

## **PREVENTIVE SUPPLEMENTS to BOOST IMMUNITY against INFECTION**

### **Child aged 18 months to 5 years:**

**Alkaline vitamin C** eg. calcium ascorbate or 'Ultimate Ascorbate C' ½ teaspoon daily in juice

**Vitamin D3 drops** average dose 1000iu + 1 drop daily eg.: D3 Forte

**Vitamin A drops** average dose 500 – 1000iu daily (Nutrasorb A liquid contains 2500iu/drop)

**Zinc liquid** 2 -4 mg most days

### **Breast-feeding mother**

**Vitamin D3 25,000iu** one capsule weekly

**Vitamin C 1000mg** eg. calcium ascorbate or 'Ultimate Ascorbate C' 1 x 2/day

**Vitamin A 25000iu** one capsule weekly

**Zinc 25 – 50mg** daily

### **Baby post weaning :**

**Half of above doses for child aged 18 months to 5 years.**

NB.: take oily supplements (Vit. A & D3) preferably with food.

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