

Kids Antibiotic Recovery Protocol

Antibiotic recovery addresses the collateral damage antibiotics leave behind, where beneficial microbes are wiped out alongside the targeted pathogens, leaving reduced microbiome diversity, a weakened gut barrier, and an opening for opportunistic overgrowth. Because a child's microbiome is still assembling and training the immune system, this depletion ripples outward as loose stools, food sensitivities, and weakened immunity long after the prescription ends. Incomplete repopulation, a compromised mucosal lining, and yeast or bacterial overgrowth delay recovery. This approach repopulates beneficial flora, restoring microbial diversity, rebuilding the gut barrier, and re-establishing the balance a growing child's digestion and immunity depend on.

PRODUCT	DOSING/INSTRUCTIONS
Immune Superfood	Age 3–7: ½ scoop daily; Age 8–11: 1 scoop daily
Immune μBiomic	Age 3–7: 1 capsule daily; Age 8–11: 2 capsules daily
MucosaGenic	Age 3–7: 1 capsule daily; Age 8–11: 2 capsules daily
T3 – Bactrex Tincture	Age 3–7: ½ dropper daily; Age 8–11: 1 dropper daily
EnzyGenic	Age 3–7: 1 capsule daily; Age 8–11: 1 capsule twice daily; Take away from food

**Unless otherwise specified, products without designated dosing times may be taken with or without food based on patient tolerance.*

- ➔ **Immune Superfood:** Delivers pectin, resistant starch, and cactus that bind water and slow transit, astringent haritaki and green tea that reduce secretion, and enzymes that curb malabsorption.
- ➔ **Immune μBiomic:** Repopulates what antibiotics stripped away, restoring beneficial strains alongside deeper commensal species that rebuild diversity, with a probiotic yeast that survives antibiotics.
- ➔ **MucosaGenic:** Rebuilds the gut lining antibiotics leave thinned and permeable, supplying butyrate directly while the species that make it regrow, and calming the reactive tissue underneath.
- ➔ **T3 – Bactrex Tincture:** Clears the yeast and opportunistic bacteria that move into the space antibiotics vacate, holding overgrowth in check while beneficial flora reclaim lost ground.
- ➔ **EnzyGenic:** Restores digestive capacity antibiotics disrupt, breaking food down so a recovering child absorbs nutrients properly instead of leaving them to feed opportunistic microbes.

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Kids Antibiotic Recovery Protocol: Additional Support Products to Consider

PRODUCT	MECHANISM/FOCUS	CLINICAL CUE	WHEN TO USE
VITD3 LQ Age 3–7: ½ dropper daily Age 8–11: 1 dropper daily	Rebuilds the vitamin D reserves that illness depletes, restoring immune signaling a child needs to recover fully and resist reinfection.	Low vitamin D status, sluggish immune recovery, lingering fatigue after illness, poor resilience, depleted reserves from prolonged sickness.	Child recovering slowly, limited sun exposure, illness during winter months, still run-down weeks after the course ended.
Tuff Play Age 2–4: 1 mL daily Age 4+: 2 mL daily	Rebuilds the defenses illness leaves depleted, restoring immune resilience so a child isn't caught in a cycle of repeat infections and courses.	Weakened defenses, repeat infections, frequent antibiotic courses, poor immune resilience, catching everything going around after illness.	Child picks up every bug at school, back-to-back illnesses, second or third course this year, defenses not bouncing back.
Fun Play Age 2–4: 1 mL daily Age 4+: 2 mL daily	Replaces the vitamins and minerals depleted by illness and lost appetite, covering the nutritional bases while a child rebuilds.	Pale skin, brittle hair or nails, poor wound healing, low energy, mouth sores, weight loss, slow growth trajectory.	Child barely ate throughout the illness, picky since recovering, thin diet, still not back to normal eating.
ZNC Age 3–7: 1 teaspoon daily Age 8–11: 2 teaspoons daily	Replaces the zinc illness and diarrhea deplete, the mineral a child's gut lining and immune cells both depend on to rebuild.	White spots on nails, poor wound healing, reduced taste or appetite, frequent infections, slow tissue repair, hair thinning.	Diarrhea during or after the course, appetite still off, cuts healing slowly, recovery dragging longer than expected.

