



Herpes/Shingles Protocol

1. **Buffered Vitamin C with Bioflavonoids 1000mg by Metabolic Maintenance:** 2000mg 2x/day
Find on [iherb.com](https://www.iherb.com)
2. **L-Lysine 1000mg by NOW Foods:** 3000mg /day
Find on [iherb.com](https://www.iherb.com)
3. **L-Methylfolate 15mg by Opti-Folate:** 2x/day
Find on [Amazon](https://www.amazon.com)
4. **Lypo-Spheric Vitamin C 1000mg by LivOn Laboratories:** Apply topically 1/2 packet 2x/day
Find on [livonlabs.com](https://www.livonlabs.com)
5. Avoid nuts, chocolate, refined carbs, and sugar.
6. Consider getting an ozone sauna 2x/week at Fahrenheit Spa.
7. If not improving in 3-4 days, come to clinic for Vitamin C IV