

## HEALTH SUPPORT FOR ADULTS

The following supplements are available to patients in the office or can be mailed directly

### A. FOR GENERAL SUPPORT:

- Mycelized A Drops : 5 drops daily
- Garlitrin 4000 : 1 tab daily
- C-Enhance : 1 capsule, twice daily
- Oscillococcinum : 1 tube/week on an empty stomach

### B. TO SUPPORT HEALTH WHEN ILL:

- **PLEASE COME IN FOR AN I.V. INFUSION AT THE FIRST SIGN OF FLU SYMPTOMS!**
- Olive Leaf : 2 caps, four times daily or 2 caps every 2 hours (maximum 12 caps per day)
- Lypo-Spheric C : 1 packet 4-6 times daily  
(You can substitute C-Enhance, 1 capsule every 2 hours to bowel tolerance, although Lypo-Spheric C is better absorbed)
- Garlitrin 4000 : one tab twice daily
- **Nutrient Elixir:**  
**Take this formula 4 times daily.** This can be taken with Garlitrin and ABSORBIC C. Mix together in 6 oz. of room temperature water: (sweeten with Xylitol, D-Ribose or Stevia as needed):
  - Mycelized A Drops : 5 drops
  - Propolis : 1 dropper
  - Insure Immune Support : 1 dropper
  - Black Elderberry : 1 teaspoon

For sore throat or cough, please consult with Dr. Sciabbarrasi.