

Diet  
Nutrients

Stress  
Management

Sleep  
Rest

Other  
Support

## Supplement Q&A

### Are these supplements safe for all adults?

- While the suggested supplements are generally safe for adults to take, there is always an element of bio-individuality. For this reason we recommend to not start everything at the same time. As we don't know your unique situation, we recommend that you confirm the safety of your choice with your doctor.
- If you are on any medication, please consult your doctor for potential contra-indications.
- If you have any known medical conditions (e.g. low kidney function), please consult your doctor before taking any supplements.

### What is the recommended duration for the suggested Immune supplements?

- These recommendations were put together with focus immune support for the winter, it can also be used during other times when special immune support is needed. You can stay on the plan 2-4 months. Please check with your doctor or book a health check session with us to get more personalised information on what's right for you longer term.

### How and when do I best take the supplements I choose?

It's always best to introduce supplements with a few days in-between, this way, if ever your body does not agree with a supplement, you can more easily identify which one might not be working for you (at this point). So wait 2-3 days before introducing the next supplement.

Instructions for use will typically tell you if a certain supplement is best taken with a meal or on an empty stomach. Most of the supplements we suggest work best taken with a meal. Quercetin is best taken on an empty stomach.

For introduction of the suggested supplements you can follow the order they are listed in. Many people have insufficient magnesium levels, which is why it's important to replenish it first, about 5 days, before introducing vitamin D.

### What is the best dose?

As for dosing, we recommend to follow the individual product's instructions for use, also see our comments in the recommendation list. Here is some additional information:

- **Vit C:** when you feel you are coming down with something or have an acute infection you can increase the daily dose. You can go up to bowel tolerance (i.e. to the point where it's giving you looser stools), this will be different for every person.

If you have any other specific questions about the recommended supplements, please don't hesitate to email us and we will extend this page with answers. [connect@functionalmedicine-europe.com](mailto:connect@functionalmedicine-europe.com)

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- **Vit D:** many people are deficient or at least have insufficient levels. It's a critical vitamin and hormone for various body functions and to determine the right dosage for maximum effect, it's best to establish your vit D level with a blood test. More accurate information on how active your vit D is can be gained from testing parathyroid hormone in addition to vit D. You can email us for more detailed dosing information based on blood test results. It's always best to take daily smaller dosages vs large weekly dosages. This is because vit D is a hormone and large dosages can cause vit D receptors to downregulate.
- **Zinc:** in the base protocol of the Immune Power Plan we recommend 1 capsule (15mg) per day. When you feel like you are coming down with something, you can increase to 2 or 3 capsules (15mg) per day with different meals. As zinc competes with copper, we recommend a higher dose only for a limited period of time. There are people who have insufficient zinc levels and who may need a higher dose for longer. This cannot be established without testing. Please speak to your doctor.
- **Magnesium:** magnesium can lead to loose stool or frequent urination in sensitive people, reduce the dose and consult your doctor should this be the case for you.
- **Omega 3:** for most people who don't eat fatty fish 3-4 times per week, it's important to supplement. Our body cannot make omega 3, so we either get it through food or supplements. Aside from importance for the immune system and its anti-inflammatory properties, it's also key for healthy cell membranes and good cardiovascular health.

If you have any other specific questions about the recommended supplements, please don't hesitate to email us and we will extend this page with answers. [connect@functionalmedicine-europe.com](mailto:connect@functionalmedicine-europe.com)

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