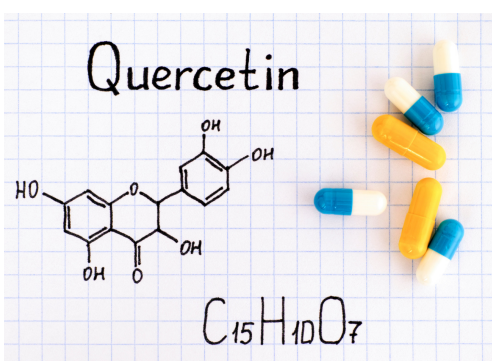


PREVENTION AT HOME TO STAY HEALTHY



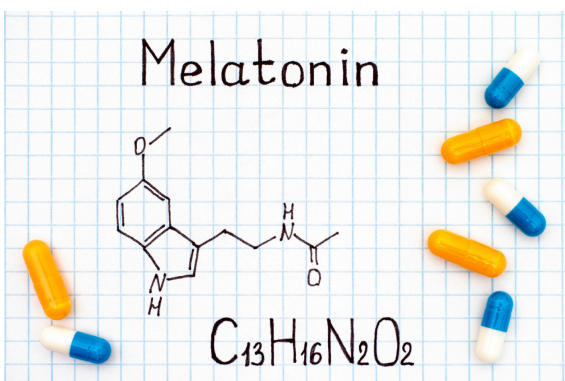
Vitamin D3
1000-3000 IU per
day

Vitamin C 500-1000
mg twice a day



Quercetin or mixed
flavanoid supplements
(green tea, berry extract)
250 mg/day

Zinc (oxide,
gluconate, sulfate)
30-50 mg per day



Melatonin (slow
release) 2-6 mg at
night

Gargle, do not
swallow,
mouth rinses containing
cetylpyridinium chloride (CPC) or
povidone-iodine (PVP-I) 2x/day

