



Preventative Supplement Stack

Dr. Hyman's supplement stack recommendation for optimal healthy support

Recommended Usage and Benefits

O.N.E Multivitamin

Take 2 daily. Cover the basic vitamins and minerals your body needs for day-to-day function.

Vitamin D Supreme

Take 2 daily. Anti-inflammatory that is critical for optimal immune function, and this cannot be achieved without supplementation (especially during the winter months).

NAC

Take 2 daily. Promotes the production of glutathione, a potent antioxidant that supports immune function and reduces the severity of the flu.

HTB Rejuvenate

Take 2 daily. Found in fruits and vegetables and has a wide range of benefits including decreasing viral growth.

Omega-3 Rejuvenate

Take 2 capsules 2x daily (4 Capsules in Total). Anti-inflammatory and neuroprotective. They stimulate ACE2 indirectly, by increasing activity of a group of hormones called apelin, which are potent promoters of ACE2. Omega-3 fats also prevent abnormal blood clotting, alleviate depression, and help brain recovery, enhancing cognitive function.

Zinc citrate

Take 2 daily. Strong anti-viral properties.

PolyResveratrol-SR

Take 2 daily. Found in red grapes, it has many beneficial health effects including attacking a relative of COVID-19.

Turiva

Take 2 daily. Anti-inflammatory and anti-cancer effects. There are demonstrated protective effects of curcumin during acute COVID-19. Curcumin increases ACE2 activity. It also enhances brain recovery after injury and may have direct anti-viral activity.

EGCg

Take 2 daily. Reduces inflammation and enhances the immune system, targeting one of the processes involved in COVID-19 replication.

MyCommunity

Take 2 daily. All enhance natural killer cell activity containing astragalus, maitake, immune system glands such as thymus, parotid and spleen, and other ingredients that support the immune system

Liposomal Vitamin C

Take 2-4 mL (1-3g orally, daily, approx. 1/2 teaspoon) and hold in mouth for 30 seconds before swallowing (1 TSP= 5 grams)

Well-established immune regulation and support.

Melatonin-SR 2mg

Take 2 daily. In addition to promoting sleep, melatonin has been shown to reduce inflammation.

DGL Plus

Take 3 daily. Supports immune system function and reduces viral growth.

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!