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 2–7: ½ scoop daily*; Age 8–11: 1 scoop daily
Immune µBiomic	Age 2–7: 1 capsule daily; Age 8–11: 2 capsules daily
MucosaGenic	Age 2–7: 1 capsule daily; Age 8–11: 2 capsules daily
T3 - Bactrex Tincture	Age 2–7: ½ dropper daily; Age 8–11: 1 dropper daily
EnzyGenic	Age 2–7: 1 capsule before each meal; Age 8–11: 1-2 capsules before each meal

**Start with ½ scoop and increase to 1 scoop as tolerated. Poor tolerance may present as increased digestive discomfort, bloating, gas, or changes in bowel movements.*
***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.
- **Note:**
  - Capsules and softgels may be opened or punctured and mixed into liquids or soft foods.
  - Liquids/liposomal formulas may be taken directly or mixed into liquids or soft foods.

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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.

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Kids Antibiotic Recovery Protocol: Additional Support Products to Consider

PRODUCT	MECHANISM/FOCUS	CLINICAL CUE	WHEN TO USE
VITD3 LQ Age 2–7: ½ dropper daily Age 8–11: 1 dropper daily	Rebuilds vitamin D reserves that illness depletes, restoring immune signaling a child needs to recover fully and resist reinfection.	Serum 25-hydroxyvitamin D below laboratory reference range, documented inadequate vitamin D intake, or identified risk factors for vitamin D deficiency.	Limited sun exposure, restricted dietary variety, frequent illness, or increased nutritional support needs during recovery.
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.	Three or more respiratory infections within a year, recurrent infections requiring medical evaluation, repeated antibiotic prescriptions, prolonged infection duration.	Back-to-back illnesses, frequent absences from school or daycare, repeated disruptions to normal routines, or concerns about recovery between infections.
Fun Play Age 2–4: 1 mL daily Age 4+: 2 mL daily	Replaces 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.	Poor appetite throughout the illness, picky or narrow diet, prolonged shift in normal eating habits.
ZNC Age 2–7: 1 teaspoon daily Age 8–11: 2 teaspoons daily	Provides zinc to support intestinal lining integrity, immune function, tissue repair, and recovery when illness or gastrointestinal losses increase nutritional needs.	Low serum zinc, persistent diarrhea, poor wound healing and growth, white spots on nails, reduced taste or appetite, frequent infections, hair thinning.	Diarrhea during or after the course, appetite still off, cuts healing slowly, recovery dragging longer than expected.
Pre-Clear µBiomic Age 2+: 1 capsule twice daily on an empty stomach***	Forms a hydrating gel that adds bulk, helping firm loose stools and steady bowel rhythm as a child's gut recovers.	Loose or watery stools after antibiotics, frequent bathroom trips, stomachaches, gassiness, and irregular bowel habits lingering after the course ends.	During the post-antibiotic recovery when additional stool-bulking support is needed to normalize stool consistency and rhythm while beneficial bacteria rebuild.

****If unable to swallow capsules, mix with a small amount of honey or other thick/soft foods that help mask the texture without adding much liquid, since it can become gelatinous when hydrated.*

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