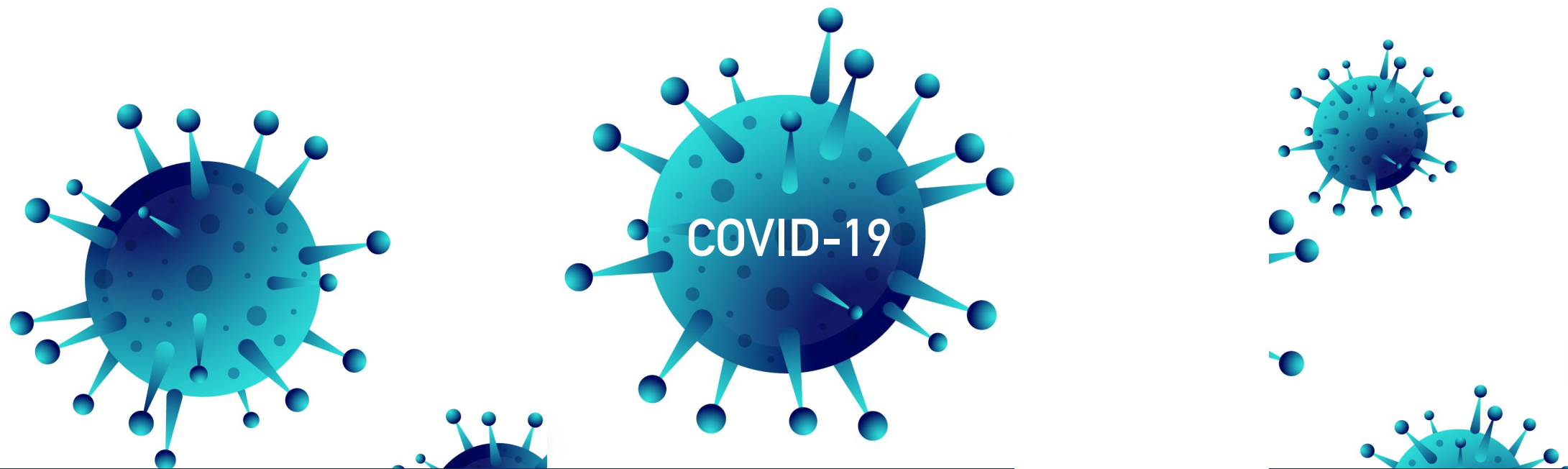
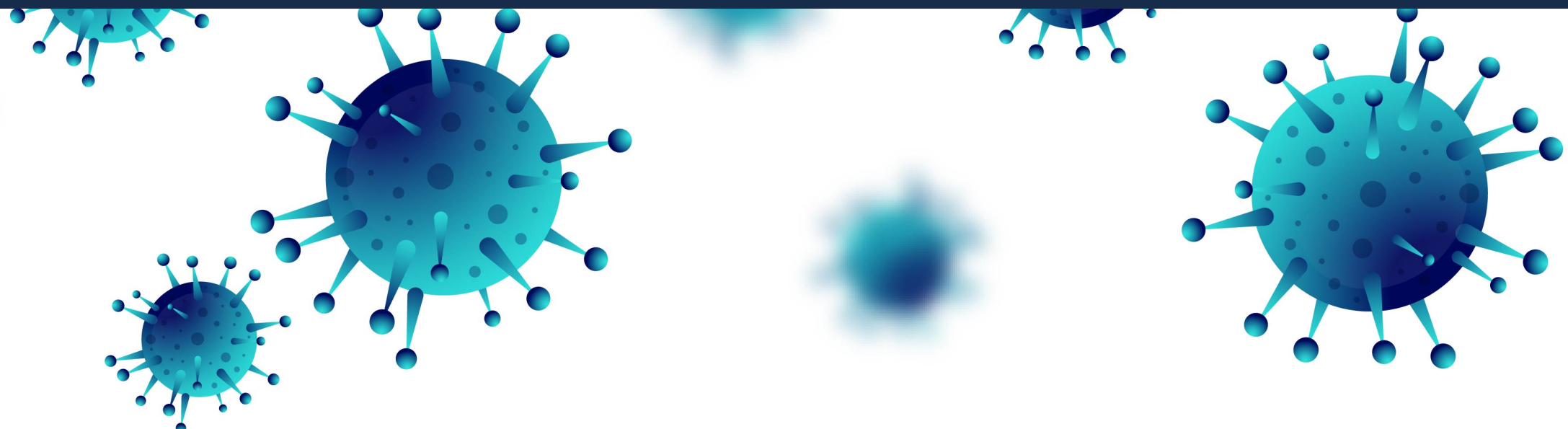


INTEGRATIVE AND FUNCTIONAL COVID-19 NUTRITION CORE COURSE



SECOND LINE DEFENSE: SUPPLEMENTS SECOND (CORE PLAN SUGGESTED DOSAGES)



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Integrative and Functional Medicine Nutritionist
Genomic Medicine Clinician

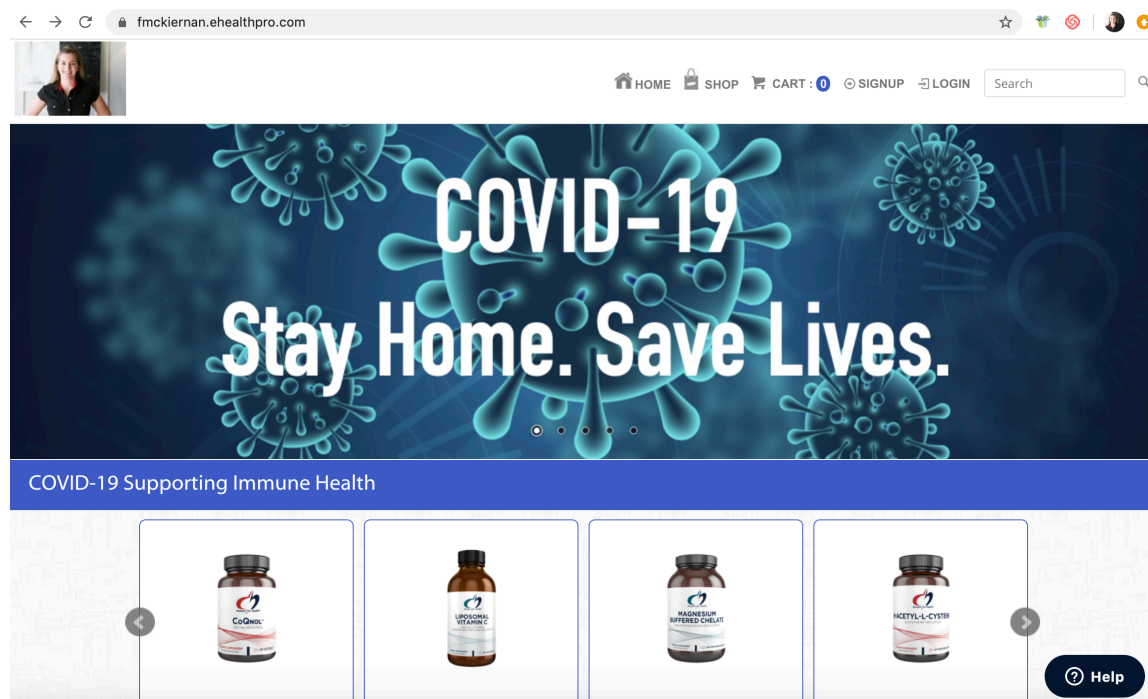
DISCLAIMER

The information in this course is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. The supplements, nutrition and lifestyle recommended are not based on evidence related specifically to SARS-COV-2 and COVID-19. They are not designed to treat, diagnose or cure any disease. Supplements are sold directly from Designs for Health at commission. The material provided is for educational purposes only.



CORE PLAN - SUGGESTED DOSAGES

Click here to create an account and
access the professional grade
supplements below:



**CLICK ON THE IMAGE
TO ACCESS
PROFESSIONAL GRADE
SUPPLEMENT ESTORE.**

*** Supplement orders are handled and
shipped by Designs for Health ***



OR



Recommended Use:
Take four capsules per day with meals, or as directed by your health care practitioner (divided dosing recommended) e.g. 2 w/ breakfast, 2 w/lunch.

Recommended Use:
Take two capsules per day with meals, or as directed by your health care practitioner.

(Click on the image to go direct to estore)

**MULTIVITAMIN
SUPPLEMENTATION**

TAKE DAILY WITH FOOD

DIVIDE INTO DOSES



OR



Recommended Use:
Take 1 tablet per day twenty minutes before bedtime, or as directed by your health care practitioner.

(Click on the image to go direct to estore)

These products are not intended to diagnose, treat, cure or prevent any disease. Check with your healthcare provider before starting any supplements.

MELATONIN SUPPLEMENTATION

1 – 6 MG/DAY

(LOWER DOSE IF CAUSES DROWSINESS)

Conditions For Which Melatonin is Not Recommended

- Autoimmune conditions such as lupus or arthritis, because the immune stimulatory effect of melatonin may exacerbate the action of certain types of lymphocytes or B-cells involved in the pathogenic course of these diseases
- Immune-related cancers such as lymphoma and leukemia
- Pregnancy, lactation or during the time where fertility is desired

Interactions With Drug Therapy

Melatonin may not be suitable to administer along with MAO inhibitors and corticosteroid therapy.



OR



Recommended Use:

Take up to 1 teaspoon (2 grams) per day, divided into 1/4 teaspoon doses, with food, or as directed by your health care practitioner.

Recommended Use:

Take up to 1 teaspoon (2 grams vit C) per day, divided into 1/4 teaspoon doses, with food, or as directed by your health care practitioner.

(Click on the image to go direct to estore)

VITAMIN C SUPPLEMENTATION

UP TO 2 G/DAY IF SICK

DIVIDED INTO 4 X 500 MG DOSES THROUGH THE DAY

(LOWER DOSE IF CAUSES GI UPSET)



Recommended Use:
Take 1 capsule per day
with a meal, or as
directed by your health
care practitioner. Limit to
7 days, or duration of
cold/viral symptoms.

(Click on the image to go direct to estore)

ZINC SUPPLEMENTATION

30 MG/DAY FOR 7 DAYS, IF SICK

**LONG TERM HIGH DOSE ZINC SUPPLEMENTATION
DISRUPTS COPPER BALANCE.**

**LARGE DOSES OF ZINC INTERFERE WITH ACE-2
INHIBITOR MEDICATION, AS WELL AS OTHERS.
CHECK WITH PROVIDER.**



**AVAILABLE ON AMAZON OR
AT LOCAL HEALTH FOOD STORE.**

MILK THISTLE TINCTURE

**1 DROPPER BULB IN
WATER TWICE PER DAY
BETWEEN MEALS**



**AVAILABLE ON AMAZON OR
AT LOCAL HEALTH FOOD STORE.**

STINGING NETTLE TINCTURE

**1 DROPPER BULB IN
WATER TWICE PER DAY
BETWEEN MEALS**

TIPS FOR STARTING SUPPLEMENTS – WORK WITH YOUR PROVIDER

- **Always check for drug–nutrient interactions with your medications.**
- **The safest way to add supplements to your daily routine is one at a time, to better assess the effects (and side effects) of each new addition.**
- **Start at half the regular dose for a few days, then slowly increase to the regular dose. Stop if you feel any undesirable side effects.**
- **Remember more is not always better.**
- **Do not exceed the recommended dose, unless recommended by your healthcare provider.**
- **Monitor blood levels regularly.**