

Dr. John's Immune-Boosting Protocol



Support Prior to Immune Event

- Ashwagandha 2 caps 2x/day with food
- Chyawanprash 1 Tbs/day after food
- Citrus C 1 cap 2x/day with food
- Melatonin HP 1 cap 45 minutes before bed
- Mucus Destroyer 2 caps with breakfast
- Vitamin D 4-5 drops/day



First Defense at Onset of Immune Event

Days 1 + 2, then reduce doses as needed

- Immuno-Blast 15 drops every 2 hours
- Chyawanprash 1-5 Tbs every 4 hours
- Citrus C 2 caps 3x/day
- Mucus Destroyer 2 caps 4x/day
- Respiratory Restore as needed for cough
- Turmeric Paste* 1 tsp/ hour

*Open Turmeric Plus** cap, mix w/ equal part raw organic honey

**1 Turmeric Plus cap ≈ 1/4 tsp