



Supplement Dosing Recommendations for Maximum Efficacy & Absorption

Vitamin C	1000 mg	2-4 times a day
Vitamin D	5000- 10000 IU	Daily for 2 weeks
Selenium	100 mcg	Once daily
<u>Astragalus</u>	500 mg	Daily
Turmeric	1000 mg	Twice a day
Elderberry extract or syrup	1 TB	Twice a day
Quercetin	500 mg	Daily
Echinacea with goldenseal	450 mg	Daily
Oregano tincture (diluted in water)	1 dropper	Twice a day