

Substance	Natural Source(s)	Where to Get	Recommended Dose
Ivermectin	Soil bacteria (avermectin)	On prescription	0.4 mg/kg weekly for 4 weeks, then monthly *Check package instructions to determine if there are contraindications prior to use
Hydroxychloroquine		On prescription	200 mg weekly for 4 weeks *Check package instructions to determine if there are contraindications prior to use
Vitamin C	Citrus fruits (e.g. oranges) and vegetables (broccoli, cauliflower, brussels sprouts)	Supplement: health food stores, pharmacies, dietary supplement stores, online	6-12 g daily (divided evenly between sodium ascorbate (several grams), liposomal vitamin C (3-6 g) & ascorbyl palmitate (1-3 g))
Prunella Vulgaris (commonly known as self-heal)	Self-heal plant	Supplement: health food stores, pharmacies, dietary supplement stores, online	7 ounces (207 ml) daily
Pine Needles	Pine tree	Supplement: health food stores, pharmacies, dietary supplement stores, online	Consume tea 3 x daily (consume oil/resin that accumulates in the tea also)
Neem	Neem tree	Supplement: health food stores, pharmacies, dietary supplement stores, online	As per your practitioner's or preparation instructions
Dandelion Leaf Extract	Dandelion plant	Supplement (dandelion tea, dandelion coffee, leaf tincture): natural food stores, pharmacies, dietary supplement stores, online	Tincture as per your practitioner's or preparation instructions
N-Acetyl Cysteine (NAC)	High-protein foods (beans, lentils, spinach, bananas, salmon, tuna)	Supplement: health food stores, pharmacies, dietary supplement stores, online	Up to 1,200 mg daily (in divided doses)
Fennel Tea	Fennel plant	Supplement: health food stores, pharmacies, dietary supplement stores, online	No upper limit. Start with 1 cup and monitor body's reaction
Star Anise Tea	Chinese evergreen tree (Illicium verum)	Supplement: health food stores, pharmacies, dietary supplement stores, online	No upper limit. Start with 1 cup and monitor body's reaction
St John's Wort	St John's wort plant	Supplement: health food stores, pharmacies, dietary supplement stores, online	As directed on supplement
Comfrey Leaf	Symphytum plant genus	Supplement: health food stores, pharmacies, dietary supplement stores, online	As directed on supplement
Lumbrokinase Serrapeptidase Or Nattokinase	Natto (Japanese soybean dish)	Supplement: health food stores, pharmacies, dietary supplement stores, online	2-6 capsules 3-4 times a day on empty stomach one hour before or two hours after a meal
Boswellia serrata	Boswellia serrata tree	Supplement: health food stores, pharmacies, dietary supplement stores, online	As directed on supplement
Black Cumin (Nigella Sativa)	Buttercup plant family	Grocery stores, health food stores	
Curcumin	Turmeric	Grocery stores, health food stores	
Fish Oil	Fatty/oily fish	Grocery stores, health food stores	Up to 2,000 mg daily
Cinnamon	Cinnamomum tree genus	Grocery store	
Fisetin (Flavonoid)	Fruits: strawberries, apples, mangoes Vegetables: onions, nuts, wine	Supplement: health food stores, pharmacies, dietary supplement stores, online	Up to 100 mg daily Consume with fats
Apigenin	Fruits, veg & herbs parsley, chamomile, vine-spinach, celery, artichokes, oregano	Supplement: health food stores, pharmacies, dietary supplement stores, online	50 mg daily
Quercetin (Flavonoid)	Citrus fruits, onions, parsley, red wine	Supplement: health food stores, pharmacies, dietary supplement stores, online	Up to 500 mg twice daily, Consume with zinc
Resveratrol	Peanuts, grapes, wine, blueberries, cocoa	Supplement: health food stores, pharmacies, dietary supplement stores, online	Up to 1,500 mg daily for up to 3 months
Luteolin	Vegetables: celery, parsley, onion leaves Fruits: apple skins, chrysanthemum flowers	Supplement: health food stores, pharmacies, dietary supplement stores, online	100-300 mg daily (Typical manufacturer recommendations)
Vitamin D3	Fatty fish, fish liver oils	Supplement: health food stores, pharmacies, dietary supplement stores, online	5,000-10,000 IU daily or whatever it takes to get to 60-80 ng/ml as tested in your blood
Vitamin K	Green leafy vegetables	Supplement: health food stores, pharmacies, dietary supplement stores, online	90-120 mg daily (90 for women, 120 for men)
Zinc	Red meat, poultry, oysters, whole grains, milk products	Supplement: health food stores, pharmacies, dietary supplement stores, online	11-40 mg daily
Magnesium	Greens, whole grains, nuts	Supplement: health food stores, pharmacies, dietary supplement stores, online	Up to 350 mg daily
Jasmine Tea	Leaves of common jasmine or Sampaguita plants	Grocery store, health food stores	Up to 8 cups per day
Spices		Grocery store	
Bay Leaves	Bay leaf plants	Grocery store	
Black Pepper	Piper nigrum plant	Grocery store	
Nutmeg	Myristica fragrans tree seed	Grocery store	
Sage	Sage plant	Grocery store	
Rutin	Buckwheat, asparagus, apricots, cherries, black tea, green tea, elderflower tea	Supplement: health food stores, pharmacies, dietary supplement stores, online	500-4,000 mg daily (consult health care provider before taking higher-end doses)
Limonene	Rind of citrus fruits such as lemons, oranges, and limes	Supplement: health food stores, pharmacies, dietary supplement stores, online	Up to 2,000 mg daily
Baicalein	Scutellaria plant genus	Supplement: health food stores, pharmacies, dietary supplement stores, online	100-2,800 mg
Hesperidin	Citrus fruit	Supplement: health food stores, pharmacies, dietary supplement stores, online	Up to 150 mg twice daily
Green Tea	Camellia sinensis plant leaves	Grocery store	Up to 8 cups of tea a day or as directed on supplement
Potatoes tubers	Potatoes	Grocery store	
Blue Green Algae	Cyanobacteria	Supplement: health food stores, pharmacies, dietary supplement stores, online	1-10 grams daily
Andrographis Paniculata	Green chiretta plant	Supplement: health food stores, pharmacies, dietary supplement stores, online	400 mg x 2 daily *Check for contraindications
Milk Thistle Extract	Silymarin	Supplement; Health food stores, pharmacies, dietary supplement stores, online	200 mg x 3 daily
Soybeans (organic)	Soybeans	Grocery store, health food stores	