Dr. Dale's
WELLNESS CENTER

HEAL • OPTIMIZE • THRIVE
A HEALTHIER TOMORROW, NATURALLY

Cold & Flu Protocol Pack

ONSET THROUGH RECOVERY

RELIEVE • SUPPORT • HYDRATE • REBUILD

PROTOCOL OVERVIEW

The Cold & Flu Protocol Pack brings together Dr. Dale's homeopathic flu remedy with immune, vitamin and mineral support so the body has what it needs from the first symptom through recovery.

KEY BENEFITS

- ✓ Homeopathic support at the onset of cold and flu symptoms
- ✓ Immune system support with Whole Body Immune Pro and Vitamin D & K
- ✓ Vitamin C and collagen for tissue repair and recovery
- ✓ Full-spectrum minerals and zinc for hydration and cellular defense
- ✓ Complete daily schedule plus diet and lifestyle notes

WHAT'S INCLUDED



Cold Guard Plus Homeopathic
Homeopathic relief for all types of flu symptoms.



Vitamin D3-K2/MK7 (Vitamin D & K)
Supports immune balance, calcium balance and bone health.



BioAge Erase Vitamin C & Collagen Powder
Vitamin C and collagen for recovery.



Whole Body Immune Pro
Broad immune system support.



Nano-Ionic Multi w/Silica (Full Spectrum Minerals)
Full-spectrum liquid minerals for hydration and cellular function.



Nano-Ionic Zinc
Liquid zinc for immune defense and cellular repair.

DAILY DOSAGE SCHEDULE

PRODUCT	AM (Upon Rising)	BREAKFAST (With Meal)	MID-MORNING (Between Meals)	LUNCH (With Meal)	MID-AFTERNOON (Between Meals)	DINNER (With Meal)	BEFORE BED	NOTES
Cold Guard Plus	5 drops	5 drops	5 drops	5 drops	5 drops	5 drops	5 drops	At onset: 5 drops every 15-30 minutes during waking hours until symptoms abate.
Vitamin D & K		3 capsules						Daily.
BioAge Erase Vitamin C & Collagen		1 scoop		1 scoop		1 scoop		In fresh-pressed juice, a smoothie, or water with a flavored hydration packet.
Whole Body Immune Pro		3 capsules		3 capsules		3 capsules		With food. Skip a dose if you cannot get a little food in.
Nano-Ionic Multi w/Silica (Full Spectrum Minerals)	30 drops			30 drops			30 drops	In water, 3x daily.
Nano-Ionic Zinc		30 drops		30 drops		30 drops		In water with meals, 3x daily. Do not take on an empty stomach.

PROTOCOL NOTES

- If you do not have an appetite while sick, sip water with electrolytes and bone broth when you can.
- Soups and chilis are great meals when you are sick.
- 100% avoid caffeine, dairy and meat products while sick.
- If you do not have enough food in your system to swallow supplements like Whole Body Immune Pro, skip that dose and take it only when you can get a small amount of food in.
- If you are experiencing a large amount of mucus discharge from the lungs, add Dr. Dale's NAC Pro: 2 capsules 3 times daily.

JOIN OUR SKOOL COMMUNITY

For education and ongoing protocol support, join the Diana M Drake Natural Medicine Community on Skool.

JOIN NOW

NOURISH • BALANCE
RESTORE • LIVE WELL

PURCHASE PROTOCOL

Wellness Starts Within

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. Consult the product label for full ingredient and usage information.