TRAVEL IMMUNITY PROTOCOL

PREPARE BEFORE TRAVEL | TRAVEL DAY

Prepare your body before you go.

The goal of this protocol is to build up essential nutrients and immune-supporting compounds before exposure to new environments, travel stress, and potential illness.

Start 2-4 weeks before travel when possible.

This lead time supports nutrient stores, immune responsiveness, vitamin D status, and accumulation of beneficial compounds.

CORE DAILY SUPPORT

Acute Immune | Tecaya Health

- Maintenance / preventive care: 2 tablets daily.
- If you feel sickness coming on: 3 tablets, 3 times daily for 7 days.
- Contains vitamin A, zinc, quercetin, vitamin C, vitamin D, elderberry extract, NAC, L-lysine, beta glucan, andrographis paniculata, cordyceps militaris, camu camu, olive leaf extract, green tea phytosome, and larch arabinogalactan.

Vitamin D3

- Standard: 5,000 IU daily.
- If deficient (level below 50): 10,000 IU daily PLUS a 50,000 IU bolus weekly dose for 4 weeks.

BioC 1:1 | Xymogen

- Dosage: 2 capsules twice daily.

Lauricidin

- Dosage: 1 scoop up to two to three times daily.
- Helps promote a strong immune defense, support a healthy balance of gut bacteria, and fight harmful microbes.

Smart Silver Lozenges with Vitamin C | DesBio

PRE-TRAVEL CLINIC SUPPORT

Engystol & Gripp-Heel

Available as injections before travel and tablets for your trip.

- If you become sick during travel: take 1 tablet three times daily for 3-10 days.
- See the clinic Engystol & Gripp-Heel handout for additional information.

FLIGHT DAY & CROWDED AREAS

Throat Protection

Biocidin Throat Spray

- Dosage: 2 sprays every hour.

Nasal Protection

Argentyn Silver Nasal Spray

- Dosage: 2 sprays each nostril after flight, or 3-4x/day for long travels.
- Alternatives: Xlear nasal spray or SinuOrega.

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TRAVEL IMMUNITY PROTOCOL

SYMPTOM SUPPORT | EMERGENCY TRAVEL KIT

AT THE FIRST SIGN OF FLU-LIKE SYMPTOMS

Oscillococcinum | Boiron

- Dissolve the entire contents of 1 single-dose tube in your mouth every 6 hours, up to 3 times daily.
- Take the first dose at the very first sign of flu-like symptoms such as fever, chills, body aches, headache, or fatigue.

IF YOU GET SICK DURING TRAVEL

Increase support for the first 24 hours

- Double all supplements for 24 hours: take double of all above supplements twice daily and increase vitamin C to 4x/day.
- If still symptomatic after 2 days, keep supplements doubled for 7-10 days.
- If the pill burden is too high, do your best.

Prescription Items - Clinician Directed

Use prescription medications only as directed by your prescribing clinician.

- Keep a Z-pack antibiotic on hand for avoiding pneumonia.
- Keep ivermectin capsules for anti-viral support.

EMERGENCY TRAVEL KIT

Activated Charcoal

- Use for: if you have any inkling of food poisoning or illness symptoms.
- Dosage: 2 capsules every 2 hours for the next day, except while sleeping.
- Important: take 2+ hours away from pharmaceutical medications.
- For vomiting: put powder in water and sip every 15 minutes to get some to stay in your system.
- Note: can be constipating - have magnesium citrate or oxide, Smooth Move tea, etc. available.

Digestive Issues

- Extra water: essential for recovery.
- Magnesium citrate capsules: 150-600 mg to ensure bowel movements.
- For diarrhea: do NOT use magnesium - instead the charcoal may help form up the stool.

GI-Synergy

For suspicion of parasites or gut bacterial infection

- Take 1 packet once or twice daily for 3 to 7 days.

PACK BEFORE YOU LEAVE

- Daily supplements
- Throat spray
- Nasal spray
- Oscillococcinum
- Activated charcoal
- Digestive support / acid relief
- GI-Synergy
- Engystol & Gripp-Heel tablets
- Extra water / electrolyte packets
- Any clinician-prescribed travel medications

KEY REMINDERS

- Treat the entry points of possible illnesses on travel days.
- Start the protocol 2-4 weeks before departure when possible.
- Pack emergency supplies for common travel health issues.
- Stay hydrated and maintain bowel regularity while traveling.

This handout is intended to accompany personalized guidance from your Tecaya Health clinician. Individual needs may vary.

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