



HEAL HPV KICKSTART PROGRAM - SUPPLEMENT BLUEPRINT

SUPPLEMENT LINKS	AM	MID-DAY	PM	BEDTIME	PURPOSE
Multivitamin with Folate, Zinc, Selenium, Vit E and D	1		1		Nutrients, immunity
Vitamin C 500-1000 mg	1		1		Immunity and antiviral
Immune Support with C and Antiviral Herbs	1		1		Immune support, antiviral herbs/nutrients
5MTHF / Folate 5 mg	1		1		Making healthy cells
Vitamin A 25K	1 or 2		1 or 2		Immune, antiviral
CCDG - Green tea, Coriolus, DIM and Curcumin	2		1		Immune, protect cells, detoxification support