

Supplements Stack

Recommended Usage and Benefits

Vitamin D3 — 5,000 IU

Take 10 daily for 5 days. Supports immune health, promotes healthy cellular function, and supports intestinal calcium and phosphorous absorption.

Vitamin A — 10,000 IU

Take 5 daily for 5 days. Supports the body's defense system and promotes vision, growth, and healthy tissue development.

Host Defense MyCommunity

Take 2 daily until better. Broad-spectrum blend of 17 mushroom species known for supporting innate and adaptive immune cell functioning.

Host Defense Agarikon

Take 2 daily until better. Supports an engaged yet balanced immune response and promotes healthy innate immune cell functioning.

Metagenics Immune Active

Take 2 daily until better. High-potency zinc and quercetin help protect cells from harmful free radicals and stimulate key antioxidant pathways.

Herb Pharm Echinacea

Take 1 full dropper 3x daily until better. Certified organic Echinacea root extract known for supporting acute immune activation and response.

Oil of Oregano

Take 3 softgels daily until better. Supports healthy gastrointestinal microbial balance and promotes healthy inflammatory responses.

Argentyn 23 Bio-Active Silver

Apply 3 sprays to throat daily until better. Professional-grade silver hydrosol containing 98% positively charged particles with no additives or stabilizers.

Supplements will ship as needed to maintain optimal levels

If you have any questions or concerns regarding the supplements or their usage, please don't hesitate to contact our customer support team. You can reach us at support@drhyman.com or call us at [1-888-702-2995](tel:1-888-702-2995)

We hope this guide helps you make the most of your supplement stack. Remember, consistency is key in achieving optimal results. Here's to your health and well-being!