

Post Covid Jab

SUPPLEMENT GUIDE



PINE NEEDLE TEA

SURAMIN - ACTIVE EXTRACT

ABOUT

Sipping pine needle tea could give your immune system a much-needed boost. Back in the day, sailors used to drink pine needle tea to protect from scurvy. Pine needles are bursting with vitamin C, with 4 to 5 times more per serving than a glass of orange juice!

BENEFITS

Suramin is used to treat African sleeping sickness and river blindness. Also used for autism and is noted to help the body through post-medical procedures, both complex surgeries and simple ones. Suramin is believed to be particularly helpful for blood clots. Historically, Native Americans used pine needle tea as an expectorant and decongestant – to expel mucus and phlegm, thus eliminating bacteria and other pathogens in the lungs. Traditionally, pine needles have been used as a way to soothe arthritic joints by relieving pain.

PROPERTIES

- AntiOxidant
- AntiViral
- AntiParasitic
- AntiCoagulant
- Mood Stabiliser
- Weight Management
- AntiInflammatory
- Analgesic
- Clears Sinuses
- Expectorant



ZEOLITE

CLINOPTILOLITE - COMMONEST TYPE

ABOUT

Zeolite is a complex mineral which forms in the contact of volcanic lava and water. Zeolite is a 100% natural volcanic mineral compound that contains more than 60 trace minerals

and 12 amino acids.

BENEFITS

Tiny cages enable zeolite to act as a "molecular sieve," filtering molecules based on their particle size. Negative surface charge loosely binds minerals – such as sodium, potassium, and calcium – and replaces them with large ions and heavy metals. In other words, zeolite can pick up plenty of "bad stuff" like viruses, environmental toxins, pesticides, free radicals, heavy metals (cadmium, mercury, lead and arsenic) and replace it with "good stuff". The body doesn't absorb Zeolite, so it passes through and out of your system in 5 to 7 hours - it takes the trash along with it. Studies also suggest that zeolite helps treat HSV, Hepatitis C, colds and flu. It removes free radicals, helps maintain an alkaline pH between 7.35 and 7.45, which promotes healthy brain and immune function. Zeolite improves skin quality and fights the visible signs of ageing.

PROPERTIES

- AntiOxidant
- AntiCoagulant
- AntiFungal
- ProBiotic
- Heavy metal detox
- Mood Stabiliser
- Hangover reduction
- Anti depressant
- AntiInflammatory
- Skin Health
- Oral Hygiene
- Liver Detox



TURMERIC

CURCUMIN - ACTIVE EXTRACT

ABOUT

There are over 10 000 peer reviewed published articles that prove the benefits of turmeric - especially curcumin. Turmeric is arguably the most powerful herb on the planet at fighting and possible reversing disease.

BENEFITS

Ayurveda and Traditional Chinese Medicine Practitioners have been prescribing turmeric and its extracts as part of holistic protocols for thousands of years. Studies show the use of turmeric greatly reduces instances of platelet aggregation and potentially reduces the risk of blood clots. Arguably, the most powerful aspect of curcumin is its ability to control inflammation as it contains several anti-inflammatory compounds. It has been used successfully for the treatment of arthritis, diabetes, scabies, acne scarring, IBS, high cholesterol, obesity, liver detox and is now being researched for pancreatic and prostate cancer.

PROPERTIES

- AntiCoagulant
- AntiInflammatory
- Analgesic
- AntiDepressant
- Skin Health
- AntiScarring
- AntiDiabetic
- AntiParasitic
- AntiBacterial
- AntiFungal
- Cardio protective
- Good gut health



NIGELLA SATIVA

BLACK SEED/KALONJI

ABOUT

Nigella Sativa seeds have been used for over 2000 years for their aroma and flavor in cuisines as well as their reported health benefit properties. In fact, archaeologists found black seeds in King Tut's tomb and the Prophet Muhammad once touted black seed oil extract as a "cure for every disease except death."

BENEFITS

As more and more studies start to surface, it becomes quite apparent that this ancient seed from the Nigella sativa plant may have a profound impact on your health and wellbeing. Through the support of cognitive function, liver health, digestive health, and metabolic function; it is definitely making a case for quite a strong supplement for overall health. Research shows that antioxidants can have a powerful effect on health and disease. In fact, some studies indicate that antioxidants may protect against several types of chronic conditions, including cancer, diabetes, heart disease and obesity. Anecdotal research alone shows many users of Nigella Sativa reporting feelings of elevated mood, sleep support, less brain fog, feeling more present, healthy stress levels, and supporting cognitive performance.

PROPERTIES

- Immune Booster
- AntiOxidant
- AntiInflammatory
- AntiBacterial
- Lowers Cholesterol
- Stabilises Blood Sugar
- AntiHypertensive
- Cardio-Protective
- Analgesic
- Supports Gut Health
- Improves Memory
- AntiStress



Post Covid Jal

2

SUPPLEMENT GUIDE



HYDROGEN PEROXIDE

USE FOOD GRADE H2O2

ABOUT

Known in medical terms as oxidative therapy or bio-oxidative therapy, hydrogen peroxide is a simple, well-studied, and useful molecule for a range of medical and sanitary applications. Hydrogen peroxide (H2O2) contains one more atom of oxygen than water (H2O) and is naturally produced in the human organism as a by-product of oxygen metabolism.

BENEFITS

Knowledge of the antiseptic effects of hydrogen peroxide (H2O2) dates back to the late 19th century, and its mechanisms of action has been amply described. Given its anti-infective and oxygenating properties, hydrogen peroxide may offer prophylactic and therapeutic applications for responding to the COVID-19 pandemic. H2O2 has been used in treating numerous diseases including scarlet fever, diphtheria, runny nose, coryza, whooping cough, asthma, hay fever, and tonsillitis. Specifically for viral diseases that attack the respiratory system, the first reported medical success using hydrogen peroxide therapy dates back exactly 100 years, when The Lancet showed how intravenous H2O2 was successfully used to treat a group of patients with influenza during the 1918-1919 Spanish Flu pandemic in the Mesopotamian valley. The mortality was reduced by half.

PROPERTIES

- AntiViral
- AntiBacterial
- Clears Sinuses
- Topical Acne Rx
- Topical Ulcer Rx
- Detox Bath Rx
- Sanitizer
- Stain Remover especially blood



CHLORINE DIOXIDE

CLO2

ABOUT

Chlorine dioxide is a gas and must be produced at the time of use. The most common and simple method for producing chlorine dioxide gas is a process of mixing sodium chlorite (NaClO2) and an acid activator. When these two substances are mixed, chlorine dioxide gas forms. The gas is a very simple and tiny molecule and contains one chlorine atom (Cl) and two Oxygen atoms (O2).

BENEFITS

CLO2 is extremely soluble in water and does not create chemical bonds. It can be used to safely and effectively purify water while completely deactivating viruses, bacteria, fungi, and some parasites. It even neutralizes many toxins, pesticides, herbicides, and pharmaceuticals that contaminate drinking water. Alcide, a patented CLO2 is used for treating wound disinfection, donated human blood and blood component disinfection, an oral rinse for prevention and treatment of infection, formulations for anti-inflammatory diseases including psoriasis, fungal infections, eczema, dandruff, acne, genital herpes, and leg ulcers. Other products included topical applications for preventing and treating bacterial infections. Also under development were systemic anti-inflammatory formulations and methods for reducing inflammation in tissues such as the bowel, muscle, bone, tendon and joints.

PROPERTIES

- AntiViral
- AntiBacterial
- AntiParasitic
- AntiFungal
- Anti-Dandruff
- AntiInflammatory
- Treats Candida
- Sanitizer
- Food Disinfectant



QUERCETIN NATURAL & SUPPLEMENT

ABOUT

Quercetin is a natural pigment present in many fruit, vegetables and grains. It's one of the most abundant antioxidants in the diet and plays an important role in helping your body combat free radical damage, which is linked to chronic diseases.

BENEFITS

The beneficial effects of flavonoids like quercetin come from their ability to function as antioxidants inside your body). Antioxidants are compounds that can bind to and neutralize free radicals. Free radicals are unstable molecules that may cause cellular damage when their levels become too high. Damage caused by free radicals has been linked to numerous chronic conditions, including cancer, heart disease, and diabetes. Quercetin is the most abundant flavonoid in the diet. It's estimated that the average person consumes 10-100 mg of it daily through various food sources. Foods that commonly contain quercetin include onions, apples, grapes, berries, broccoli, citrus fruits, cherries, green tea, coffee, red wine, and capers. It's also available as a dietary supplement in powder and capsule form.

PROPERTIES

- AntiOxidant
- AntiAllergy
- AntiInflammatory
- AntiHypertensive
- Used for rhinitis
- Immune Booster
- Cardio-Protective
- Neuro-Protective
- Anti-Ageing
- Enhances exercise performance



ARTEMESIA ARTEMESIA ANNUA

ABOUT

Artemisia is a large plant family with numerous varieties, all of which have exceptional healing properties. We are going to focus on artemisia annua, also known as Sweet Annie or Sweet Wormwood. This is not to be confused with artemisia absinthia, also known as Wormwood.

BENEFITS

High in antioxidants, artemisia annua is a potent immune system fortifier and has a long record of reducing fevers and other ailments. It has been proven around the world to be an effective treatment for malaria and the first SARS corona virus. Artemisia annua so effectively reduces inflammation, that it can keep our bodies from producing an over abundance of defensive cytokines, avoiding potentially life-threatening "cytokine storms." In Traditional Chinese Medicine, artemisia is known as Qing Hao and has been used specifically to treat fevers. Africa, too, has millennia of history using artemisia annua as a powerful anti-malarial folk remedy. It is also used to treat the deadly African Sleeping Sickness.

PROPERTIES

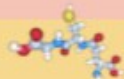
- AntiBacterial
- AntiHelmentic
- AntiRheumatic
- AntiMalarial
- AntiSpasmodic
- AntiPyretic
- Alleviates menstrual disorders
- Hepatitis Rx
- Cancer Fighting
- Cardio-Protective
- Diuretic



Post Covid Jab

3

SUPPLEMENT GUIDE



GLUTATHIONE ABOUT

Glutathione is an antioxidant produced in cells. It's comprised largely of three amino acids: glutamine, glycine, and cysteine. Glutathione has superb antioxidant potential. It scavenges free radicals throughout the body and recharges other antioxidants, thus preventing chronic diseases.

BENEFITS

Glutathione, often referred to as "the mother of all antioxidants," is one of the most talked-about supplements in the healthcare industry.

It has a range of benefits that include enhancing heart, liver, and brain health.

Glutathione levels in the body may be reduced by a number of factors, including poor nutrition, environmental toxins, and stress. Its levels also decline with age.

Glutathione is equally important for the regeneration of other antioxidants your body needs, such as vitamin C and vitamin E. It increases your overall antioxidant defense, a task that can never be accomplished just with one substance. In addition to being produced naturally by the body, glutathione can be given intravenously, topically, or as an inhalant. It's also available as an oral supplement in capsule and liquid form.

PROPERTIES

- AntiOxidant
- Enhances Detox
- Mitochondrial Support
- Liver Support
- AntiInflammatory
- Used for psoriasis
- Used for Insulin Resistance
- Anti-Ageing
- Skin Brightening
- Brain & mental health support



NAC N-ACETYL CYSTEINE ABOUT

N-acetyl cysteine (NAC), as a nutritional supplement. NAC is a precursor of L-cysteine that results in glutathione elevation biosynthesis. It acts directly as a scavenger of free radicals, especially oxygen radicals. NAC is a powerful antioxidant.

BENEFITS

This drug is not found in natural sources, although cysteine is present in some meals like chicken and turkey meats, garlic, yogurt, and eggs. NAC is a well-tolerated mucolytic drug that mellowes tenacious mucous discharges. It is also recommended as a potential treatment option for different disorders resulted from generation of free oxygen radicals. A review on NAC literature shows that this agent is a safe and well-tolerated supplementary drug without any considerable side effects. It is an antioxidant with a free radical scavenger property. It has been used as a beneficial drug treatment for some disorders such as polycystic ovary syndrome, acetaminophen toxicity, RPL, chronic bronchitis, ulcerative colitis, liver cancer, muscle performance, hemodialysis, asthma, Alzheimer's and Parkinson's.

PROPERTIES

- Replenishes Glutathione
- AntiOxidant
- Enhances Detox
- Liver Support
- AntiInflammatory
- Used for Insulin Resistance
- Brain & mental health support
- Used for Infertility
- AntiCoagulant



MSM METHYLSULFONYLMETHANE ABOUT

Methylsulfonylmethane (MSM) is also called dimethyl sulfone, DMSO₂, methyl sulfone, and many other names. It is an oxidation product of dimethyl sulfoxide (DMSO) and a source of sulfur for producing the amino acids methionine and cysteine. MSM is a water soluble white, odorless, crystalline compound that contains 34% elemental sulfur.

BENEFITS

MSM can be found in foods like milk, coffee, tomatoes and chard. Supplemental form can be taken by mouth or applied to the skin. One of the most popular uses of MSM is to decrease joint or muscle pain.

It has been shown to benefit those with joint degeneration, a common cause of pain in the knees, back, hands and hips.

Research shows that it may also be helpful in lowering inflammation, improving skin health by acting as a sulfur donor, decreasing allergy symptoms and speeding recovery after exercise. Additionally, some evidence suggests that MSM may have cancer-fighting properties. It can enhance the effectiveness of other common supplements used to treat arthritis such as glucosamine sulfate, chondroitin sulfate and boswellic acid. MSM increases glutathione levels as well.

PROPERTIES

- AntiInflammatory
- AntiOxidant
- Improves Skin Health
- Muscle Recovery
- Reduces joint pain & stiffness
- Used for Insulin Resistance
- Helps allergy symptoms
- Immune Booster
- Cancer Fighting



CBD CANNABIDIOL ABOUT

Cannabidiol oil is made by extracting CBD from the cannabis plant, then diluting it with a carrier oil like coconut or hemp seed oil. Better known as cbd, it is a popular natural remedy used for many common ailments. Tetrahydrocannabinol (THC) is the main psychoactive cannabinoid found in cannabis, and causes the sensation of getting "high" that's often associated with marijuana. However, unlike THC, CBD is not psychoactive.

BENEFITS

CBD is gaining momentum in the health and wellness world. The human body contains a specialized system called the endocannabinoid system (ECS), which is involved in regulating a variety of functions including sleep, appetite, pain and immune system response. The body produces endocannabinoids, which are neurotransmitters that bind to cannabinoid receptors in your nervous system. Studies have shown that CBD may help reduce chronic pain by impacting endocannabinoid receptor activity, reducing inflammation and interacting with neurotransmitters. CBD may also help reduce chemotherapy-induced nausea and vomiting and has been shown to ease symptoms related to epilepsy and Parkinson's disease; reduce the progression of Alzheimer's disease and help lower blood pressure. Cannabidiol inhibits SARS-CoV-2 replication and promotes the host innate immune response.

PROPERTIES

- Analgesic
- AntiInflammatory
- Anxiolytic
- AntiDepressant
- Treats Acne
- Neuroprotective
- AntiHypertensive
- AntiPsychotic
- Substance Abuse treatment



Post Covid Jal

4

SUPPLEMENT GUIDE



IVERMECTIN

ABOUT

Ivermectin is a semisynthetic, anthelmintic agent for oral administration. Ivermectin is derived from the avermectins, a class of highly active broad-spectrum, anti-parasitic agents isolated from the fermentation products of *Streptomyces avermitilis*.

BENEFITS

There are few drugs that can seriously lay claim to the title of 'Wonder drug'. Penicillin and aspirin being two that have perhaps had greatest beneficial impact on the health and wellbeing of mankind. Ivermectin can also be considered alongside those worthy contenders, based on its versatility, safety and the beneficial impact that it has had, and continues to have, worldwide—especially on hundreds of millions of the world's poorest people. When it first appeared in the late-1970s, it was the world's first endectocide, forerunner of a completely new class of antiparasitic agents, potently active against a wide range of internal and external nematodes and arthropods.

It was quickly discovered to be ideal in combatting two of the world's most devastating and disfiguring diseases, Onchocerciasis and lymphatic filariasis. It has also been used to successfully overcome several other human diseases including covid-19

PROPERTIES

- AntiViral
- AntiParasitic
- AntiInflammatory
- Protease Inhibitor
- Spike Protein Binding



NATTOKINASE

ABOUT

Nattokinase is an enzyme extracted and purified from a Japanese food called nattō. Nattō is produced by fermentation by adding the bacterium *Bacillus natto*, which also produces the enzyme, to boiled soybeans. Natto has been used as a folk remedy for diseases of the heart and blood vessels for hundreds of years.

BENEFITS

Nattokinase is commonly used orally for cardiovascular diseases including heart disease, high blood pressure, high cholesterol, stroke, chest pain (angina), deep vein thrombosis (DVT), "hardening of the arteries" (atherosclerosis), hemorrhoids, varicose veins, poor circulation, and peripheral artery disease (PAD).

Nattokinase "thins the blood" and helps break up blood clots. This might protect against heart disease and conditions caused by blood clots such as stroke, heart attack, and others. It is also used for pain, fibromyalgia, chronic fatigue syndrome, endometriosis, uterine fibroids, muscle spasms, infertility, cancer, and a vitamin-deficiency disease called beriberi.

PROPERTIES

- AntiCoagulant
- Cardio-Protective
- Neuro-Protective
- AntiHypertensive
- Analgesic
- Used for PMS symptoms



HOCL

HYPOCHLOROUS ACID

ABOUT

HOCL is a weak acid that is formed when chlorine (a gas) dissolves in water. It is used as an active ingredient in sanitizers and disinfectants because of its ability to break apart cell membranes

BENEFITS

Hypochlorous acid (HOCL) is a powerful oxidant that has been used from the beginning of the 20th century as a healing agent and disinfectant. It can be used effectively against a variety of bacteria, fungi, viruses, and pathogens.

Despite its efficacy at killing viral and bacterial pathogens, hypochlorous acid is 100% secure for use by people. It can be used safely around children and animals and does not harm the environment. You do not need to worry about accidental ingestion or contact with your eyes: even in these situations, HOCL is completely harmless. Disinfectants are EPA registered to kill illness-causing bacteria, viruses, and sometimes fungi, while sanitizers are only EPA registered to kill illness-causing bacteria. HOCL is a very good oxidant with powerful antioxidant properties, far superior to chemical bleach.

PROPERTIES

- AntiOxidant
- AntiMicrobial
- Helps allergy symptoms
- Immune Booster
- Surface Sanitizer
- Disinfectant



HCQ

HYDROXYCHLOROQUINE

ABOUT

Hydroxychloroquine belongs to the family of medicines called "antimalarials" (AMs), which are also classified as disease-modifying anti-rheumatic drugs, or DMARDs. acid that is formed when chlorine (a gas) dissolves in water. It is used as an active ingredient in sanitizers and disinfectants because of its ability to break apart cell membranes

BENEFITS

HCQ is also used to treat symptoms of rheumatoid arthritis and discoid or systemic lupus erythematosus. Chloroquine and hydroxychloroquine are weak diprotic bases that can diffuse across the cell membrane and raise the pH within cell vesicles. HCQ has endothelial stabilizing and anti-thrombotic effects. Its use has been explored as an adjunctive therapy in refractory thrombosis in antiphospholipid syndrome. It may also prevent recurrent pregnancy losses in the absence of antiphospholipid antibodies. HCQ favourably modulates atherogenic lipid and glycaemic profiles.

PROPERTIES

- AntiInflammatory
- Immuno-modulatory



Post Covid Jab

5

SUPPLEMENT GUIDE



VIT C ASCORBIC ACID ABOUT

Vitamin C is an essential vitamin, meaning your body can't produce it. Yet, it has many roles and has been linked to impressive health benefits. It's water-soluble and found in many fruits and vegetables, including oranges, strawberries, kiwi fruit, bell peppers, broccoli, kale, and spinach.

BENEFITS

Studies show that consuming more vit C can increase your blood antioxidant levels by up to 30%. This helps the body's natural defenses fight inflammation. Vit C supplements have been found to lower blood pressure in both healthy adults and those with high blood pressure and have been linked to a reduced risk of heart disease. These supplements may lower heart disease risk factors, including high blood levels of LDL (bad) cholesterol and triglycerides. Vit C-rich foods and supplements have been linked to reduced blood uric acid levels and lower risk of gout. Vit C supplements can help improve the absorption of iron. As a result, vitamin C may help reduce the risk of anaemia. Vitamin C may boost immunity by helping white blood cells function more effectively, strengthening your skin's defense system, and helping wounds heal faster.

PROPERTIES

- Immune Booster
- AntiInflammatory
- AntiOxidant
- AntiHypertensive
- Cardio-Protective
- Improves Skin Health
- Improves Wound Healing
- Cancer Fighting
- Improves Memory



VIT D 25-HYDROXYVITAMIN D ABOUT

Vitamin D is a fat-soluble vitamin that is present only in small amounts in certain foods, and it's made in our bodies only when our skin is exposed to the sun. It's considered an "essential" nutrient because the human body cannot make it on its own, without the assistance of food and sunlight. Vit D3 is better absorbed than Vit D2

BENEFITS

Research indicates that this so-called "sunshine vitamin" impacts not only your bones and skeletal structure, but also immune function, blood pressure, mood, brain function and your body's overall ability to protect against a range of illnesses. Higher D levels among older adults were associated with reduced rates of deadly infections, while low serum concentrations of vitamin D were linked to higher susceptibility. Because it can help control inflammation, it may also benefit those with chronic diseases and autoimmune disorders, including: multiple sclerosis, rheumatoid arthritis, irritable bowel syndrome other digestive disorders, and high blood pressure. Vitamin D deficiency has been linked to an increased risk for mood disorders, including depression, seasonal affective disorder, severe mood problems experienced during PMS, insomnia and anxiety.

PROPERTIES

- Immune Booster
- Essential for good bone health
- AntiInflammatory
- AntiHypertensive
- Cardio-Protective
- Improves Skin Health
- Balances sugar levels
- Hormone Regulation
- Mood Stabiliser
- Improves Memory



MAGNESIUM ABOUT

Magnesium is a mineral that supports hundreds of chemical reactions in your body. However, many people get less than they need. Magnesium is the fourth most abundant mineral in the human body. It plays several important roles in the health of your body and brain. In fact, every cell in your body contains it and needs it to function.

BENEFITS

One of magnesium's main roles is acting as a co-factor or helper molecule in the biochemical reactions continuously performed by enzymes.

Magnesium also plays a role in exercise performance. It helps move blood sugar into your muscles and dispose of lactate, which can build up during exercise and cause fatigue.

Supplementing with Mg can boost exercise performance for athletes, the elderly and people with chronic disease. Magnesium plays a critical role in brain function and mood, and low levels are linked to an increased risk of depression. People who get the most magnesium have a lower risk of type 2 diabetes. Moreover, supplements have been shown to lower blood sugar in some people. Mg is a natural diuretic and can lower blood pressure especially in people with existing high blood pressure. Interestingly, magnesium has been shown to improve mood, reduce water retention and other symptoms in women with PMS

PROPERTIES

- Improves exercise performance
- Important for cell membrane integrity
- AntiDepressant
- Immune Booster
- AntiInflammatory
- AntiHypertensive
- Migraine Treatment
- Improves PMS
- Blood sugar regulator



ZINC ABOUT

Zinc is a trace mineral, which means you only need a very small amount of it every day. You can get this essential nutrient by eating a balanced diet, but sometimes you may need to take a zinc supplement.

BENEFITS

Your body needs zinc to function properly. Your body uses zinc to do the following: heal wounds, support the function of your immune system, develop your reproductive system, develop your sense of taste and smell, produce and store insulin, help your thyroid and metabolism work properly, make proteins and DNA. Zinc has also been shown to improve the common cold, diarrhoea, age-related macular degeneration (AMD) As zinc deficiency results in altered numbers and dysfunction of all immune cells, subjects with suboptimal zinc state have an increased risk for infectious diseases, autoimmune disorders, and cancer. Zinc supplementation improves the mucociliary clearance, strengthens the integrity of the epithelium, decreases viral replication, preserves antiviral immunity, attenuates the risk of hyper-inflammation, supports anti-oxidative effects and thus reduces lung damage and minimized secondary infections.

PROPERTIES

- AntiViral
- AntiInflammatory
- AntiOxidant
- Important for cell membrane integrity
- AntiDepressant
- Immune Booster
- Wound Healing
- Lung Protective
- Neuro-Protective
- Immune Booster
- Blood sugar regulator