Improve your Immune System

Vitamin C: 1000mg/day – increase dose when ill

Vitamin D3: 3000-10,000IU/day

Vitamin K2: 20mg/day

Zinc: 15mg/day (some recommend 25-50mg/day)

Quercetin: 40-500mg/day when feeling ill

(N-Acetyl Cystine: 600mg/twice a day – useful to reduce excess mucous)

(For sleep - Melatonin: 6mg at bedtime)

Additional Support

Multivitamins: if easier or separate to tailor dose

Vitamin B complex or just B12 – take in the morning

Magnesium: 150mg/day

Probiotics

Selenium: 100mg/day (just two brazil nuts a day)

Iodine: 20mg/day

Spike Protein Detox (@P_McCulloughMD)

Nattokinase: 2000FU (100mg) twice a day

Bromelain 500mg once a day

Curcumin 500mg three times a day

Avoid all supplements containing artificial sweeteners, ie aspartame and those containing seed oils.

Sunscreen

Avoid all sunscreens containing oxybenzone (sometimes labelled benzophenone-3, octinoxate, avobenzone, homosalate, octocrylene, and octisalate) and retinyl palmitate. Use a mineral-based sunscreen with zinc oxide or titanium dioxide as the active ingredient. Check your suncreen at https://www.ewg.org/sunscreen/