

Viral Nutrition and Supplement Protocol

In preparation of a recent viral outbreak Dr. Puckette has created a list of nutritional supplement recommendations in hopes of optimizing your immune system during this time. Below is the list and recommended dosing information for each supplement.

- Biotics, ZN-Zyme Forte – **Take one per day.**
- Biotics, Bio – D Forte – **Take 5 drops per day.**
- Thorne, Basic Nutrients III – **Take 6 per day.**
- Biotics, Mixed Ascorbate Powder – **Take 1 scoop per day.**
- Biotics, NAC - **Take 1 tablet 3x per Day BETWEEN meals.**
- Biotics, L-Glutamine Powder – **Take 1 teaspoon per day.**
- Klaire Labs, Alpha- Lipoic Acid – **Take 1 tablet 2x per day.**

If you have any questions or would like to be personally tested for any or all supplements and dosing, please call our office.