

## Dr. David Marquis' Immune System Support Kit

**These strategies are suggested guidelines and are not a cure for any disease.** As we are all unique, before utilizing any product make certain it best serves your individual needs, that you are not allergic to any of the ingredients and consult with a healthcare professional as needed.

**Experiencing Symptoms or Confirmed Viral Infection:** If you experience symptoms of a viral infection such as runny nose, cough, shortness of breath or fever, this protocol is intended to empower your immune system to minimize negative virus effects. The below is general guidance and is not a cure for any disease.

- Vitamin A, 100,000 IU (30,000 mcg) on days one, two and three then **STOP**. Wait 7 days and resume General Immune Support dosing is noted below.
- Vitamin D, 100,000 IU (2,500 mcg) on days one and two and then 50,000 IU (1,250 mcg) on day three then **STOP**. Wait 7 days and resume General Immune Support dosing is noted below.
- Vitamin E, 400 IU (268 mg) daily.
- Vitamin C in a mixed ascorbate form ideally at a dose of 4 grams in a day in divided doses. IE: Perque C Guard/powdered vitamin C, or another buffered vitamin C powder of your choice (1 teaspoon, three to four times a day. Dissolve in 4 oz of cool water or juice). Reduce dosage if you experience loose stools.
- Glutathione, 750 mg daily.
- Zinc, 30 mg. continue daily up to a month. Zinc Lozenges as directed on package.
- Quercetin Phytosome, 750 mg daily.
- Optional: L-Lysine, 3000 mg (3 g) twice daily, morning and evening.
- Optional: Melatonin, up to 60 mg a day by oral capsule (you can divide your dosing, for ex: 30mg AM/30mgPM or take all at once at bedtime) daily.
- Optional: NAC 2000 mg (500 mg 4x a day) daily.

**General Immune Support:** Digestive support should be utilized continually if needed. For most, it may be beneficial to take a two day supplement break weekly after routine use. The below is general guidance and is not a cure for any disease.

- Vitamin A, 25,000 IU (7,500 mcg) every other day.
- Vitamin D, 50,000 IU (1,250 mcg) once a week or distributed over a 5 day period of time(10,000 IU/250mcg daily), ideally with vitamin K blend (around 500 mcg of K2). D3 + K2 is a common blend supplement.
- Vitamin E, 400 IU (268 mg) daily.
- Vitamin C, 500-1000 mg daily.
- Glutathione, 750 mg every third day.
- Zinc, 30 mg daily.
- Quercetin Phytosome, 500 mg daily.
- Optional: NAC 1000 mg (500 mg 2x a day).
- Multi-vitamin plus minerals, food-based. Your choice of brand.
- Fish Oil (EPA/DHA) 3-4 gm per day. Ensure quality, many major brands are rancid.

**Nebulizing Hydrogen Peroxide** is an additional suggested option for immune support, if you have symptoms or are ill:

- 1 part H<sub>2</sub>O<sub>2</sub> (food grade if repeatedly utilized) to 4 parts water (distilled if available) or saline.

**Each person's needs may differ so find the ratio that works best for you.** Demo Video:

**[Nebulizing Hydrogen Peroxide Demo Update](https://youtu.be/qfA3K4tlwps)** / <https://youtu.be/qfA3K4tlwps>

**Iodine Nasal Spray** is an additional suggested option if you have symptoms or are ill:

- Purchase an empty nasal spray bottle (any brand) and iodine from your local drugstore. The iodine comes in a 10% solution. The bottle is usually 33mL. You want a 1% iodine solution combined with 10 parts water (distilled if available) in your bottle. Spray into each nostril 3-4 times a day. **Each person's needs may differ so find the ratio that works best for you.** **[Iodine Solution Demo](https://youtu.be/WqMZDBWemq0)** / <https://youtu.be/WqMZDBWemq0>

**Infrared Saunas** are also beneficial for most. We suggest researching portable options as well.