



Rye Beach Pharmacy

A Nationally Accredited Compounding Pharmacy & Wellness Center / Est 1946

INFORMATION TO BUILD YOUR IMMUNE SYSTEM

Vitamin D-3	
Adults and Children over 14 years old	Minimum 2000 units & optimally 5000 units daily
Children ages 2 - 7	400 - 800 units total daily intake
Children ages 8 - 14	1000 - 2000 units depending on body weight

Vitamin C	
Adults and Children over 12 years old	1000 mg twice a day
Children ages 8 - 12	500 mg twice a day
Children ages 3-7	250 mg twice a day
Children 6 months - 2 years	100 mg twice a day

Vitamin A	
Adults and children over 12 years old	10,000 units (one capsule daily until crisis is over)
**If you already have the virus, take 25,000 units a day	

Probiotics	
Adults and Children over 12 years of age	20 billion - 50 billion CFU of bacteria per capsule - once daily
Infants and children up to 3 years old	Orthomolecular Flora Boost Powder or Klaire infant powdered probiotic
Children 3 - 11 years old	Jarrodophilus Children's Chewable or Klaire Therbiotic Children's Chewable

Black Elderberry - Either Syrup, Gummies, or Capsules
The syrup is stronger than the capsules. Our top choice is the Gaia family of black elderberry. Nature's Way makes Sambucus gummies for those who cannot swallow capsules or don't want to take the syrup.

Gummies are taken twice a day for adults and children.	
Adults and Children over 7 years old	One teaspoon of GAIA syrup once daily for prevention and twice daily for treatment
Children 2 - 7 years old	Take half the dose

Zinc Lozenges, Zinc Spray, and Zinc Tablets	
Adults and children over 12 years old	Zinc Lozenges - 8-23 mg dissolved slowly in the mouth 3 times a day depending on age Or Zinc Spray - 3-8 sprays 3 - 4 times a day Or 20 mg tablets or capsules of zinc once a day
Children under 12 years old	5-10 mg of zinc per day in a chewable tablet

For Treatment of Various Symptoms	
Aches, Pains, Chills, and Fever	Boiron Oscillococcinum or King Bio Multistrain flu relief liquid spray. Follow the directions on the box and take for a minimum of 3-7 days
Nasal Congestion	Olbas Inhaler Boiron Coldcalm Follow directions on the package
Cough or Bronchial Chest Tightness	Boiron Chestal Cough syrup for adults and children Gaia bronchial wellness syrup

Immune Enhancement
For all ages: Rye Beach Pharmacy Immune Support Source Natural Wellness Formula for adults and children Designs for Health Immunitone *Several other brands, ask if want more suggestions

Make sure you keep hydrated and use a humidifier in your bedroom. Ideal humidity is approximately 45%.

*****You make speak to our nutritional professionals for more specific guidance and dosing.*****

Ronald May (Rph) who is working from home. Cell: 631-949-1816

Jacques Saisselin is at the pharmacy from 10 am - 5:30 pm Monday through Saturday, plus our team of community pharmacists (Rosella, Danielle, Annette, Luisa, Sari and Celeste)