

Preventative Protocol COVID 19

Bold text= most important.

Nutrient	Breakfast	Between	Lunch	Between	Dinner
AV19 (FLUex/ AVB lipo if no AV19)	1ml				1ml
Liposomal Vit C		Lipo c containing 1g C		Lipo-C containing 1g C	
NAC		400mg		400mg	
Licorice tincture		2x 400mg capsules or 1tsp standard tincture. Take a potassium supplement with it.			
Liverlife	1 squirt				1 squirt
Vitamin D	2000 IU				2000IU
Iodine	1 drop		1 drop		1 drop
AHCC+R (AHCC if not got)	1 tab/ ½ g		1 tab/ ½ g		1 tab/ ½ g
Methylated /active B vits	1 tablet		1 tablet		
Zinc	25mg				25mg
Sambucus nigra (black elderberry)	1tsp				1tsp.