

## MFM's Recommendation to Boost Immune System

### Supplements: (check all that apply)

- Zinc: 50mg. Take one orally daily.
- Aspirin: 81mg tab. Take 1 tab orally once daily with food.
- Vitamin B-12: Take 1,000 micrograms daily.
- Vitamin D3: 5,000 IU. Take 5,000 units daily.
- N-Acetyl-Cysteine (NAC): 600mg. Take one daily.
- Vitamin C: 1000mg daily.
- Primal Defense Ultra Probiotic (by Garden Life): Take 1 capsule once daily. (Or probiotic of your choice)
- CBD Oil or Capsule: ½ a dropper full or 1 capsule twice daily.
- Elderberry: 2 tsp or 1 tablet once daily.

Note: All supplements are readily available at Beaker Pharmacy, 7810 W Eldorado Pkwy #200, McKinney, TX 75070, (972) 972-4700. They are open M-F from 9AM to 6PM.

### Rx Medications: (if you have had a recent appointment with EKG and signed the consent form)

- Hydroxychloroquine (HCQ): 200mg tabs. Take one tab orally once weekly. This has been shown to be at least 80% effective at preventing COVID-19 infection. This prescription is at Beaker pharmacy.

PLEASE EAT a low-carb/high-protein diet (avoid sweets and white foods such as bread, rice, potatoes, pasta, fried food, and junk food. Eat lots of lean meats, such as turkey, chicken, and fish).