

SHOPPING LIST

Supplements

You may find these supplements at your local pharmacy, health shop, supermarket, or online store.

- o Vitamin C (format- liposomal if possible)
- o Vitamin D3
- o Zinc
- o Zinc Ionophore – Quercetin or Nigella Sativa and honey
- o Zestt – a combination product that has zinc, quercetin and flavanoids
- o Omega 3 fish oils
- o NAC – very hard to find
- o Colloidal Silver
- o Anti-histamines - Allergy support

Mouth Washes, Nasal Sprays

- o Betadine Sore Throat Gargle (this one has iodine – anti-viral)
- o Colloidal Silver Nasal Spray
- o Propolis and Manuka Honey Lozenges
- o Tea tree oil, Lavendar oil, frankencense – for inhalation
- o Cepacol – mouth wash

Over The Counter Medications

- o Asprin – 300 – 325 mg
- o Ibuprophen
- o Slow release melatonin if available – for sleep
- o Anti-histamines - Promethazine

Herbs

- o Fresh ginger root
- o Fresh garlic bulbs
- o Thyme – from your neighbours
- o Elderberry
- o Echinacea
- o Tumeric root

Key Nutrients

- o Shiitake mushrooms
- o Reishi mushrooms
- o Lemons
- o Kiwi fruit
- o Berries
- o Leafy greens
- o Broccoli
- o Sardines
- o Pumpkin seeds
- o Flax Seeds
- o Fresh fruit and vegetables in season
- o Miso
- o Nutra Organic Vegetable broth

Tools

- o Thermometer - necessary
- o Nebuliser - optional
- o Oxygen Saturation Meter - optional