



Supplements for ACE2 Support

Specific ACE2 activating supplements include vitamin D, quercetin, curcumin, omega 3s, resveratrol, alpha lipoic acid and NAC.

In addition, CBD 150 mg may be helpful as well (not included in this stack)

*For women over 50 estrogen replacement therapy may also be helpful in LONG COVID

*We recommend to work with your health care professional

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.

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.

Omega-3 Rejuvenate

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

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.

Vitamin D3 50,000 IU

Take 1 daily for 10 Days-Vitamin D3 50,000 IU orally, daily for 10 days.

Anti-inflammatory that is critical for optimal immune function, and this cannot be achieved without supplementation during the winter month

*Do not use long term without working with a physician. Intended for limited use. Not available to be reshipped automatically.

R-Lipoic Acid

Take 2 caps 2x daily (4 in total). An essential cofactor for mitochondrial oxidative metabolism.

NSK-SD

Take 2 daily. Helps to reduce clotting and destroys the SARS-CoV2 spike protein *There will be left over

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!