



DR. DONI[®]
NATURE EMPOWERED

HEAL HPV KICKSTART PROGRAM - SUPPLEMENT BLUEPRINT

SUPPLEMENT LINKS	AM	MID-DAY	PM	BEDTIME	PURPOSE
<u>Multivitamin</u> with Folate, Zinc, Selenium, Vit E and D	1		1		Nutrients, immunity
<u>Immune Support</u> with C and Antiviral Herbs	1		1		Immune support, antiviral herbs/ nutrients
<u>5MTHF / Folate</u> 5 mg	1		1		Making healthy cells
<u>Vitamin A 25K</u>	1 or 2		1 or 2		Immune, antiviral
<u>CCDG</u> - Green tea, Coriolus, DIM and Curcumin	2		1		Immune, protect cells, detoxification support