

Vitamin D3	- Take 10,000 IU a day (250mcg) preferably with plenty of food for better absorption - Take with big breakfast or big lunch. Do not take in the evening, because it may affect sleep <i>(Vitamin D strengthens the immune system, helps regulate the immune system, reduces inflammation, and it helps prevent the ACE2 receptor binding of the virus to cells)</i>
Vitamin K2	Take 100mcg a day with food. <i>(Helps with Vitamin D absorption and regulation)</i>
Magnesium	Take 200mg a day with food. <i>(Helps with Vitamin D absorption)</i>
Zinc	Take between 25mg – 50 mg a day preferably with food <i>(Zinc supports the immune system and helps prevent the virus from replicating in cells)</i>
Quercetin	Take between 250mg - 500mg a day preferably with food. <i>(Quercetin increases the cellular absorption of Zinc)</i>
Vitamin C	Best to take 1,000 mg every 3-4 hours (If stomach upset, reduce to 500 mg every 3-4 hours OR take with food). <i>(Vitamin C strengthens the immune system)</i>
Multi Vitamin	Take a normal dose of multi vitamin each day
NAC	Take at least 1,000 mg a day, preferably without food. <i>(NAC has antioxidant, anti-inflammatory, and immune modulating characteristics)</i>
Chaga	Take 2mL (2 full droppers) with water or green tea. <i>(Chaga has anti-viral properties and cytokine modulation effects)</i>
Foods and Drinks to avoid	- Avoid sugary foods, juices or drinks. - Avoid Coffee, and any drinks with caffeine.
What to drink	- Plenty of water. The best water is Fiji water because of its natural electrolytes. - Green Tea. - Tonic Water which contains “Quinine”. This ingredient in the tonic water helps guide the Zinc into the cells to fight Covid.
Medications (Try to avoid)	- Tylenol is ok for pain. Do not take for fever. Fever helps the immune response. - Aspirin is best, because it also prevents blood clots which are possible with Covid. - If feeling heart burn, Pepcid AC (Famotidine) is preferred. Pepto Bismol is ok. - Most common cold medicines should be OK to help relieve congestion.

If not feeling hungry, do not force yourself to eat, but be sure to have at least one healthy meal a day (preferably Breakfast or Lunch).

Drink plenty of water, and green tea throughout the day.

Try to get plenty of light exercise daily such as walking, but do not push yourself.

When outside, avoid wearing a mask, so that you can breathe fresh oxygen.

Do not lie on your back if you feel shortness of breathe. Sleep on your side or lay on your belly.

If you have trouble sleeping, take **Melatonin**. Studies show Melatonin is effective against Covid-19.

Use the Pulse Oximeter to monitor your blood oxygen level (95-100% is normal).