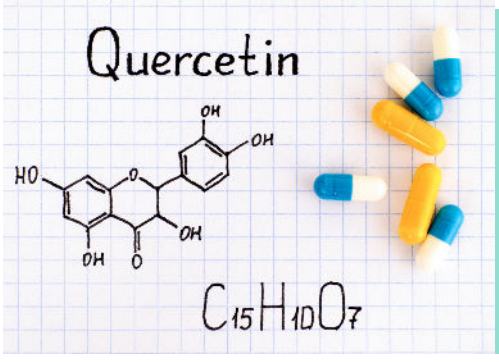
FLCCC ALLIANCE

PREVENTION AT HOME TO STAY HEALTHY

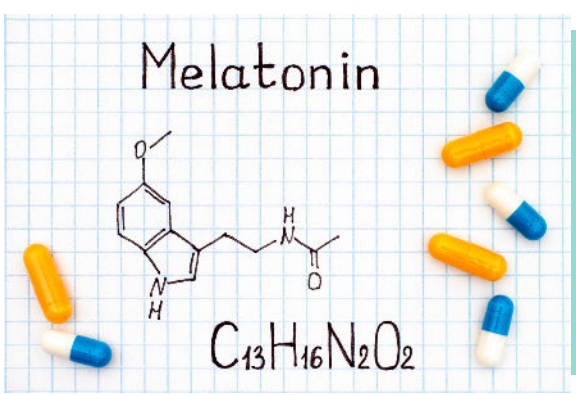
Vitamin D3 1000-3000 IU per day

Vitamin C 500-1000 mg twice a day



Quercetin or mixed flavanoid supplements (green tea, berry extract) 250 mg/day

Zinc (oxide, gluconate, sulfate) 30-50 mg per day



Melatonin (slow release) 2-6 mg at night

Gargle, do not swallow,
mouth rinses containing cetylpyridinium chloride (CPC) or povidone-iodine (PVP-I) 2x/day