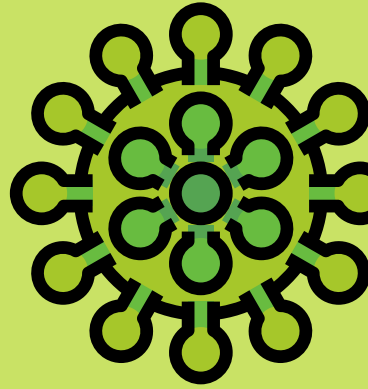


COVID-19 PREVENTATIVE SUPPLEMENT GUIDE

The best defense against Covid-19 is your body's inherent immunity. To keep yours functioning at maximum capability consider these supplements to maintain optimum nutrient levels.

*Always consult your physician before beginning any supplement regimen.



VITAMIN D

Experts recommend maintaining blood levels of 25-hydroxyvitamin D over 50 ng/mL, with some recommending a level as high as 70 ng/mL.



SELENIUM

Antioxidant. If you don't have or can't access selenium supplements, a few Brazil nuts per day (delivering 68-91 mcg selenium per nut) should suffice.



MELATONIN

Age-related decline in melatonin production has been proposed as one of the reasons the elderly seem to be affected more by COVID-19 than the young.



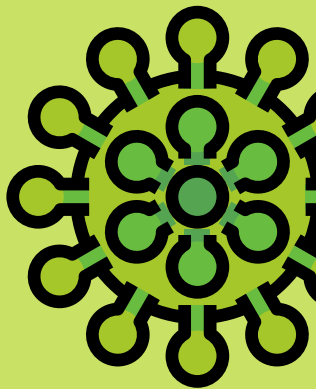
NAC (N-ACETYL CYSTEINE)

A building block for glutathione, an essential compound for the body's defense. It has a demonstrated impact on influenza.



BETA GLUCANS

Naturally-occurring polysaccharides found in the walls of yeast, mushrooms, and other foods with powerful immune-enhancing properties against respiratory viruses.



ZINC

Zinc may prevent coronavirus entry into cells and appears to reduce coronavirus virulence. Doses range from 25-80 mg per day as a liquid or a lozenge between meals.



GARLIC

Best results with an aged garlic extract, enhances killer cell activity and T-cell function, which helps the body fight off Covid.



VITAMIN A

Supports the health of mucosal tissue; as COVID-19 affects mucosal tissue throughout the body, vitamin A could provide important protection and support.



ANTIVIRAL HERBS

Astragalus, green tea extract, monolaurin, and Andrographis all have immune-enhancing effects.

