

CV19 THERAPEUTICS

Rev. August 2021 Gathered from World and UK Doctors.

None of the statements below are intended as a prescription or for diagnosis.

Please see below the evidence of both prophylactic and early treatment remedies that are available but under reported by both Government and MSM (mainstream media).

Many **THERAPEUTICS** are available, without the need to gamble with fast tracked vaccines. Our own immune system has an innate knowledge and memory of previous coronaviruses and according to a UK study up to 50% of us will never be noticeably affected. The main tool that promotes fast healing and knocks the legs off viral spike proteins is Oxidation = donation of electrons. Natural electron donors from supplements are most gentle, but there is also a place for Ozone or MMS.

The immune system is supported by diet, and due to our soil depletion we now need additional support with supplementation of Vitamins and Herbs. The intent of a virus (if it is one – rather than parasite or synthetic toxin) is ‘to survive’ in the host and to spread as quickly as possible. People affected the most will be the sick that have already been subjected to years of known toxic pollutants from both our soils and atmosphere. We can also include **radiation sickness** from wireless radiation, which has been made a lot worse by living inside on devices that are not wired up. Covid19 also tends to attack our weakest organs and can be associated with neurological inflammation too.

There are many options for prevention and treatment: browse and feel what calls you

1. **General for CV19** (IVM p.3)
2. **Long covid**
3. **Injection adverse events**

WIRELESS EXPOSURE

Turn off WiFi !! Hardwire where you can and use your phone sensibly. Wireless radiation suppresses the immune system.

<https://rinfo.co.uk/safe-use-of-wireless-technology/>

SUPPLEMENTS

Daily: Covid and Long covid

Daily **Vitamin D3 with K2** 10,000 iu/day

<https://natureprovides.com/products/liquid-vitamin-d3-k2-mk-7-in-organic-black-seed-oil-30ml>

High dose **Vitamin A** 50,000 iU/day, **Vitamin C** 1-2g 4x day, **Zinc** 25mg 2xday

Quercetin 500mg 2xday (to carry the zinc into the cells), **Selenium** 50mg (a few brazil nuts does the trick)

Nicotin acid aka Niacin (not nicotinamide) 100mg (start with 25mg and build up), and **Iodine**, have all been known and shown to work variously as prophylactic and cure, there is abundant information online about these simple supplements.

Liposomal Vitamin C carries the ascorbic acid in a lipid case which helps absorption

Plain ascorbic acid needs to be taken in 1-2g doses over the day

<https://natureprovides.com/products/lipoc-1000mg-liposomal-vitamin-c>

Very useful website:

<https://www.vitaminc4covid.com/>

Lysine

Lysine interrupts the replication of viruses, including CV19 coronavirus, by countering arginine, an amino acid that fosters the eruption of dormant viruses. Daily doses of Supplemental Lysine up to 4000mg have been seen to be safe and effective.

<https://solgar.co.uk/products/solgar-l-lysine-1000-mg-tablets>

https://www.lewrockwell.com/2021/02/no_author/virologists-report-poor-mans-amino-acid-cure-for-covid-19-would-abolish-need-for-vaccines/

https://www.researchgate.net/publication/344210822_Lysine_Therapy_for_SARS-CoV-2

HERBS

Health Matters London, Barnet

Liquid herbal blend for prevention and treatment. Call them on 020 8441 8335 for postal order

Protocol1 antiviral (prevents viral bonding) enough for 12 days

Protocol2 antiviral (with Echinacea Premium, supports immune system)

Protocol3 adrenal support (long covid, post viral too) enough for 30days

Also recommended Rose Rock Tea.

Andrographis +

Dr Klinghardt finds this liquid herbal blend a very effective remedy for CV19 etc. 4 dropperful 3xday

<https://kiscience.com/product/andrographis-plus/>

Salt pipe with IODINE

Inhale, very effective natural antiviral. Use with 1-2 drops Lugols Iodine.

<https://www.salesatdrmyhill.co.uk/saltpipe---easy-saltpipe-by-cisca-523-p.asp>

Organic Prime Directive is a blend of fermented whole foods

<https://saferemedies.com/product/probiotics-fermented-foods/organic-prime-directive/>

Government Study - **Supplementation** - June Report

<https://app.box.com/s/36j0gn01npxfjigimzogyomysd17l3hq>

Vitamin D - Prevents Symptoms - September Report

<http://arms.evidence.nhs.uk/resources/hub/1069281/attachment>

Science Direct Study - Positive Results **Vitamin D** - Published November

<https://www.sciencedirect.com/science/article/pii/S096007602030296X>

Clive de Carle on **Vitamin C**

<https://www.youtube.com/watch?v=doyFBPSx7->

[I&utm_source=Pabbly&utm_medium=email&utm_content=Untitled+Subject&utm_campaign=This+is+m+y+vitamin+C+video+that+the+government+want+me+to+remove.+PLEASE+SHARE+IT.](https://www.youtube.com/watch?v=doyFBPSx7-&utm_source=Pabbly&utm_medium=email&utm_content=Untitled+Subject&utm_campaign=This+is+m+y+vitamin+C+video+that+the+government+want+me+to+remove.+PLEASE+SHARE+IT.)

PEPCID AC (Famotidine)

Pepcid AC (Dr Klinghardt has found it brings health within a day or so. 80mg 2xday 5days) Famotidine active ingredient. Prophylactic and treatment. Virus spike protein needs an acidic environment to attach to the cells. UK available with Famotidine:

https://www.eurovital.com/uk/product_detail.aspx?NAME=&PID=1982&OS=201

IVERMECTIN

www.worldivermectinday.org

Frontline **Covid Critical care**. Many articles on use of Ivermectin globally.

<https://covid19criticalcare.com>

Suggested Therapeutic dose 18mg on day 1, and 2 days later repeat.

Can be used at onset of symptoms, and in more advanced stages, but earlier the better.

OR 0.8mg/kg body weight per day for a few days.

<https://covid19criticalcare.com/covid-19-protocols/i-mask-plus-protocol/>

SUPPLIER 1: Ivermectin & Hydroxychloroquine from India. Items took about 3 weeks to arrive. Very small boxes. Here's the details:

Ivermectin - 1 box (100 x 12mg tablets), total including shipping is £45

Hydroxychloroquine - 1 box (100 x 200mg tablets) is an additional £30

We had to pay an additional £15 charge from our bank for a Swift payment, & another £9 service charge from the Indian side.

Contact: Gaurav Chandak radicalenterprises.nagpur@gmail.com M: +91 827 529 3123 (WhatsApp)

www.radicalimportexport.com Radical Enterprises

You are asked to provide shipping name, address, post code and mobile number

Two approaches: remedial or prophylactic Protocols here: <https://covid19criticalcare.com/covid-19-protocols>

Gaurav Chandak recommends a different dose, 0.8mg/kg body weight, in case of illness.

SUPPLIER 2: Chirag Dhola, Onco India International, Office No. 303, Royal Squire, Mota Varacha, Surat - 394110, Gujarat, India

Email: oncoindia2020@gmail.com

This is what I purchased: 'Ivexcare' 100 tablets x 12mg. Coast including P&P was £35 and they arrived in a few days.

Here is the product link: <https://www.indiamart.com/onco-india-international/search.html?ss=ivermectin>

The Onco India website is: <https://www.indiamart.com/onco-india-international/>

Email Chirag Dhola and he sent costs etc . pay by paypal and send a screen shot and then he sends confirmation of sending the product.

Most re-assuring and powerful info: Anna Brees & Journalist David Rose Daily Mail
<https://www.youtube.com/watch?v=qP36UgVjMPk>

The effect of early treatment with Ivermectin on viral load ...
[https://www.thelancet.com/journals/eclinm/article/PIIS2589-5370\(20\)30464-8/fulltext](https://www.thelancet.com/journals/eclinm/article/PIIS2589-5370(20)30464-8/fulltext)

Dr Tess Johnson to UK gov on Ivermectin.3min.
<https://www.youtube.com/watch?v=M8RMBa1UfsE&feature=youtu.be>

Trial of ivermectin for treatment and prophylaxis of COVID-19
<https://www.bmj.com/content/369/bmj.m1432/rr-26>

Pierre Kory, M.D., Associate Professor of Medicine at St. Luke's Aurora Medical Center, delivers passionate testimony during the Senate Homeland Security and Governmental Affairs Committee hearing on "Early Outpatient Treatment: An Essential Part of a COVID-19 Solution, Part II." **Ivermectin.** (Dr Klinghardt finds it better as a prophylactic, 5tablets day 1, then c.15mg single dose/day)
<https://www.youtube.com/watch?v=Tq8SXOBy-4w&feature=youtu.be>

<https://vaccineimpact.com/2021/new-york-supreme-court-judge-saves-80-year-old-patient-from-death-by-ordering-hospital-to-give-life-saving-ivermectin/>

Swiss Policy Research

<https://swprs.org/post-acute-covid-long-covid/>

In a study of 33 long covid patients, treatment with ivermectin resulted in complete resolution of symptoms in 94% of patients.

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The latest British long covid study with more than 4000 PCR-confirmed participants found that most people fully recovered within 12 days, about 15% had symptoms for at least four weeks, about 5% had symptoms for at least eight weeks, and about 2% had symptoms for at least 12 weeks.)

Ivermectin is being authorised officially now as well, inc NYC, there are legion articles coming out.

Dr Tess Lawrie Jab Roll Out Should Be Paused Talk Radio Mark Dolan Show. Inc Ivermectin.
<https://www.bitchute.com/video/90iEJk1UkMmd/>

Dr. Peter McCullough on with Reiner Faelmich June 11, 2021

This is important right to the end. Show this to anyone who has yet to get one or both mRNA shots.

<https://www.bitchute.com/video/rKP61hruGxlt/>

Bicarbonate Proves to be Cheapest Fastest Safest COVID Treatment

Published on February 22, 2021

One does not have to be an anti-vaxxer to see and understand that COVID vaccines are not needed. They are not required legally or for any medical or public health reason to treat or prevent

COVID-19. There is a broad range of both [natural](#) and [pharmaceutical treatments](#) widely available, many already proven to be very useful.

Now comes some excellent news for the human race. There is an official study in Acre, Brazil that has doctors amazed at how fast COVID **infected patients got better after nebulizing with 3 grams of sodium bicarbonate** (widely available baking soda) in 100 ml of water administered in a nebulizer.

<https://drsircus.com/general/bicarbonate-proves-to-be-cheapest-fastest-safest-covid-treatment>

BUDESONIDE

Doctor Richard Bartlett from the US, has been using **Budesonide** Inhalant Corticosteroid to Cure Covid since May/June.

<https://thehighwire.com/videos/covids-silver-bullet/>

<https://budesonideworks.com/>

Dr Bartlett

<https://www.bitchute.com/video/uvbdQ7wVXwCj/>

Independent Article - Home Trials to Start UK Published 27th November.

(Take note, the trials are completed given the evidence from Richard Bartlett. Hopefully this will not be 'buried' as Hydroxychloroquine was)

<https://www.independent.co.uk/news/health/inhaled-steroids-to-be-trialled-as-covid-treatment-b1762382.html>

SYNAIRGEN

Trialled in hospitals with over 70% rate on prevention of deaths - June Report

<https://www.synairgen.com/>

Bloomberg News - **Synairgen** July Report

<https://www.bloomberg.com/news/videos/2020-07-21-seeks-fda-ema-engagement-on-covid-19-drug-video>

HYDROXYCHLOROQUINE etc.

SUPPLIER: above under ivermectin

In 2005 Dr Fauci of NIH stated in the Virology Journal that HCG acts as a cure and vaccine for Sars Cov1.

Dr Peter McCullough - **Hydroxychloroquine**

In addition to this, there are thousands of doctors prescribing as part of an early treatment to cure the symptoms, which is all the unsafe vaccines are proposing to achieve. Dr Klinghardt has found this very effective too. (The Lancet journal that tried to rubbish HCQ was retracted as fraudulent.)

<https://www.skynews.com.au/details/6212859932001>

Spain: <https://www.medrxiv.org/content/10.1101/2020.07.17.20155960v1>

Italy: [https://www.ejinme.com/article/S0953-6205\(20\)30335-6/fulltext](https://www.ejinme.com/article/S0953-6205(20)30335-6/fulltext)

France: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7315163/>

Dr Simone Gold – **HCQ** from 20min 40secs.

<https://www.bitchute.com/video/Kj2LFFVoAexp/>

Dr Patricia Callisperis – **MMS** (chlorine dioxide)

<https://rumble.com/vdey7t-the-universal-antidote.html>

interview 2021:

<https://www.bitchute.com/video/oQynFAS3ZCUP/>

Robert Rowen MD – **Ozone**

<https://www.youtube.com/watch?v=g-jDbCuD8Zk&t=8s>

MMS / CDS:

ECIO2 | Water Purifying Solutions | Healthy Drinking Water

Chlorine Dioxide + Acid water purification drops

7 drops of each in a 5ml syringe to mix, hold sealed for 5mins and add to 1L of distilled water

Drink 100ml throughout the day.

<https://www.eclo2.com/>

BORAX: 20 Mule Team

<https://www.earthclinic.com/remedies/borax.html>

<https://www.ebay.co.uk/itm/233714727369>

LONG COVID

The symptom of loss of taste and smell, is a reflection of the inner lining of the nose being inflamed as a result of the infection, get rid of infection and it will recover. It is also a symptom of **Zinc deficiency**, or mild radiation sickness, zinc is used up when detoxing. Post viral fatigue is also left over from the inflammation. **See treatments above.**

Niacin is potentially an excellent preventative of being really poorly if you catch Covid as it helps with NAD+ deficiency so take it now with Vit C, D and zinc. Just take the daily recommendations. They are all relatively cheap.

Treatment:

<https://nkalex.medium.com/the-team-of-front-line-doctors-and-biohackers-who-seem-to-have-solved-long-covid-5f9852f1101d>

https://www.amazon.co.uk/Niacin-Story-Wonderful-Healing-Properties/dp/1591202752/ref=sr_1_1?dchild=1&keywords=niacin&qid=1608303964&s=books&sr=1-1

<https://attackingcancer.org/dr-joseph-mercola-do-interviews-dr-george-yu-md-about-detoxification-with-niacin-vitamin-b3/>

Long Covid in the Lancet, [link](#).

Frequently reported symptoms include persistent coughing, moderate fever, general fatigue or exhaustion, shortness of breath, chest pain, heart palpitations, headaches, concentration problems, muscle pain, digestive problems, skin rashes and metabolic symptoms

<https://covid.joinzoe.com/post/long-covid>

A British study with 200 long covid patients found mild myocarditis in about 10% of them. This value is significantly lower than originally assumed and comparable to influenza virus infections. Several covid autopsy studies have also found little evidence of myocarditis.

<https://www.medrxiv.org/content/10.1101/2020.10.14.20212555v1>

Several covid autopsy studies have also found little evidence of myocarditis. One to two months after coronavirus infection, symptomatic Swiss army recruits (median age 21 years) still showed a reduction of up to 20% in their maximum lung performance. The cause for such a reduction in lung performance likely is covid-induced pneumonia (LEAD <https://www.longcovidosos.org/>)

BMJ: Will covid-19 vaccines save lives? Current trials aren't designed to tell us

https://www.bmj.com/content/371/bmj.m4037?fbclid=IwAR2Z61pBPoqC8TYCz2U2WbN46DvypeEMiRl7wA3Yoq_loMm0EGmuAPRxl0

BMJ: Covid-19: politicisation, "corruption," and suppression of science

<https://www.bmj.com/content/371/bmj.m4425>

https://exopolitics.blogs.com/international_criminal_co/2021/06/summary-of-the-spike-protein-protocol-update-if-you-know-someone-who-has-been-injected-and-requires-help-please-provide-th.html

EXPERIMENTAL INJECTION (VAX) ISSUES

Denaturing the CV19 Injection

Bio-Enhanced Nutriop® Life with NADH, PQQ and CQ10- Extra Strong - 45 caps

Increase Your Energy with Expert Precision. Our new Nutriop® Life formulation combines NMN with NADH, PQQ, and CoQ10 to boost mental and physical energy and combat the effects of aging.

<https://nutriop.com/products/bio-enhanced-nutriop-life-with-nadh-pqq-and-cq10-extra-strong-45-caps?msclkid=850e1cda5d3d1b4b19437c6ad15773ab>

CoQ10 & BioPQQ® Supplement for Heart & Brain Support

A synergistic blend of antioxidants and nutrients that support the heart, brain, and energy production!

<https://globalhealing.com/coq10-biopqq-supplement>

There is also a PCR homeopathic prescription now. PCR 200C, one pellet to be taken before the swab and one after. They can be ordered here: orders@stellarhomeopathics.co.uk

And **Thuja30**

Carnosine is also very good, as a mitochondrial therapy and detox.

Boron as well – one pinch per day in water

Glutathione is said to neutralize the Graphene Oxide content, as well as exercise !

How to Neutralize Potential Damage from mRNA Vaccines

With the current push to vaccinate the planet, it's important to discuss practical ways to neutralize damage that is being done by mRNA vaccines.

Practical ways to “detox” and “neutralize” damage that is being done by these untested mRNA vaccines

This information might save someone's life. It was provided by a physician who wishes to remain anonymous.

TOP FIVE recommended substances to mitigate damage from mRNA vaccines (in no particular order).

1 | IODINE

An essential mineral, iodine is used by the thyroid gland to make thyroid hormones that control many functions in the body including growth and development, repairing damaged cells and supporting a healthy metabolism.

Because your body does not produce iodine, it needs to be supplied in the diet. Iodine can also be used to detoxify toxic compounds and strongly increases the mRNA decay rate.

2 | ZINC

Zinc enables the body to make proteins and DNA, contributes to wound healing, and plays a role in childhood growth and development. It also has antioxidant properties and plays an important role in cell-mediated immune function and modulates mRNA levels of cytokines.

Zinc has been shown to regulate gene transcription in cancer cells, plus zinc globally down-regulates microRNA expression and key enzymes and proteins necessary for microRNA maturation and stability. Lastly, zinc-finger protein serrate is among the plant compounds that may silence mRNA.

3 | QUERCETIN

Quercetin, a flavonoid with multiple proven health benefits to both man and animals, displays a plethora of biological activities.

Quercetin-treated neutrophils exhibited a remarkable suppression in mRNA expression of various proinflammatory genes.

One of the lesser-known and recently discovered roles of quercetin, is modulation of microRNA (miRNA) expression, which plays a vital role in health and disease.

4 | SUPERCHARGED C60 (Nano-Carbon Activated Charcoal)

The Supercharged C60 molecule is a nanocarbon material that exhibits incredibly potent antioxidant properties that may augment the body's ability to manage oxidative stress in both healthy and diseased states.

Studies indicate that carbon nanocarriers can deliver small interfering RNA (siRNA) and enable a myriad of plant biotechnology mRNA applications, internalize into cells and subsequent gene silencing efficiency, and are critical for efficient gene knockdown.

5 | PQQ (Pyrroloquinoline Quinine)

Pyrroloquinoline quinone (PQQ) is a powerful antioxidant and cellular energy booster that works to support the health of your energy-producing mitochondria, protecting them from oxidative damage, even helping you grow new mitochondria. PQQ is actually the only nutrient on earth known to be capable of generating new mitochondria.

PQQ is contained in fruits and vegetables and in human breast milk. Studies have shown that PQQ disodium salt (BioPQQ™) has positive effects on cognitive function and may have a protective effect on UVA irradiation-induced aging.

<https://outline.com/VZ7Nsh>

Alternative therapy options for CV-19 with Dr Shankara Chetty, South Africa

Over **4,000** COVID-19 patients **successfully** treated so far – no hospitalisation required, no deaths.

Highlighting the future of COVID-19 treatment, available anywhere in the world. Dr Shankara Chetty (South Africa) has a background is in Biology and Microbiology with many years practicing as a Family Practitioner.

KEY POINTS:

13:50 - Low cost strategies to prevent Covid transmission

17:20 - **Hydroxychloroquine** in Covid

19:45 - Early intervention in Covid

24:10 - Shortness of breath in Covid

25:00 - The 8th day of Covid symptoms is vital

27:10 - Hypersensitivity in Covid

34:25 - **Ivermectin** in Covid

39:50 - Perspectives on Covid vaccination

43:20 - Randomised control trial (RCT) appropriate in Covid?

46:10 - Real world Covid case management

47:50 - How to train Covid patients to recognize important signs

49:20 - Covid outpatient management

54:30 - Vitamin D in Covid

57:00 - Post-dated prescriptions for the 8th day of Covid symptoms

<https://m.youtube.com/watch?v=VTqmXOAU2mQ&feature=youtu.be>

HOMEOPATHY – for vax issues

<https://homeopathic.com/some-vital-facts-about-covid-19-and-what-natural-medicine-offers/>

The Dragon blood remedy includes Magog Oak and Gog oak (most ancient oak trees) Helios. It's for protection against the spike protein which included the possible shedding to people who have not had the regular v.

You can get all four V's from www.helios.co.uk but you have to ring as they are not listed on the website. They are recommending the addition of Dragon's Blood plant specifically for the spike protein and 5G. I suggest a 30c potency prophylactically to be taken on any days you are exposed. If you have symptoms, then take (as a treatment) at 200c. The supplements needed alongside the remedies (I am also a naturopath and nutritionist) are NAC (precursor to glutathione), and vitamins D and C preferably

liposomally to ensure delivery inside cells. Dietwise: lots of raw greens as the interaction between chlorophyll and sunlight stimulates stem cells in the body and if locally grown will contain exosomes from plants that have information about local environmental threats that can be downloaded into our bodies.

Recommend two books: [Virus Mania](#) and [Regenerate - the New Biology](#)

MICRONIZED ZEOLITE DETOX – for vax issues

The H2 and Daily Detox (micronized zeolite) are basically fairly universal and neither of them has any history of causing any problems for anyone, with possible exception of too much magnesium if using H2 tablets in higher doses.

The PDF for the vax injury prevention protocol using micronized zeolite is below.

The guy who sells the NAVAN Daily Detox here in UK is here:
<https://zeolitedetox.co.uk/product/daily-detox-plus-by-navan/>

This is one of the distributors for the Quicksilver Scientific Elite H2 tabs in UK which has about the best price I've seen:

<https://www.proactivehealthcare.co.uk/quicksilver-scientific-h2-elite>

To clarify further... if one does the micronized zeolite protocol I provided at or above the doses given for it (I did considerably more), I do not believe one will actually be "immunized," or not very much so in the very least. The micronized zeolite will pull anything toxic, ie with a positive charge, out of the bloodstream and harmlessly transport it out of the body via urination. COVID virus is positively charged.

The spike protein has a mix of charges but only small sections where it docks to the cell are negative so it too would be captured. Also, while the mRNA itself is negatively charged, it is delivered to the cells in a nanolipid particle that is strongly positively charged. Thus the micronized zeolite will intercept and capture those nanolipid particles and escort them out of the body safely.

This means that the whole purpose of the vaccine has been effectively defeated. So, it is not a protocol to be engaged by people who want the jab to get COVID protection. Rather it is a protocol for people that would ordinarily not want the jab, but are either being forced to take it, or who given the circumstances with proof of vax becoming required to do many things would like to obtain the proof of vax legitimately (no forgeries which is illegal) and yet effectively not have the effects of being vaccinated. The micronized zeolite protocol is the only thing I know of that offers that opportunity.

Micronized Zeolite Protocol for Vaccine Injury Protection

DISCLAIMER: this protocol has not been reviewed or approved by the FDA, MHRA or EMA, nor has this particular application and use of the stated product been studied in a clinical laboratory setting. The NAVAN company has also not reviewed or approved this particular use of their Daily Detox micronized zeolite product, and makes no claims whatsoever along these lines.

NOTE: each bottle of **NAVAN Daily Detox** has app. 600 drops in it, but this varies a bit.

IMPORTANT: higher therapeutic doses of **NAVAN Daily Detox** as outlined in the protocol below will result in some de-hydration unless adequate water is consumed during the protocol. You will also thus urinate more frequently. This is your body's natural way of safely excreting the **NAVAN Daily Detox** along with the toxins that it has captured and immobilized so they can be safely eliminated.

7 DAYS PRIOR TO DAY OF VAX

15 drops 3x a day = 45 drops a day = 315 drops

DAY OF VAX & DAY FOLLOWING VAX

30 drops 3x a day = 90 drops a day = 180 drops

FOR 6 MORE DAYS

15 drops 3x a day = 45 drops a day = 270 drops

USING UP THE REMAINING NAVAN DAILY DETOX

10 drops 3x a day = 30 drops a day (remaining supply should last approximately 14.5 days)

The amount of **NAVAN Daily Detox** that's required for this entire protocol is 2 bottles.

Detox from Graphene Oxide seems to be possible:

- Glutathione (most important to help detox body)
- NAC = N-acetylcysteine 600-750mg (to support body making Glutathione)
- Zinc
- Astaxantin 5mg (also good for eyesight)
- Quercetin
- Vitamin D3
- Cardoman (also protects liver and stomach)

- Melatonin 1mg to 10mg (contra 5G)
- or CDS and zeolite