

Nutrient	Breakfast	Between	Lunch	Between	Dinner	Bedtime
AV19	1ml every hour/ every other hour depending on severity	1ml every hour/ every other hour depending on severity	1ml every hour/ every other hour depending on severity	1ml every hour/ every other hour depending on severity	1ml every hour/ every other hour depending on severity	1ml every hour/ every other hour depending on severity
Liposomal Vit C		Lipo c containing 5g C		Lipo-C containing 5g C		
NAC		1000-1500mg		1000-1500mg		1000-1500mg
Licorice tincture		2x 400mg capsules or 1tsp standard tincture		2x 400mg capsules or 1 tsp tincture		2x 400mg capsules or 1 tsp tincture
Iodine (Iugols)	3 drops		3 drops			
Potassium	500mg		500mg		500mg	
Liverlife	3 squirts		3 squirts		3 squirts	
AHCC+R (AHCC if not got)	1 tab/ ½ g		1 tab/ ½ g		1 tab/ ½ g	
Lysine		2g		2g		
Zinc	25mg				25mg	
Vitamin A	100,000 IU first 4 days, then 10,000 IU for a week		100,000 IU first 4 days, then 10,000 IU for a week		100,000 IU first 4 days, then 10,000 IU for a week	
Methylated /active B vits	2 tablets		2 tablets			
Sambuccus - elderberry	1tsp		1tsp		1tsp.	

Notes: if no AV19, then double up on Licorice . Sambucus Nigra every hour. Micro-C/Detox Phase 1 useful if any die off/toxin release symptoms.
Ozone treatment - rectal insulfation 1x day
NAC and Lipo-C need to be taken apart from each other. Both best on empty stomach.