

Living Health Integrative Medicine FLU/COVID ONSET Supplements ONLY FOR 5 DAYS THEN BACK TO REGULAR DOSES

Water: _____ ounces/day (1/2 body weight in oz/day)

Wake-Up	Breakfast	Snack	Lunch	Snack	Dinner	Bedtime
	PLATE RULE Or MEAL SHAKE		PLATE RULE		PLATE RULE OR	
Powders:	Monolaurin (1 scoop)		Monolaurin (1 scoop)		Monolaurin (1 scoop)	Silver (1 Tbsp)
Capsules:	Active Multi (2)				Active Multi (2)	
	CURCUMIN COMPLEX (2)				CURCUMIN COMPLEX (2)	
	RESVERO SYNERGY (2)				RESVERO SYNERGY (2)	
	OMEGA 3MG (2)				OMEGA 3MG (2)	
	ZINC (1)		IMMU-PLEX FIZZ (1)		ZINC (1)	
	D3 Emulse (15 drops)				D3 Emulse (15 drops)	
	15 min. before eat:		15 min. before eat:		15 min. before eat:	
Liquids:	*Glutathione PL 100 (4 pump)		*Glutathione PL 100 (4 pump)		*Glutathione PL 100 (4 pump)	
	*C-Plex (4 pump)		*C-Plex (4 pump)		*C-Plex (4 pump)	

*15 minutes before eat, pump direct into mouth and slow swish all around mouth 1 minute and swallow. OR ok to put drops in 2-3 oz water and swish and swallow. Keep in fridge

Biocidin throat spray several times per day

KIDS: IMMU-PLEX FIZZ ½ DOSE 3X/DAY replaces CURCUMIN COMPLEX, RESVERO, ZINC AND C-PLEX. CUT ALL OTHER DOSES 1/2

PILL VERSION OF LIQUIDS:

D3 5000 (Take 3 caps 2x/day) BIO C (replaces C-plex) 2 caps 3-4 x/day Glutathione Plex (replaced Glutathione PL-100) – 2 caps 3x/day

LIQUID/POWER VERSIONS OF PILLS:

OmegEmulse (2 Tbsp 2x/day) RESVEREMULSE and CURCEMULSE (1 TBSP 2X/DAY) ACTIVE MULTI POWDER (1 scoop 2x/day)