



ASPEN **INTEGRATIVE**
MEDICINE

Viral Toxin Detox

- 1. Choline & Inositol by NOW Foods:** 1 pill at dinner
Find on [iherb.com](https://www.iherb.com)
- 2. R Lipoic Acid by Life Extension:** 2 pills, 2x/day with food
Find on [iherb.com](https://www.iherb.com)
- 3. Trace Minerals by Life Extension:** 1 pill / day
Find on [iherb.com](https://www.iherb.com)