

ONSET

Name: _____

Date: _____

Water: ounces/day (1/2 body weight in oz/day) Non-Starchy Vegetables: UNLIMITED Starchy Vegetables 1-2 svg/day
 Nuts: 1-2 svg/day Beans: 0-1 svg/day (Snack) Grains: 0 svg/day Fruit: 1 svg/day Dairy 0 svg/day
 NO Sugar/Sweeteners, Alcohol, Coffee, Juice, Dried Fruit

*EAT EVERY 2-3 HOURS

Wake-Up	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Bedtime
	PLATE RULE		PLATE RULE		PLATE RULE OR		
DO NOT CHEW	MONOLAURIN (1 scoop)		MONOLAURIN (1 scoop)		MONOLAURIN (1 scoop)		
	ACTIVE B (1)				ACTIVE B (1)		
	----				ZINC PUR (1)		
Capsules:	RESVERO SYNERGY (2)				RESVERO SYNERGY (2)		
	ARTEMISININ (1) for 5 days				ARTEMISININ (1) for 5 days		
	D3 2000 (2-4 drops)						
Liquids:	*10 min before meal: Slow swish in mouth for 90 sec then swallow:		*10 min before meal: Slow swish in mouth for 90 sec then swallow:		*10 min before meal: Slow swish in mouth for 90 sec then swallow:		ASAP SILVER (1TBSP empty stomach)
For 1 week	*C-PLEX (4-6 PUMP)		*C-PLEX (4-6 PUMP)		*C-PLEX (4-6 PUMP)		
For 1 week	*GLUTATHIONE PL100 (4 PUMP)		*GLUTATHIONE PL100 (4 PUMP)		*GLUTATHIONE PL100 (4 PUMP)		
	*BIOCIDIN LPS (2-4 pump)		*BIOCIDIN LPS (2-4 pump)		*BIOCIDIN LPS (2-4 pump)		
ONSET:	Zinc lozenge (BOTTLE RECOMMENDED – 1 lozenge every 2 hours up to 8 max/day no more than 3 consecutive days)						
When out:	Biocidin Throat Spray (as needed)						

*keep in fridge. Slow swish covers as much surface area in mouth as possible to allow transport of nutrients across cheek into blood stream.

**above can be taken in addition to any other supplements you take (i.e. fish oil, coq10, etc.)

This is the Coronavirus Protection Bundle Plus with modifications of dosing to current in yellow and new added to consider in pink. You can take both or either up to you.