



ASPEN **INTEGRATIVE**
MEDICINE

Immune Support

1. **Olive Leaf Max** by Olivus: 3 pills 3x day
Find on olivus.com
2. **Viragraphis** by Xymogen: 2 pills 2x day
Find on wholescripts.com, referral code: 81621
(Dr. Dave Jensen also has the same product called Viral Defense)
3. **Vitamin C (Buffered) with Bioflavonoids** 1000mg by Metabolic Maintenance: 2000mg 2-3x/day
Find on iherb.com
4. **Liquid Vitamin D3** by Life Extension: 10,000 IU per day for a month (5 drops)
Find on lifeextension.com
5. **Zinc Gluconate** by NOW Foods: 50 mg per day for a month
6. **N-Acetyl-L-Cysteine (NAC)** by Life Extension: 2000 mg 1 to 2x day
7. Lots of water. Avoid sugar. Sleep and gentle exercise.
8. High dose vitamin c IV