

Supplement Guidelines



Supplement	Dosage	Timeframe
Vitamin C	1 g once daily	For 1 month
Zinc	15 mg once daily (after meals)	For 1 month
CoQ10	Up to 100 mg once daily (after meals)	For 1 month
Vitamin B-Complex	Once daily (after meals)	For 1 month
Kefir	Once daily	For 1 month
Oregano Oil	1 capsule once daily	For 2–3 weeks
Echinacea	1 capsule once daily	For 2–3 weeks
Bromelain	Once daily	For 2–3 weeks
Hydrolyzed Collagen	Once daily	For 2–3 weeks
Reparil	1 tablet (20mg) 3 times a day	For 3 weeks
Arnica Pellets	2 pellets under the tongue, 3 times daily	For 10 days