

# I-MASK+

## PREVENTION & EARLY OUTPATIENT TREATMENT PROTOCOL FOR COVID-19

### ANTI-SEPTIC ANTI-VIRALS

**Antiviral mouthwash:** Gargle 3 x daily (do not swallow; must contain chlorhexidine, povidone-iodine, or cetylpyridinium chloride). **Iodine nasal spray/drops:** Use 1% povidone-iodine commercial product as per instructions 2–3 x daily. If 1%-product not available, must first dilute the more widely available 10%-solution<sup>4</sup> and apply 4–5 drops to each nostril every 4 hours. (No more than 5 days in pregnancy.)

### ADJUNCTIVE / SYNERGISTIC THERAPIES

**Quercetin** 250 mg 2 x daily  
**Zinc** 100 mg/day (elemental zinc)  
**Vitamin C** 500–1,000 mg 2 x daily

### NUTRITIONAL THERAPEUTICS

**Curcumin (turmeric)** 500 mg 2 x daily for 14 days  
**Nigella Sativa** 80 mg/kg daily for 14 days  
**Honey** 1 gram/kg daily for 14 days

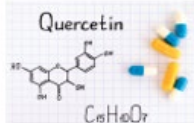
FLCCC  
ALLIANCE

## PREVENTION AT HOME TO STAY HEALTHY



**Vitamin D3**  
1000-3000U per day

**Vitamin C** 500-1000 mg twice a day

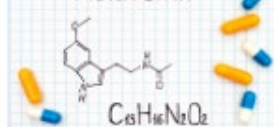


Quercetin or mixed flavanoid supplements (green tea, berry extract) 250 mg/day

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



**Melatonin**



**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



[www.flccc.net](http://www.flccc.net)

## COVID-19 HOME INTERVENTIONS TO REDUCE VIRAL LOAD

Prevention • Post-Exposure • Symptomatic Patients



Use a Mouthwash 2x per day

Choose any mouthwash with:  
Cetylpyridinium Chloride(CPC):

- ACT™
- Scope™
- Crest™



Gargle, do not swallow

Or choose an essential oil based  
mouthwash like Listerine™ made  
from:

- Thymol (thyme)
- Menthol
- Eucalyptus

## Post-Exposure • Symptomatic Patients



### Nose Spray

- Use nasal spray with 1% povidone-iodine (for example: Betadine™, Immune Mist™)
- Nasal spray for post-exposure prophylaxis and early symptomatic period
- Nose spray 2-3x day for no more than 5-7 days



### How to use nose spray

- Pregnant? check first with your healthcare provider
- Blow nose before spraying
- Throw away tissue and wash hands
- Shake bottle
- Spray in one nostril and then the other
- Use spray 2-3x per day





# Benefits of Turmeric

FOR NUTRITION AND HEALTH

antiviral, antibacterial, anti-fungal, anti-parasitic

anti-inflammatory, antioxidant

assists with digestion and a healthy gut, maintains blood sugar



protects the heart, helps maintain fluid balance

protects the lungs by decreasing cytokines

anticoagulant, decreases bleeding disorders

Interferes with viral absorption, entry, and replication, also transmissible gastroenteritis (TGEV)



In SARS-COV2, protects from inflammation which protects the heart, lungs, and the gut

- 1/3 tsp per day helps prevent inflammation and viral absorption

learn more at [flccc.net](http://flccc.net)

# Nigella Sativa

TO PROTECT YOUR LUNGS AND IMMUNE SYSTEM

The key chemical in Nigella Sativa is Thymoquinone which protects the lungs and is beneficial in lung injury and reactive airway disease



Studies have shown that it helps in Covid-19 lung inflammation and injury. The dosage for early treatment is 80mg/kg for 14 days.

Immunoregulatory: modulates or inhibits response

Anti-inflammatory inhibits Histamine release

Antibacterial, Anticancer, Antifungal

Protects the liver, lungs, kidneys, and heart

Helps with digestion and help regulate blood sugar

