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## immune support

### airborne allergies

#### **Primary Support:**

Apex Adaptocrine: 2-3 capsules with each meal

Apex HCL-Prozyme: 2 tablets with each meal

Biotics HistoPlex AB: 2-4 capsules 2-4 times daily

Biotics FCTS: 2-4 capsules 2-4 times daily

#### **Secondary Support:**

Biotics IPS: 2-4 capsules 2-4 times daily

Biotics Livotrit Plus: 1-2 tablets with each meal

Biotics Beta TCP: 1-2 tablets with each meal

#### **Homeopathic Support:**

Apex Airborne: for best results, take this formula for the length of the pollen season. Take this formula 30 minutes before a meal, on an empty stomach. Begin by taking 10 drops under the tongue twice daily for the first 4 weeks. Then take 10 drops under the tongue every other day for the remainder of the pollen season.