

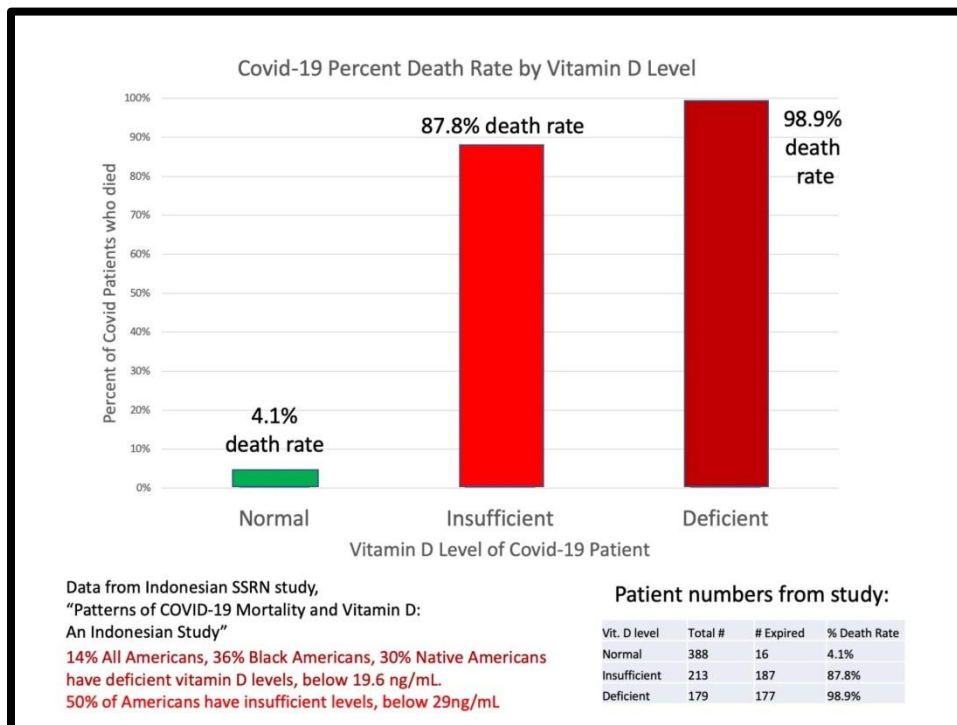
Cheap, Over-the-Counter Supplements Will Keep You Healthy

I'm Not Your Doctor & You're Responsible For Your Own Health. But You Can Stay Healthy Or Recover With These Cheap, Store-Bought, Doctor-Recommended Options That Are Not Injected.

Conservative Daily Amounts for C, D, & Zinc ... Vitamin-D Deficiency Highly Correlative With Getting Sick.

Vitamin C: 500-2000 mg ↓Vitamin D3: 1,000-4,000 IU↓ Zinc: No more than 40 mg

People with COVID had low D, <30 ng/mL. 7:00: <https://www.bitcute.com/video/2s9rlrsmNjOn/> Clif High asks if 90 ng/mL is optimal. 43:45: <https://www.bitcute.com/video/E6zL3o0KyGPY/> (Best Test: 25-Hydroxy Vitamin D)



<https://www.linkedin.com/pulse/vitamin-d-covid-correlations-keep-coming-liz-brown/>

Take Quinine or Tonic Water (Which Contains Quinine) With Zinc to Treat.

Quinine is still available online, but tonic water is readily available in supermarkets, and cheap.

<https://www.bitcute.com/video/atHMTeonbOxS/> Dr. Eric Nepute explains why this works.

Zinc Ionophores: Both Available OTC, EGCG & Quercetin (Zinc Ionophores) Work Synergistically With Zinc as Substitutes for Hydroxychloroquine. Part of Dr. Vladimir Zelenko's 2020 Protocol, With Which He's Had a 99% Success Rate for Recovery, a Zinc Ionophore Acts as the Gun, With Zinc Being the Bullet, Into Cells.*

The Zelenko Protocol for Prevention With Quercetin

500 mg Quercetin, 1000 mg Vitamin C, & 25 mg Zinc once a day.

The Zelenko Protocol for Prevention With Epigallocatechin Gallate (EGCG)

400 mg Epigallocatechin Gallate (EGCG) & 25 mg Zinc once a day.

The Zelenko Protocol for Treatment With Quercetin

500 mg Quercetin twice a day for 7 days.

1000 mg Vitamin C & 50 mg Zinc once a day for 7 days.

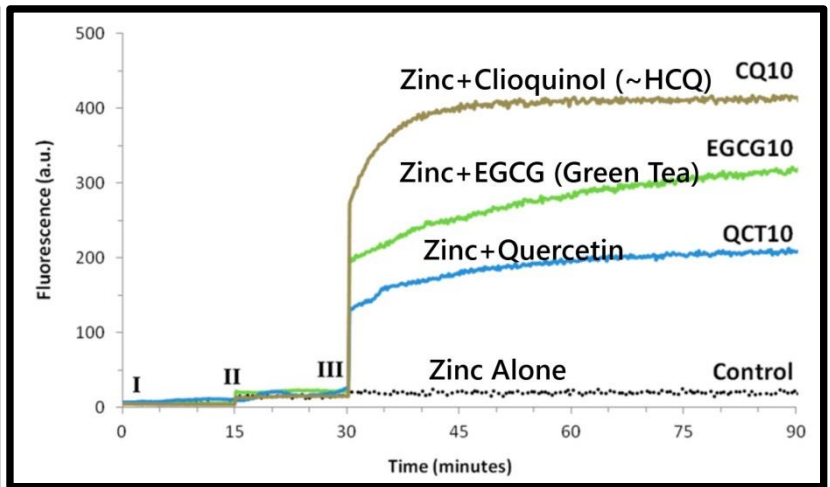
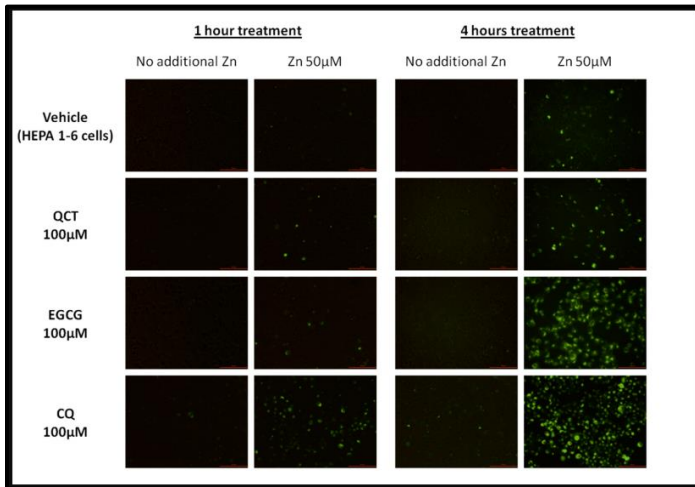
500 mg Azithromycin once a day for 5 days.

The Zelenko Protocol for Treatment With Epigallocatechin Gallate (EGCG)

400 mg Epigallocatechin Gallate (EGCG) & 50 mg Zinc once a day for 7 days.

500 mg Azithromycin once a day for 5 days.

Azithromycin, ivermectin, **budesonide†**, and dexamethasone require prescriptions, but the prevention protocols don't. The charts below shows that quercetin helps zinc into the cells, but EGCG is even better. Zinc blocks virus replication. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2973827/>



These 2 Charts Shows EGCG Is Even More Effective a Zinc Ionophore Than Quercetin. (CQ is Clloquinol; HCQ is Hydroxychloroquine.)
<https://pubmed.ncbi.nlm.nih.gov/25050823/> EGCG & Quercetin are effective zinc ionophores. <https://pubmed.ncbi.nlm.nih.gov/33732940/> Clloquinol (above) inhibits Covid.

Take N-Acetyl Cysteine, Which Is a Precursor of Glutathione, Abundant in Children But Not in the Elderly.

N-acetyl cysteine (NAC) inhibits or reduces cytokine storm. <https://www.bitchute.com/video/AmJ9KSGhWLhx/>
<https://www.laquintacolumna.net/> ♣La Quinta Columna♣ - Also NAC, electron microscopy of vials, & 5G effects.
<https://rumble.com/c/ORWELLITO> Orwellito - Concise excerpts from La Quinta Columna, with English subtitles.

Links Below Are Meant as a Supplementary Source of Information Not Filtered by the MSM or Alphabet.

- Dr. Kary Mullis:** <https://www.bitchute.com/video/bR5HF0hNzZvl/> PCR inventor: "PCR doesn't tell you that you're sick."
<https://www.bitchute.com/video/iqPoUQXHwD6K/> On Fauci: "He doesn't know anything about anything."
<https://www.bitchute.com/video/yyX5k0Qq7O13/> Dies Aug. 2019, just before earliest evidence of Covid.
- *Dr. Zev Zelenko:** <https://faculty.utrgv.edu/eleftherios.gkioulekas/zelenko/index.html> Healed 1000's with OTC supplements.
<https://www.bitchute.com/video/obHBbhAS9Xjz/> Tells lawyer, Reiner Fuellmich, about the Covid fraud.
- †Budesonide Cure:** <https://www.bitchute.com/video/om3g3lgaOGPg/> Dr. Richard Bartlett totally cured a 50-year smoker.
- Chlorine Dioxide:** <https://www.bitchute.com/video/GQ9raHtcllHKH/> Sacha Stone documentary on healing power of ClO₂.
<https://www.bitchute.com/video/Sf5Dd6E9Nj8r/> Mexican Dr. Manuel Aparicio heals 1000's with ClO₂.
- Merck Sales Rep:** <https://www.bitchute.com/video/rUDQCCYL3kve/> Brandy Vaughan, warns about vax; recalls intimidation.
<https://www.bitchute.com/video/f6FJuxFkxy0/> Brandy Vaughan dead, at 47, as vaccines are rolled out.
- 3 Dead Presidents:** <https://www.bitchute.com/video/QlpZYpQrAEoW/> 3 African leaders opposing the vaccine ended up dead.
- Dr. Carrie Madej:** <https://www.carriemadej.com/videos> Injected nanoparticles & hydrogels. DNA alteration. ♣Monoclonals!
<https://rumble.com/vsudtb-exclusive-first-look-at-child-jab-plus-evil-mono-clonal-secrets-exposed.html>
- Dr. Mike Yeadon:** <https://www.bitchute.com/search/?query=dr.%20mike%20yeadon&kind=video> Ex-Science-Adviser Pfizer.
- Doctors' Alliances:** <https://americasfrontlinedoctors.org/> USA <https://www.bitchute.com/video/EjBsJF7cNjSw/> World Doctors
- The "Plandemic":** <https://plandemicseries.com/> Traces how Covid was developed and how whistleblowers are silenced.
<https://www.bitchute.com/video/38qaHZC75L1w/> Dr. David Martin & Dr. Judy Mikovits on "Plandemic."
<https://www.bitchute.com/video/et6pKCMRcS6G/> Dr. David Martin & German lawyer, Reiner Fuellmich.
- New World Order:** <https://www.stopworldcontrol.com/en/> Covers the longstanding, hidden hive-mind agenda of the NWO.
<https://www.bitchute.com/video/1JJH24Wl4nl7/> Catherine Austin Fitts, on the mark-of-the-beast system.
- Fall of the Cabal:** <https://www.bitchute.com/channel/ws4fMTn6yNc7/> Globalist cartels' efforts to control and depopulate.
- A) MS Patent:** <https://patentscope.wipo.int/search/en/detail.jsf?docId=WO2020060606> A phone app monitors the body.
- B) WHO Tracker:** https://www.who.int/publications/i/item/WHO-2019-nCoV-Digital_certificates-vaccination-2021.1
- C) A+B Explained:** <https://rumble.com/vlx3oh-bill-gates-patent-blockchain-will-track-vaxx-status-prohibit-purchasing-tra.html>
- Ray Kurzweil Bots:** <https://www.bitchute.com/video/OFiqW2WjAlrq/> Our nanobot-infused brains access the internet by 2030.
- Bill Gates Ted Talk:** <https://www.bitchute.com/video/EKSzANp0fE1/> His equation to depopulate, "If we do a really great job."
- Klaus Schwab:** [https://odysee.com/\\$/search?q=klaus%20schwab](https://odysee.com/$/search?q=klaus%20schwab) Implantable microchip, global health pass, own nothing.
- Yuval Noah Harari:** <https://www.bitchute.com/video/r4TpSHJN3TEg/> "We humans...are not...souls...We are hackable animals."
- Event 201:** <https://www.bitchute.com/search/?query=event%20201&kind=video> The Covid Practice Run, Oct. 2019
- Agenda 2030:** <https://www.bitchute.com/search/?query=agenda%202030&kind=video> The UN's Globalist Takeover Plan
- GAVI:** <https://www.gavi.org/> <https://www.bitchute.com/search/?query=gavi&kind=video> Gates' Vax Company
- ID2020:** <https://id2020.org/> [https://odysee.com/\\$/search?q=id2020](https://odysee.com/$/search?q=id2020) Plan to give everyone on earth a digital ID.
- Nanoparticles:** <https://pubmed.ncbi.nlm.nih.gov/26443109/> Magnetic nanoparticle research to modify DNA in humans.
- MAC Address Ppl:** <https://www.bitchute.com/video/D2DvbxXJ0LH/> Dr. Luis Benito: Vaxxed people trigger Bluetooth devices.
- Best 1-Stop News:** <https://www.redvoicemedia.com/category/pc-radio/> News on the vaccine agenda and what's in the vials.