



## Interventions that may improve the immune response to vaccination

### If vaccination is imminent within days:

- Avoid acute stressors
- Obtain adequate sleep
- Avoid anti-inflammatory agents 2 days pre- and post
- If active infection, postpone vaccination

## For all others, consider clinical recommendations below:

### Public Health Measures:

- Masks
- Distancing
- Hand washing

### Address Lifestyle Factors:

- Sleep
- Exercise
- Nutrition
- Stress
- Relationships
- Gut health (IFM's "DIGIN" and "5R")

### Additional Considerations:

- **Address Comorbidities (CDC List)**
- Enhance immune function
- Address inflammation
- Smoking cessation
- Weight loss
- Mind/body therapies
- Dietary fiber
- Optimize microbiota
- Address autoimmunity
- Address hormonal balance

### Options to Improve Physiological Function:

- Curcumin
- Resveratrol
- Quercetin
- Melatonin
- \*Green tea extract
- \*Glutathione or \*N-acetylcysteine
- \*Andrographis
- \*Berberine

### \*For conditions below, consider agents above:

- Hypertension
- Diabetes
- CVD
- Hypertriglyceridemia
- Hyperinsulinemia
- Autoimmunity
- Obesity

### Options to Support Immune Function:

- Vitamins A, C, D, E, B6, B12, Folate, Fe, Zn, Cu, Se
- Mushrooms
- Beta glucans
- Echinacea
- Quercetin
- Resveratrol

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### Address Lifestyle Factors

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### Options to Improve Physiological Function

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## Options to Support Immune Function

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