 5" 165cm

WEIGHT

137lb 62kg

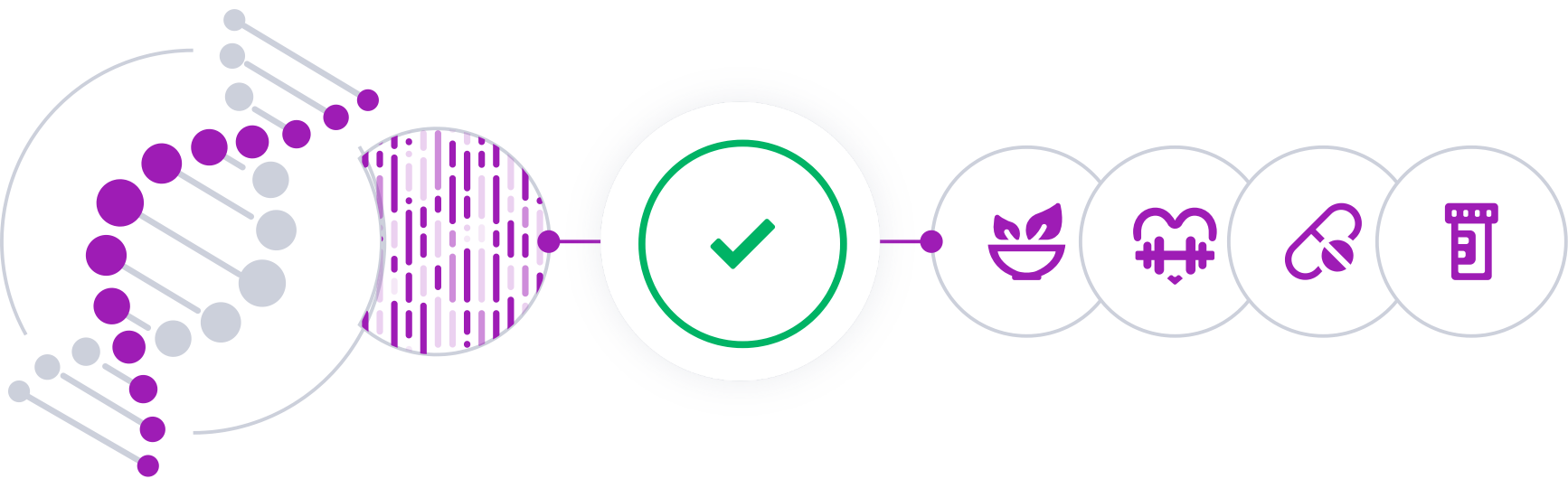
DISCLAIMER

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.



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

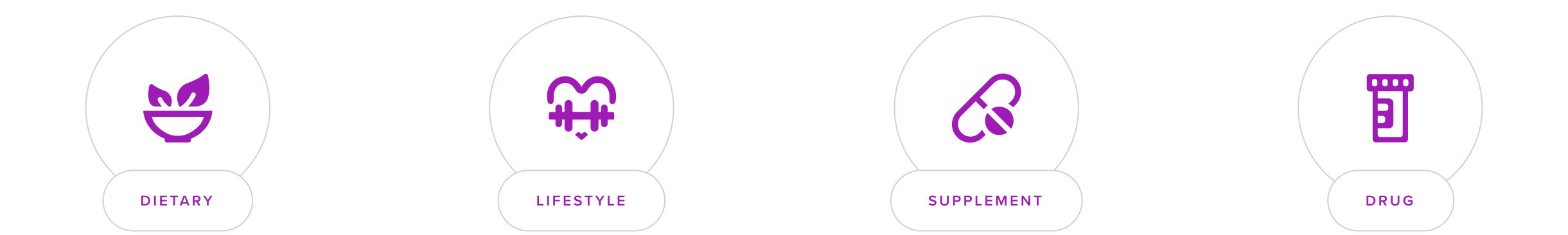
You have 2 risk alleles

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

Respiratory infections affect the structures and organs necessary for breathing, including the sinuses, throat, airways, and lungs. They can be caused by various pathogens, including viruses, bacteria, and fungi.

Some common respiratory infections are:

- Common cold
- Flu
- Bronchitis
- Pneumonia

Symptoms of respiratory infections can vary depending on the specific illness but may include:

- Coughing
- Shortness of breath
- Fever and chills
- Nasal congestion
- Sore throat
- Chest pain or discomfort
- Wheezing
- Fatigue

Treatment for respiratory infections largely depends on the underlying cause. Viral infections often resolve on their own with rest, hydration, and over-the-counter symptom relief. However, bacterial infections may require antibiotics. It's essential to consult with a healthcare provider for an accurate diagnosis and appropriate treatment recommendations.

Risk Factors and Genetics

Risk factors for respiratory infections include:

- Close contact with infected individuals
- A compromised immune system
- Chronic respiratory conditions such as asthma or COPD
- Smoking or exposure to secondhand smoke
- Travel or living in crowded conditions
- Age (the very young and elderly are more susceptible)
- Genetics

While environmental factors and exposure play significant roles in the development of respiratory infections, genetics can also influence an individual's susceptibility. Some genetic factors can make certain individuals more prone to severe respiratory conditions or complications.

Specific gene variants might impact the immune system's ability to respond to pathogens, leading to increased vulnerability or, conversely, resilience to certain infections. Other variants may play a role by affecting the function of lungs and other respiratory organs.



TYPICAL LIKELIHOOD

Typical likelihood of a respiratory infection based on 615,790 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
IL6	rs1800795	GG
IL19	rs1800896	CT
IL2	rs2069762	AC
DDX6	rs11606719	CC
FAM171A1	rs138075843	CC
NEDD9	rs200243764	GDEL()
IL10	rs1800871	GG
DIRAS2	rs150438131	GG
NWD2	rs144242331	GG
CLYBL	rs76713055	AA
PRMT8	rs79345814	TT
HLA-DQA2	rs9275211	TT
MUC5AC	rs11245979	TT

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	Regular Hand Washing	2	Good Hygiene Practices20 seconds
3	Sleep for 7+ Hours	4	Avoid Close Contact With Infected People
5	Clean and Disinfect Surfaces Regularly	6	Andrographis300 mg
7	Honey	8	Lactobacillus Casei10 billion CFU
9	Wear Facemasks	10	Avoid Exposure to Molds
11	Echinacea240 mg	12	Probiotics30 billion CFU
13	Zinc15 mg	14	Nasal Cleansing
15	Lactoferrin100 mg	16	Probiotic Yogurt
17	Vitamin C2000 mg	18	Glutamine5 g
19	Dietary Antioxidants	20	Maintain Optimal Vitamin D Levels1000 iu
21	Avoid Air Pollution	22	Lactobacillus Rhamnosus GG10 billion CFU
23	South African Geranium Root60 mg	24	Green Tea400 mg
25	Lactobacillus Paracasei10 billion CFU	26	Oyster Mushroom600 mg
27	Nutritional Yeast	28	Relaxation Techniques30 minutes
29	Meditation30 minutes	30	Lactobacillus Fermentum10 billion CFU
31	Lactobacillus Rhamnosus10 billion CFU	32	Avoid Touching Your Face

33	Bifidobacterium Lactis Bi-04	10 billion CFU	34	Exercise At Least One Hour a Day	1 hour
35	Avoid Vitamin A Supplements		36	Dietary Folate	
37	Bifidobacterium Longum	10 billion CFU	38	Aloe Vera	50 mg
39	Curcumin Theracurmin	180 mg	40	Lactobacillus Plantarum	10 billion CFU
41	Mangiferin	150 mg	42	Bifidobacterium Bifidum	10 billion CFU
43	Flower Pollen Extract	20 mg	44	Guar Gum	5 g
45	Lactobacillus Rhamnosus HN001	10 billion CFU	46	Elderberry	
47	Fucoidan	300 mg	48	Regular Sleep Schedule	
49	B. Lactis Bi-07 and L. Acidophilus NCFM	10 billion CFU	50	Bacillus Coagulans	
51	Mindfulness Meditation	30 minutes	52	Guava	
53	Propolis		54	Palmitoylethanolamide (PEA)	
55	Good Oral Hygiene	2 minutes	56	Emoxypine	
57	Lactobacillus Helveticus	10 billion CFU	58	Bacillus Clausii	
59	Papaya	500 mg	60	Sulforaphane	30 mg
61	Green Tea Catechins and L-Theanine	200 mg	62	Vitamin E	200 iu
63	Garlic Supplement	200 mg	64	N-acetylcysteine (NAC)	1200 mg
65	Shiitake Mushroom	500 mg	66	Beta-Glucans	
67	Olive Leaf Extract	500 mg	68	Broccoli Sprouts	2 tbsp
69	Glycine	3 g	70	American Ginseng	200 mg
71	L-Theanine	100 mg	72	Thymus Glandular	

73	Glucosamine	1500 mg	74	Colostrum	20 g
75	Horseradish and Nasturtium		76	Cherries	
77	Mindfulness	30 minutes	78	Lactobacillus Delbrueckii	10 billion CFU
79	Halotherapy	30 minutes	80	Bifidobacterium Lactis HN019	10 billion CFU
81	Horseradish		82	Lactobacillus Acidophilus NCFM	10 billion CFU
83	Bifidobacterium Lactis Bi-07	10 billion CFU			

1



Regular Hand Washing

IMPACT

4 / 5

EVIDENCE

4 / 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 with soap may reduce the risk of respiratory infections by 6-44%. For every single hand hygiene event, the risk may be reduced by 3% [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Hand sanitizer may reduce the transmission of respiratory infections even more than soap [\[R\]](#).

Hand washing may help by removing pathogens from the skin.

2



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 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 the incidence of respiratory infections and absenteeism from work or school [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

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 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 by stimulating immune function and reducing inflammation [\[R, R\]](#).

4



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 respiratory infections. These include avoiding close contact with infected people [\[R, R\]](#).

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

5



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 respiratory infections. These include cleaning and disinfecting surfaces [\[R, R\]](#).

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

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6



Andrographis

IMPACT

3 / 5

EVIDENCE

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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

A meta-analysis of 33 trials and 7,175 patients concluded that supplementation with andrographis (300-400 mg, 2-3x/day for 3-5 days) relieves acute respiratory tract infection symptoms such as cough and sore throat, and shortens their duration [[R](#)].

7



Honey

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Consume 1-2 tablespoons of raw honey daily, either directly or by mixing it into warm water, tea, or yogurt. Continue this practice regularly to observe benefits.

Description

Honey is a natural sweetener known for its antimicrobial properties and potential benefits for wound healing. It contains antioxidants and may have soothing effects on sore throats and coughs.

[Honey](#) is a thick, sweet substance. It’s made by honeybees from the nectar of flowering plants. There are many different types of honey. Besides sugar, honey also contains amino acids (protein building blocks), vitamins, and minerals [\[R\]](#).

People use honey for its anti-inflammatory and antioxidant properties. It can potentially help with [\[R\]](#):

- Heart problems
- Gut problems
- Cough
- Burns

How it helps

A [meta-analysis of 14 studies](#) concluded that honey **improves overall symptoms, cough frequency, and cough severity better than usual care** in people with upper respiratory infections [\[R\]](#).

8



Lactobacillus Casei

IMPACT3 / 5

EVIDENCE3 / 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* Shirota may reduce upper respiratory tract infections in athletes and office workers, but not in the elderly. Another strain, *L. casei* DN-114 001, reduced the duration and incidence of common infectious diseases, particularly upper respiratory infections, in various populations, including the elderly, children, and shift workers [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

9



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 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.

10



Avoid Exposure to Molds

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Keep indoor humidity levels below 50% by using dehumidifiers or air conditioners, ensure proper ventilation in areas like bathrooms and kitchens, fix leaks promptly, and clean up any water damage within 24-48 hours to prevent mold growth. Regularly check and clean places where mold tends to accumulate, such as shower curtains, window sills, and refrigerator drip pans.

Description

[Molds](#) are tiny fungi that live all around us: in the soil and air, on food crops, and even on our skin. Some of them are beneficial while others can wreak havoc on our health. Inhaled mold may cause a range of respiratory symptoms, like infections, asthma, and coughing.

[Molds](#) are tiny fungi that live all around us: in the soil and air, on food crops, and even on our skin. Some of them are beneficial while others can wreak havoc on our health [\[R\]](#).

Inhaled mold may cause a range of respiratory symptoms, including [\[R, R, R, R, R\]](#):

- Respiratory infections
- Reduced lung function
- Caught
- Asthma worsening

Mycotoxins are the most dangerous aspect of **foodborne mold**. Exposure to higher amounts of these toxins can damage the organs and promote cancer growth [\[R, R, R\]](#).

How it helps

Exposure to dampness and molds in buildings may increase the risk of respiratory infections by 44%. In line with this, repairing mold-damaged buildings may reduce the incidence and severity of respiratory infections [\[R, R\]](#).

Mold spores can trigger allergic reactions and exacerbate conditions like asthma, leading to respiratory distress. By maintaining a mold-free environment through proper ventilation and humidity control, individuals can significantly reduce their risk of respiratory issues.

To reduce mold growth and exposure at your home, you can try to [\[R, R, R\]](#):

- Eliminate sources of dampness, such as pipe leaks
- Use a dehumidifier
- Use an air conditioner with a HEPA filter
- Ventilate your rooms regularly, especially your bathroom
- Ensure proper groundwater drainage

11



Echinacea

IMPACT

3 / 5

EVIDENCE

3 / 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 respiratory infections such as the flu and the common cold. In people with these conditions, it may improve the symptoms and speed up recovery [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

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* [\[R\]](#).

12



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
30 billion CFU

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 help prevent respiratory infections in adults. However, it may be ineffective in children [\[R\]](#), [\[R\]](#).

Probiotic strains that may help include:

- *Lactobacillus rhamnosus* GG [\[R\]](#), [\[R\]](#)
- *L. paracasei* 431, HEAL9, and 8700:2 [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#)
- *L. casei* Shirota and DN-114 001 [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#)
- *L. plantarum* DR7 [\[R\]](#)
- *L. helveticus* Lafti [\[R\]](#)
- *L. fermentum* PCC, VRI-003, and CECT5716 [\[R\]](#), [\[R\]](#), [\[R\]](#)
- *L. acidophilus* NCFM [\[R\]](#), [\[R\]](#)
- *Bifidobacterium lactis* Bi-07 [\[R\]](#), [\[R\]](#)
- *Bacillus coagulans* T11 [\[R\]](#), [\[R\]](#)
- *B. clausii* UBBC-07 [\[R\]](#)

Probiotics may help by restoring the balance of gut microbiota, which plays a crucial role in immune function.

13



Zinc

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

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

TYPICAL STARTING DOSE

15 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

Sublingual or intranasal zinc may reduce the incidence of respiratory infections by 5 infections per 100 person-months and symptom duration by 2 days [\[R\]](#).

Zinc is essential for maintaining immune function. Its antiviral properties can help inhibit the replication of respiratory viruses.

14



Nasal Cleansing

IMPACT3 / 5

EVIDENCE2 / 5

How to implement

Perform nasal cleansing using a saline solution twice a day, in the morning and evening. Tilt your head sideways over a sink and gently pour the saline solution into the upper nostril, allowing it to flow out of the lower nostril, then switch sides.

Description

Nasal cleansing, often done using saline solutions or neti pots, helps clear nasal passages, alleviate congestion, and reduce allergy symptoms, promoting better respiratory comfort and improved breathing.

Nasal cleansing involves rinsing your nasal passages with a sterile salt solution. This is done with a squeeze bottle or a teapot-like container called a neti pot [\[R\]](#), [\[R\]](#), [\[R\]](#).

People mainly use nasal cleanses to relieve a stuffy nose, which may be caused by [\[R\]](#), [\[R\]](#):

- Allergies
- Colds
- Sinus problems

How it helps

Nasal cleansing with salt solution as part of the standard management of respiratory infections may improve symptoms such as nasal secretion and the capacity to breathe through the nose [\[R\]](#).

Nasal cleansing may help by removing mucus and clearing pathogens from the nose.

15



Lactoferrin

IMPACT

3 / 5

EVIDENCE

2 / 5

How to implement

Take 100-200 mg of lactoferrin supplement per day, preferably on an empty stomach to enhance its absorption. Continue this regimen daily for 8 to 12 weeks to observe beneficial effects.

TYPICAL STARTING DOSE

100 mg

Description

Lactoferrin is a protein found in milk and other bodily fluids that has been studied for its potential health benefits, including immune system support and antimicrobial properties. It plays a role in promoting gut health.

Lactoferrin is a protein found in milk. It can bind to iron and travel all around the body [\[R\]](#).

Lactoferrin may help support [\[R\]](#) [\[R\]](#):

- Immunity
- Iron status

How it helps

A [meta-analysis of 6 randomized controlled trials](#) found that lactoferrin **reduced the odds of developing respiratory infections (pooled OR = 0.57)**. However, the authors asked for more large well-designed RCTS [\[R\]](#).

16



Probiotic Yogurt

IMPACT3 / 5

EVIDENCE2 / 5

How to implement

Consume one to two servings of probiotic yogurt each day. Each serving is typically 6 to 8 ounces. Continue this practice daily for at least 1 to 2 weeks to begin noticing benefits to digestive health.

Description

Probiotic yogurt is a dairy product containing live probiotic cultures like Lactobacillus and Bifidobacterium, which can aid digestion and improve gut health when consumed regularly. It is a good source of calcium, protein, and probiotics, contributing to bone health and digestive well-being.

How it helps

Yogurt, particularly when supplemented with specific probiotics, has been studied for its potential benefits in boosting immunity and alleviating common cold and other respiratory infections symptoms. Here are summaries of relevant clinical trials:

- Hemmi et al. (2022) investigated yogurt fermented with Lactobacillus delbrueckii ssp. bulgaricus OLL1073R-1. The study found that daily intake of this yogurt could reduce the duration of symptoms caused by respiratory infections [R].
- Meng et al. (2016) investigated the effect of Bifidobacterium animalis subsp. lactis BB-12 on natural killer (NK) and T-cell function in healthy adults. The study indicated that participants consuming yogurt with BB-12 experienced fewer days with upper respiratory tract infections (URTIs) and had elevated immune responses [R].
- A systematic review and meta-analysis found that consuming a fermented dairy drink with Lactobacillus paracasei CNCM I-1518 may reduce the incidence of common infectious diseases in healthy individuals [R].
- Daily consumption of dairy yogurt with specific probiotics enhanced immune function in 200 participants over 12 weeks, increasing NK cell activity, cytokine levels, and immunoglobulins, compared to a placebo group [R].
- A study with 205 middle-aged and elderly participants found that consuming yogurt with Lactobacillus paracasei N1115 reduced the risk of upper respiratory tract infections (URTI) and enhanced T-cell-mediated immunity in the elderly [R].

In conclusion, these studies suggest that certain types of yogurt, especially those fortified with specific probiotics, may help reduce the symptoms and duration of the common cold by enhancing immune response.

17



Vitamin C

IMPACT2 / 5

EVIDENCE4 / 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

2000 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

A [meta-analysis of 6 large studies](#) concluded that supplementation with large doses (at least 1 g/day) of vitamin C **reduces the incidence of the common cold in male (but not female) schoolchildren** [\[R\]](#).

However, a [meta-analysis of 45 studies](#) **failed to confirm that vitamin C supplementation helps prevent the common cold** [\[R\]](#).

A [Cochrane review of 29 trials and 11,306 participants](#) found that vitamin C supplementation **doesn’t prevent the common cold in the general population but does halve the risk in athletes**. Supplementation with 1-2 g/day **decreases symptom duration by 8% in adults and by up to 18% in children. Supplementation also reduces symptom severity** [\[R\]](#).

A [meta-analysis of 10 studies](#) found that vitamin C supplementation used as an add-on to antiviral regimens **speeds up symptom resolution** in patients with the common cold. However, a [meta-analysis of 8 studies](#) found **minimal or no impact of vitamin C supplementation on the duration of the common cold** [\[R\]](#), [\[R\]](#).

A [meta-analysis of 10 studies](#) found that vitamin C supplementation **reduces the incidence of upper respiratory infections by 6% and reduces their duration** [\[R\]](#).

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 [\[R\]](#).

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



Glutamine

IMPACT

2 / 5

EVIDENCE

3 / 5

How to implement

Take 5 to 10 grams of glutamine powder, mixed with water or another beverage, daily. It can be divided into two servings, one in the morning and the other in the evening. This supplementation is generally considered safe for long-term use, but it's best to consult with a healthcare provider for personalized advice.

TYPICAL STARTING DOSE

5 g

Description

Glutamine is an amino acid that plays a role in various bodily functions, including immune support and gut health. It may help with muscle recovery and overall well-being, particularly for individuals engaging in strenuous exercise.

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 [\[R\]](#).

Some people take L-glutamine as a supplement to help with [\[R\]](#):

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

How it helps

Supplementation with L-glutamine may enhance the mucosal immunity, improve hormonal status, and reduce the rates of URTI in athletes [\[R, R, R, R\]](#).

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

In a placebo-controlled trial of 454 hospitalized COVID-19 patients, supplementation with L-glutamine reduced serum levels of interleukin-1 β , hs-CRP, and TNF- α , while significantly increasing appetite [\[R\]](#).

19



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.

20



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

Supplementation with vitamin D (400-1000 IU for up to 12 months) may help prevent respiratory infections, especially in individuals with deficiency. However, the results are mixed. Moreover, they may be ineffective at improving their symptoms [\[R, R, R, R, R\]](#).

Vitamin D supplementation may be more effective at preventing respiratory infections when administered continuously instead of in intermittent boluses [\[R\]](#).

Vitamin D may help by boosting the immune system.

21



Avoid Air Pollution

IMPACT

2 / 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

Long-term exposure to particulate matter may increase the risk of hospitalizations due to upper respiratory infections in children and adolescents, while CO, NO2, SO2, and O3 may increase them after short-term exposure [\[R\]](#), [\[R\]](#).

Polluted air contains harmful particulates and chemicals that can irritate the respiratory tract, weaken lung function, and lower immune defenses.

22



Lactobacillus Rhamnosus GG

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

TYPICAL STARTING DOSE

10 billion CFU

Description

Lactobacillus rhamnosus GG (LGG) is a probiotic that has been shown to have a number of health benefits, including reducing the risk of diarrhea, improving gut health, and boosting the immune system. LGG can be taken as a supplement or found in some yogurts and other fermented foods.

How it helps

A meta-analysis of 4 trials and 1805 participants concluded that supplementation with *Lactobacillus rhamnosus* GG reduces the incidence of upper respiratory infections and otitis media in children. Another meta-analysis (3 trials and 1295 participants) found that this strain also reduces the duration of respiratory infections (by 0.78 days) [\[R\]](#), [\[R\]](#).

23



South African Geranium Root

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Take a supplement containing South African Geranium root extract, commonly found in 20-30 mg doses, three times a day with meals. Continue this regimen especially during the cold season or at the first signs of respiratory discomfort for up to 10 days.

TYPICAL STARTING DOSE

60 mg

Description

South African geranium root (*Pelargonium sidoides*) is a plant extract native to South Africa. It has a long history of traditional use by indigenous peoples to treat various ailments such as respiratory health and alleviate symptoms of respiratory infections like the common cold. The main compounds in South African geranium root extract include polyphenols and various phytochemicals.

South African geranium (*Pelargonium sidoides*) is part of the geranium family. It is also known as umckaloabo [\[R\]](#).

Traditionally, people have used the root to support the immune system. It may also help with sinus congestion, bronchitis, and other respiratory problems [\[R\]](#), [\[R\]](#), [\[R\]](#).

How it helps

Supplementation with South African geranium root may relieve the symptoms of the common cold, acute rhinosinusitis, and sinusitis in adults, and acute bronchitis in adults and children [\[R\]](#).

South African geranium root has antimicrobial and immunomodulatory properties that may reduce the severity and duration of respiratory infections.

24



Green Tea

IMPACT

2 / 5

EVIDENCE

2 / 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 [\[R\]](#).

25



Lactobacillus Paracasei

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Take a supplement containing Lactobacillus paracasei daily, with a dose of around 10 billion colony-forming units (CFUs). Consume the supplement with or without food, but consistently at the same time each day for at least 4 weeks to observe beneficial effects.

TYPICAL STARTING DOSE

10 billion CFU

Description

Lactobacillus paracasei 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 paracasei](#) is a type of bacteria naturally found in the intestine. It is considered a [probiotic bacteria](#), which means “good” bacteria that has health benefits when taken in adequate amounts [\[R\]](#).

L. paracasei is used in the production of the following fermented foods [\[R\]](#):

- Yogurt
- Cheese
- Sauerkraut

It may help [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Improve gut and skin health
- Boost immunity
- Fight allergies

How it helps

In various placebo-controlled trials, supplementation with *L. paracasei* strains, such as *L. paracasei* 431, HEAL9, and 8700:2, as well as yogurt containing them, showed mixed results regarding immune response to influenza vaccination. However, these probiotics reduced the duration of upper respiratory symptoms, enhanced specific antibodies, and lowered the severity of cold symptoms, medication use, and the risk of upper respiratory tract infections [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

26



Oyster Mushroom

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Consume 600 mg to 1.2 grams of oyster mushroom extract in supplement form daily, ideally divided into two or three doses. Continue this routine for 1 to 2 months to evaluate its effects on your health.

TYPICAL STARTING DOSE
600 mg

Description

Oyster mushrooms (pleurotus ostreatus) are a popular and edible species of mushroom grown all over the world, rich in protein, fiber, B-vitamins, vitamin D, postassium, iron, and selenium. They have been used in Chinese medicine for their potential benefits toward immune function. They are eat today for being nutritious and a source of antioxidants.

How it helps

In several studies, supplementation with oyster mushroom beta-glucans showed potential immune-boosting effects. In a placebo-controlled trial with athletes, it reduced the incidence of upper respiratory tract infection symptoms and increased circulating natural killer cells. Another trial in elite athletes found that beta-glucan prevented a decline in natural killer cell activity after intensive exercise, potentially helping prevent respiratory infections. In children with recurrent respiratory infections, oyster mushroom beta-glucans reduced the frequency of flu and flu-like disease, lower respiratory tract infections, and peripheral blood eosinophilia, while stabilizing serum total IgE levels [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

27



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 [\[R\]](#), [\[R\]](#).

28



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 [\[R, R, R\]](#).

29



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 [\[R\]](#), [\[R\]](#).

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Lactobacillus Fermentum

IMPACT

2 / 5

EVIDENCE

2 / 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

Supplementation with *L. fermentum* strains, such as PCC and VRI-003, has shown benefits in reducing the duration and severity of respiratory infections in athletes and cyclists. Additionally, administering a formula containing *L. fermentum* CECT5716 to infants significantly reduced gastrointestinal and upper respiratory infections, as well as the overall number of infections [R, R, R].

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Lactobacillus Rhamnosus

IMPACT

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EVIDENCE

2 / 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

A meta-analysis of 4 trials and 1805 participants concluded that supplementation with *Lactobacillus rhamnosus* GG reduces the incidence of upper respiratory infections and otitis media in children. Another meta-analysis (3 trials and 1295 participants) found that this strain also reduces the duration of respiratory infections (by 0.78 days) [R, R].

32



Avoid Touching Your Face

IMPACT

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EVIDENCE

2 / 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 respiratory infections. These include avoiding touching your mouth, nose, and eyes [\[R, R\]](#).

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

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Bifidobacterium Lactis Bi-04

IMPACT

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EVIDENCE

2 / 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 [\[R\]](#).

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Exercise At Least One Hour a Day

IMPACT

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EVIDENCE

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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

Exercise may reduce the severity and duration of respiratory infections, but not their incidence [\[R\]](#).

Importantly, make sure to stay within your comfort zone; periods of intense physical training have been linked to windows of reduced immunity that predispose to upper respiratory tract infections [\[R\]](#), [\[R\]](#).

Exercise boosts the immune system, enhancing its ability to combat respiratory infections. Regular physical activity improves cardiovascular health, lung capacity, and air flow, making the body more efficient at expelling pathogens.

35



Avoid Vitamin A Supplements

IMPACT

2 / 5

EVIDENCE

2 / 5

Description

Vitamin A is a fat-soluble vitamin essential for various bodily functions, including vision, immune system support, and skin health. It is found in foods like carrots, sweet potatoes, and spinach and is important for maintaining overall health.

Vitamin A is a nutrient important for [\[R\]](#), [\[R\]](#):

- Vision
- Immunity
- Gut health
- Skin health

Foods rich in vitamin A include [\[R\]](#):

- Beef liver
- Sweet potato
- Spinach
- Carrots
- Cheese

Vitamin A is also available in supplement form.

Women should be getting 700 micrograms of vitamin A per day, while men should be getting 900 micrograms [\[R\]](#).

How it helps

Excess vitamin A supplementation may increase the risk of respiratory infections in children, especially if they are well-nourished [\[R\]](#).

Optimal vitamin A levels are essential for immune health, but over-supplementation disrupts this balance and may impair the body’s natural defense mechanisms against pathogens.

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Dietary Folate

IMPACT2 / 5

EVIDENCE1 / 5

How to implement

Increase your intake of folate-rich foods such as leafy green vegetables, fruits, nuts, and legumes. Aim to consume these foods daily, incorporating them into various meals throughout the day to meet the recommended dietary allowance of 400 micrograms for adults.

Description

Vitamin B9 (*folate*) plays an essential role in [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Making DNA
- Metabolism
- Energy production

Rich sources of folate include [\[R\]](#), [\[R\]](#):

- Beef liver
- Spinach
- Black-eyed peas
- Asparagus
- Citrus fruits

While folate deficiency is rare, it can happen in people who don’t eat enough fruits and vegetables. Alcoholics and lactating women may also be at increased risk [\[R\]](#).

Adults should get **400 micrograms (mcg)** of folate per day. Pregnant or breastfeeding women should get **500-600 mcg per day**. Supplements are usually in the form of *folic acid* or [L-methylfolate](#) (5-MTHF) [\[R\]](#), [\[R\]](#).

How it helps

A study looking at almost 2,500 Indian children found that the group with the lowest folate levels had a 44% higher incidence of lower respiratory tract infections [\[R\]](#).

How to implement

TYPICAL STARTING DOSE

10 billion CFU

Description

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

How it helps

The *infantis* subspecies (R0033, 3×10^9 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

38



Aloe Vera

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take a 50 mg Aloe vera supplement daily, with a glass of water, preferably at the same time each day to maintain consistency.

TYPICAL STARTING DOSE

50 mg

Description

Aloe vera is a succulent plant native to arid regions and contains a gel-like substance in its leaves that is rich in vitamins, minerals, and antioxidants, making it beneficial for soothing skin irritations, promoting wound healing, and providing relief from conditions such as sunburn and minor burns. The primary active compounds in aloe vera gel include polysaccharides, vitamins like vitamin C and E, and minerals such as zinc, which contribute to its healing and anti-inflammatory effects.

[Aloe vera](#) lives in the desert, and its thick leaves store water in the form of a gel [\[R\]](#).

People use aloe gel to help soften the skin and soothe burns [\[R\]](#).

Oral aloe supplements may help with blood sugar and gut health [\[R\]](#).

How it helps

In a placebo-controlled trial of 100 healthy volunteers, supplementation with *Aloe vera* gel for 8 weeks reduced the number of upper respiratory infections [\[R\]](#).

39



Curcumin Theracurmin

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take 90 mg of Theracurmin curcumin twice daily with meals. Continue this regimen for at least 8 weeks to observe potential benefits.

TYPICAL STARTING DOSE

180 mg

Description

Curcumin Theracurmin is another formulation of curcumin designed for enhanced absorption and bioavailability. It may offer various health benefits, including anti-inflammatory and antioxidant effects.

How it helps

In a placebo-controlled trial of 94 healthy volunteers, supplementation with curcumin Theracurmin (150 mg/day) for 12 weeks reduced the persistence of common cold symptoms [\[R\]](#).

Please note: curcumin may interfere with iron absorption due to its iron-chelating properties, potentially exacerbating anemia or making it harder to manage. If you have anemia, consult your healthcare provider before using curcumin or turmeric supplements [\[R\]](#), [\[R\]](#), [\[R\]](#).

40



Lactobacillus Plantarum

IMPACT

1 / 5

EVIDENCE

1 / 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

Lactobacillus plantarum DR7 was administered for 12 weeks to 109 adults, reducing nasal symptom duration and upper respiratory tract infection frequency compared to placebo. DR7 had different effects on cytokines by age group, suppressing proinflammatory cytokines in middle-aged adults and enhancing anti-inflammatory cytokines in young adults, with reduced oxidative stress [\[R\]](#).

41



Mangiferin

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a mangiferin supplement of approximately 150-300 mg daily, ideally with a meal to enhance absorption. The duration of use depends on the specific health concern being addressed and recommendations from a healthcare provider.

TYPICAL STARTING DOSE

150 mg

Description

Mangiferin, a natural compound found in mangoes and other plants, is known for its antioxidant and anti-inflammatory properties. It has the potential to protect cells from oxidative stress and inflammation, promoting overall well-being.

Mangiferin is a natural compound found in mangoes and several other plants.

Researchers are interested in its potential benefits for blood sugar control, liver health, heart health, and more. However, the available evidence to support its use as a supplement is limited [\[R\]](#).

How it helps

In a placebo-controlled trial of children, drinking mango juice providing 278.6 mg polyphenols for 2 months reduced the incidence of upper-tract respiratory (crystalline mucus, itchy throat, runny nose, itchy nose, and sneezing) symptoms [\[R\]](#).

42



Bifidobacterium Bifidum

IMPACT

1 / 5

EVIDENCE

1 / 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*

43



Flower Pollen Extract

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a flower pollen extract supplement, typically available in capsule or tablet form, daily. The common dosage ranges from 20 to 40 mg per day, and it's recommended to follow the specific dosing instructions on the product label or as directed by a healthcare professional.

TYPICAL STARTING DOSE

20 mg

Description

Flower pollen extract is sometimes used as a dietary supplement for its potential to support prostate health and reduce symptoms of benign prostatic hyperplasia (BPH) in men. It contains nutrients and compounds that may have anti-inflammatory and antioxidant properties.

How it helps

In a placebo-controlled trial of 20 swimmers, supplementation with pollen extract reduced the number of missed days due to respiratory infections by 4 days [\[R\]](#).

44



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 [\[R\]](#).

45



Lactobacillus Rhamnosus HN001

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

L. rhamnosus HN001 is available in various forms, including capsules, powders, and sometimes as an ingredient in fermented dairy products like yogurts and kefir. Typically, doses range from 1 billion to 10 billion colony-forming units (CFUs) per day. It is often recommended to start with a lower dose and gradually increase it to gauge how your body responds. Consistency is key. Taking *L. rhamnosus* HN001 regularly can help maintain its effectiveness.

TYPICAL STARTING DOSE

10 billion CFU

Description

Lactobacillus rhamnosus HN001 is a probiotic strain originally isolated from dairy products. Research suggests that *L. rhamnosus* HN001 can have several beneficial impacts, particularly in the areas of digestive health and immune system support.

People mainly take *L. rhamnosus* HN001 to help with:

- IBS
- Diarrhea
- Respiratory infections
- Eczema
- Anxiety
- Depression

How it helps

Supplementation with *L. rhamnosus* HN001 (10^6 cfu/g) for 12 weeks reduced the incidence of respiratory infections in a placebo-controlled trial of 192 healthy infants aged 6-12 months [R].

46



Elderberry

IMPACT

1 / 5

EVIDENCE

1 / 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 [\[R, R\]](#).

47



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.

48



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.

49



B. Lactis Bi-07 and L. Acidophilus NCFM

IMPACT

1 / 5

EVIDENCE

1 / 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 [\[R\]](#), [\[R\]](#).

50



Bacillus Coagulans

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a Bacillus coagulans supplement containing 1 to 2 billion CFUs (colony forming units) daily, with a glass of water, preferably with meals. This routine should be consistently followed for at least four weeks to potentially see benefits.

Description

Bacillus coagulans is a probiotic strain believed to support digestive health and boost the immune system. It's used in various probiotic supplements and may aid in maintaining gut balance.

How it helps

In a 30-day study with 10 participants, GanedenBC30 probiotic increased T-cell TNF-alpha production in response to adenovirus and influenza A (H3N2 Texas strain), suggesting it may enhance T-cell response to specific viral respiratory infections safely [\[R\]](#).

In a double-blind study with 80 healthy children (6-8 years old), GanedenBC30 probiotic reduced upper respiratory tract infection (URTI) symptoms, including nasal congestion and hoarseness, and decreased the incidence of flatulence. These effects were linked to immune protein modulation, suggesting it promotes a healthier lifestyle [\[R\]](#).

51



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 [\[R\]](#).

52



Guava

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate fresh guava into your diet by consuming 1-2 whole fruits daily or adding sliced guava to salads, smoothies, or yogurts. This can be continued as a regular part of your daily dietary intake to obtain its nutritional benefits.

Description

Guava is a nutritious fruit rich in vitamins, minerals, and dietary fiber. Consuming guava can support immune health, digestive regularity, and overall well-being.

Guava (*Psidium guajava* L.) is a tropical fruit found from India to Indonesia, and the Caribbean to Latin America. The fruit and leaves of the guava plant have been used medicinally for centuries.

People use guava fruit and leaf extracts to potentially help with [\[R\]](#), [\[R\]](#):

- Diabetes
- Digestive issues
- Weight control
- Joint health

How it helps

In a non-placebo-controlled trial of 399 preschool children, consuming guava (25 g/day) for 140 days reduced the incidence of acute respiratory infections [\[R\]](#).

53



Propolis

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a propolis supplement in capsule or tablet form, typically ranging from 500mg to 1000mg per day. It's best to follow the dosage instructions on the product label or a healthcare provider's advice. Propolis can be taken continuously, but consult a healthcare provider for specific durations especially if it exceeds three months.

Description

Propolis is a resinous substance collected by bees from tree buds and used to seal their hives. It has been traditionally used in natural medicine for its potential antimicrobial properties and as a source of antioxidants that may support oral and immune health.

Propolis is a waxy compound, also known as “bee glue.” Honeybees make it from plants and use it to build, repair, and protect their hives [\[R\]](#).

People use propolis to potentially help [\[R\]](#):

- Reduce the appearance of acne
- Maintain oral health
- Support the immune system

How it helps

In an old clinical trial of 50 people with a common cold (caused by rhinovirus), propolis sped up recovery [\[R\]](#).

An herbal preparation with propolis, echinacea, and vitamin C reduced the incidence and duration of respiratory infections in another trial of 430 children [\[R\]](#).

A propolis extract (NIVCRISOL) reduced the number of cases with chronic symptoms and the presence of pathogens in a clinical trial of children with upper respiratory tract inflammation (rhinopharyngitis) [\[R\]](#).

54



Palmitoylethanolamide (PEA)

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

For managing pain and inflammation, take 300mg to 1,200mg of palmitoylethanolamide (PEA) in divided doses throughout the day, preferably with meals to enhance absorption. This regimen should be followed for at least 6 weeks to evaluate its effectiveness.

Description

Palmitoylethanolamide (PEA) is a naturally occurring fatty acid amide. It is a compound found in various tissues of animals, including humans. PEA has been a supplement for the past couple of decades, and is utilized for its potential anti-inflammatory and pain-relieving properties.

[Palmitoylethanolamide](#) (PEA) is a compound naturally made by the body to help combat inflammation [\[R\]](#).

It’s also made by plants and other animals. Good sources of PEA include [\[R\]](#):

- Soy lecithin
- Soybeans
- Egg yolk
- Peanuts

How it helps

In a placebo-controlled trial of 426 participants, supplementation with PEA (300 mg, 2x/day for 12 weeks) reduced the incidence and severity of respiratory infections [\[R\]](#).

55



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 respiratory illnesses [\[R\]](#), [\[R\]](#).

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

56



Emoxypine

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Emoxypine is typically available in oral capsules, tablets, or injectable forms, with the dosage depending on the condition being treated. For general antioxidant or neuroprotective purposes, the oral dose ranges from 125–250 mg taken 2–3 times daily, while more intensive treatments may require higher doses or injectable administration under medical supervision. It is usually recommended to take Emoxypine with meals to minimize gastrointestinal discomfort. Treatment duration can vary from a few weeks to several months, depending on the therapeutic goal.

Description

Emoxypine (2-ethyl-6-methyl-3-hydroxypyridine succinate) is a synthetic antioxidant and nootropic compound primarily used in Russia and some Eastern European countries. It is derived from pyridoxine (vitamin B6) and known for its neuroprotective, anti-stress, and anti-inflammatory properties.

Emoxypine can reduce anxiety, stress, and symptoms of depression by normalizing neurotransmitter levels and protecting brain cells from oxidative stress. Additionally, it has applications in managing cognitive impairment, improving memory, and protecting against age-related neurodegeneration. Emoxypine is also used for cardiovascular health, as it can improve blood flow and protect tissues from ischemia-reperfusion injuries.

Emoxypine works by scavenging free radicals, enhancing membrane fluidity, and improving the body's antioxidant defenses.

How it helps

In a non-placebo-controlled trial of 87 patients with chronic cerebral ischemia recovering from acute respiratory infections, supplementation with Emoxypine (125 mg, 3x/day for 3 weeks) along with standard treatment improved symptoms of asthenia, autonomic lability, and cognitive deficit [\[R\]](#).

57



Lactobacillus Helveticus

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a supplement containing Lactobacillus helveticus, usually available in capsule or powder form. Follow the manufacturer's instructions, commonly involving taking one to two capsules daily, preferably with a meal or as directed by a healthcare provider. Continue this regimen daily for at least 8 to 12 weeks to potentially see benefits.

TYPICAL STARTING DOSE
10 billion CFU

Description

Lactobacillus helveticus 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 39 elite athletes, supplementation with *L. helveticus* Lafti L10 (2×10^{10} cfu/day) shortened upper respiratory infection duration and decreased the number of symptoms [R].

58



Bacillus Clausii

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take Bacillus clausii as an oral probiotic supplement, usually found in liquid or capsule form. For adults and children, the typical dosage is one or two capsules (or one or two vials of liquid, if using that form) daily. The duration of use can vary; some may take it for a few weeks during or after antibiotic treatment, while others might use it for longer periods to support digestive health.

Description

Bacillus causii is a type of beneficial bacteria that can be found in probiotic supplements, potentially contributing to digestive health and a balanced gut microbiome.

How it helps

In a placebo-controlled trial of 90 children, supplementation with *B. clausii* UBBC-07 (4×10^9 cfu/day) for 3 months reduced the number, severity, and duration of respiratory infections [R].

59



Papaya

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 500 mg of papaya extract daily for at least one month to observe potential health benefits. If using powdered form, it can be mixed with water or juice for easier consumption.

TYPICAL STARTING DOSE
500 mg

Description

Papaya is a tropical fruit native to Central America and Mexico that is rich in vitamins A and C, folate, and dietary fiber. It has a long history in traditional medicines as a digestive aid and promoting skin health. Papaya's extract, papain, is used as a dietary supplement for digestive support.

Papaya is a tropical orange fruit. It originates from Central America, but today it’s most widely grown in India.

People enjoy the great taste of papaya. It’s also rich in healthy nutrients that may support the immune system.

How it helps

In a placebo-controlled trial of 90 sedentary participants, supplementation with a papaya preparation (9 g/day for 6 weeks) increased salivary IgA and SOD levels, possibly reducing the risk of respiratory infections [\[R\]](#).

60



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 [\[R\]](#).

61



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 [\[R\]](#).

62



Vitamin E

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 200 IU of Vitamin E daily as a supplement, preferably with a meal that contains fat to enhance absorption.

TYPICAL STARTING DOSE

200 iu

Description

Vitamin E is a fat-soluble antioxidant found in various foods, such as nuts and seeds. It is known for its ability to protect cells from oxidative damage, support immune function, and may play a role in skin health. Vitamin E supplements are used to bolster antioxidant defenses and may be beneficial for conditions related to oxidative stress.

[Vitamin E](#) is an antioxidant important for the immune system and for heart health [\[R\]](#).

Plant-based foods have the most vitamin E. These include [\[R\]](#):

- Wheat germ
- Sunflower seeds
- Almonds
- Plant oils

Adults need about **15 mg** of vitamin E per day [\[R\]](#).

How it helps

In a clinical trial of 617 older people, supplementing with vitamin E for a year reduced the incidence of common colds and other upper respiratory tract infections. However, it didn’t prevent lower respiratory tract infections [\[R, R\]](#).

Moreover, a similar study of 652 elderly people found the same dose of vitamin E ineffective [\[R\]](#).

Vitamin E may help through its antioxidant and immune-boosting effects.

63



Garlic Supplement

IMPACT1 / 5

EVIDENCE1 / 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

In a placebo-controlled trial of 46 volunteers, supplementation with allicin (1 capsule/day) for 12 weeks reduced the incidence of the common cold and sped up recovery [\[R\]](#).

Taking garlic tablets (Allicor, 300-600 mg/day) for 5 months reduced the incidence of respiratory infections by 1.7- to 4-fold in a placebo-controlled trial of 172 children [\[R\]](#).

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 [\[R\]](#), [\[R\]](#).*

64



N-acetylcysteine (NAC)

IMPACT

1 / 5

EVIDENCE

1 / 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
1200 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 [\[R\]](#).

65



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 [\[R\]](#), [\[R\]](#), [\[R\]](#).

66



Beta-Glucans

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a beta-glucan supplement daily, with a dosage ranging from 250mg to 500mg. It is best consumed with a meal to enhance absorption. Continue this routine daily to support immune health.

Description

Beta-glucans are types of soluble fiber found in foods like oats and barley. They have been associated with immune system support and may help lower cholesterol levels when consumed as part of a heart-healthy diet.

Beta-glucan is a type of soluble fiber with antioxidant properties. It is abundant in [\[R\]](#) [\[R\]](#):

- Baker's yeast
- Cereals (e.g., oats, barley)
- Mushrooms (e.g., maitake)
- Seaweeds

People use beta-glucans to [\[R\]](#) [\[R\]](#) [\[R\]](#) [\[R\]](#) [\[R\]](#):

- Improve immunity (e.g., fight infections)
- Reduce blood sugar
- Reduce cholesterol

How it helps

In a study with marathon runners, consuming insoluble yeast β -glucan reduced the severity of upper respiratory tract infections (URTI) and nasal discharge compared to placebo, while soluble yeast β -glucan showed no significant difference. Insoluble yeast β -glucan also led to fewer URTI symptomatic days. The study suggests that the type of yeast β -glucan and its incorporation into a food matrix can affect exercise-induced URTI in runners [\[R\]](#).

The study examined the effects of baker's yeast β -glucan (BG) on post-exercise immune function. BG reduced cold/flu symptoms by 37% after a marathon (E1) and increased salivary IgA by 32% after strenuous cycling (E2) [\[R\]](#).

However, in a study involving male cyclists, beta-glucan (BG) supplementation did not significantly affect immune responses, cytokines, or the incidence of upper respiratory tract infections during and after intense exercise [\[R\]](#).

67



Olive Leaf Extract

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 500-1000 mg of olive leaf extract daily, ideally in divided doses with meals. This regimen should be followed for at least 8 weeks to assess its effects on your health.

TYPICAL STARTING DOSE

500 mg

Description

Olive leaf extract is derived from the leaves of the olive tree and contains bioactive compounds such as oleuropein. It is believed to have various health benefits, including antioxidant and anti-inflammatory properties that may contribute to improved immune function and overall well-being.

How it helps

In a placebo-controlled trial of 32 high school students, supplementation with olive leaf extract (20 g, containing 100 mg/day oleuropein) for 9 weeks failed to prevent upper respiratory infections but reduced their duration by 28% [\[R\]](#).

68



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.

69



Glycine

IMPACT

1 / 5

EVIDENCE

1 / 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.

70



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](#) [\[R\]](#).

71



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

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%) [\[R\]](#).

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

72



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.

73



Glucosamine

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take glucosamine as a dietary supplement, commonly available in capsules or liquid form. The standard dose is 1500 mg per day, which can be taken all at once or divided into multiple doses throughout the day. It's often recommended to continue taking glucosamine for at least 3 to 4 months to evaluate its effectiveness in relieving joint pain or osteoarthritis symptoms.

TYPICAL STARTING DOSE

1500 mg

Description

Glucosamine is a supplement commonly used to support joint health and may help alleviate symptoms of osteoarthritis. It's believed to promote cartilage health and reduce joint discomfort, but individual responses can vary.

[Glucosamine](#) is a compound naturally made by the body. It helps keep the connective tissues, such as the cartilage in the joints, strong and elastic [\[R\]](#).

Many people use glucosamine supplements to support joint health [\[R\]](#), [\[R\]](#), [\[R\]](#).

How it helps

A study conducted on a large population-based cohort found that habitual glucosamine use was associated with reduced risks of hospital admission and death related to COVID-19, but not with the incidence of SARS-CoV-2 infection. The odds of SARS-CoV-2 infection with glucosamine use were not significantly different, but the risk of hospitalization was 20% lower, and the risk of mortality was 19% lower among glucosamine users, as compared to non-users [\[R\]](#).

74



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

Multiple studies investigated the effects of collagen and bovine colostrum supplementation on upper respiratory infections (URIs). In a winter study with 53 males, collagen (COL) reduced URIs but didn't impact immune factors. Another study with 31 IgA-deficient children showed lower infection severity with oral bovine colostrum, but no change in salivary IgA levels. Elite swimmers taking bovine colostrum had fewer upper respiratory symptoms after 4 weeks. In a protein comparison study, those consuming colostrum had fewer URIs in the subsequent seven weeks. Low-dose bovine colostrum appeared to enhance immune responses in cyclists, and in a 107-day trial, colostrum reduced URTI symptoms, especially among medical students [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

However, some studies showed no effect of colostrum on respiratory infections [\[R\]](#), [\[R\]](#), [\[R\]](#).

75



Horseradish and Nasturtium

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a supplement that combines horseradish and nasturtium in a capsule form, following the manufacturer’s dosage instructions. Typically, this might involve taking one to two capsules daily with meals for a period of at least 2-4 weeks to support respiratory health.

Description

Horseradish contains compounds that may provide relief from congestion and support respiratory health. It is often used as a condiment and may offer mild anti-inflammatory and antibacterial effects. Nasturtium is a plant with edible flowers and leaves. It is used in traditional medicine for its potential antimicrobial properties and as a source of vitamin C.

How it helps

In a placebo-controlled trial of 351 participants, supplementation with horseradish and nasturtium reduced the incidence of respiratory infections [\[R\]](#).

Horseradish and nasturtium have antibacterial properties that may help break down mucus and fight the microbes causing respiratory infections.

76



Cherries

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate a serving of cherries, which is about 1 cup or 21 cherries, into your daily diet. You can eat them fresh, frozen, dried, or in juice form. If opting for juice, ensure it's 100% cherry juice without added sugars.

Description

Cherries are a stone fruit that comes in numerous varieties. They are a natural source of antioxidants and anti-inflammatory compounds. They may help reduce inflammation, promote better sleep, and support overall health.

A cherry is a stone fruit with numerous varieties. Cherries are native to parts of Europe and Asia [\[R\]](#), [\[R\]](#).

People consume sweet cherries (*Prunus avium*) and tart cherries (*Prunus cerasus*) to help with [\[R\]](#):

- Gout
- Exercise recovery
- Blood sugar control
- Blood pressure

How it helps

In a placebo-controlled trial of 20 Marathon runners, consuming cherry juice before and after a race reduced the incidence of upper respiratory infections [\[R\]](#).

77

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].

78



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 [\[R\]](#).

79



Halotherapy

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

To participate in halotherapy, also known as salt therapy, visit a salt room or halotherapy center 2-3 times per week for sessions lasting between 30 to 45 minutes. It is a lifestyle practice that can be continued for several weeks to potentially see benefits in respiratory health, skin health, and overall wellness.

TYPICAL STARTING DOSE

30 minutes

Description

Halotherapy, or salt therapy, involves breathing in salt-infused air in a controlled environment. It is believed to have potential respiratory benefits and is used as a complementary therapy for respiratory conditions such as asthma and allergies.

How it helps

Halotherapy reduced the incidence of respiratory infections over 12 months in a trial in children [\[R\]](#).

80



Bifidobacterium Lactis HN019

IMPACT

1 / 5

EVIDENCE

1 / 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 HN019 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 improve gastrointestinal function, alleviate symptoms of irritable bowel syndrome, enhance immune response, and reduce the risk of certain infections.

How it helps

In a placebo-controlled trial of 192 healthy infants, supplementation with *Bifidobacterium lactis* HN019 (10^6 cfu/g) for 12 weeks reduced the incidence of both physician-confirmed and parentally reported upper respiratory infections, as well as the use of antibiotics or antivirals [\[R\]](#).

81



Horseradish

IMPACT

0 / 5

EVIDENCE

1 / 5

How to implement

Take 500mg of horseradish supplement once daily with a glass of water, preferably with a meal, to help with sinus congestion. Do not exceed this amount without consulting a healthcare provider.

Description

Horseradish contains compounds that may provide relief from congestion and support respiratory health. It is often used as a pungent condiment and may offer mild anti-inflammatory and antibacterial effects when consumed.

How it helps

In a placebo-controlled trial of 351 participants, supplementation with horseradish and nasturtium reduced the incidence of respiratory infections [\[R\]](#).

Horseradish has antibacterial properties that may help break down mucus and fight the microbes causing respiratory infections.

82



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 [\[R, R\]](#).

83



Bifidobacterium Lactis Bi-07

IMPACT

0 / 5

EVIDENCE

0 / 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-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 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 [\[R, R\]](#).

Next Steps

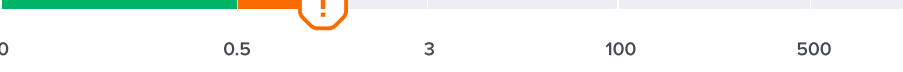
Remember, your genes only tell one important part of your health story!

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