

Name: _____



PHILIP OUBRE, MD
FUNCTIONAL MEDICINE

COVID-19 ACTION PLAN

Supplements	Nutrition	Additional recommendations
<input type="checkbox"/> Supplements: Continue current plan <input type="checkbox"/> Immune Active 1 tablet <i>twice daily</i> <input type="checkbox"/> Ascorbic Acid 1,000mg 1 capsule <i>twice daily</i> <input type="checkbox"/> UltraFlora Spectrum 1 capsule <i>at bedtime</i>	<input type="checkbox"/> Avoid gluten, dairy, and sugar <input type="checkbox"/> Balanced Macros: o Fat: 50% Protein: 30% Carbs: 20% o Use www.cronometer.com to track	<input type="checkbox"/> Vitamin D Level > 60 pg / mL

Supplements	Nutrition	Additional recommendations
<input type="checkbox"/> Stop any non-essential supplements <input type="checkbox"/> Immune Active 1 tablet <i>twice daily</i> <input type="checkbox"/> Ascorbic Acid 1,000mg 1 capsule <i>twice daily</i> <input type="checkbox"/> UltraFlora Spectrum 1 capsule <i>at bedtime</i> <input type="checkbox"/> Zinc picolinate 30mg 1 capsule <i>daily</i> <input type="checkbox"/> B Complex Plus 1 capsule <i>once daily</i> <input type="checkbox"/> NAC 600mg 1 capsule <i>twice daily</i> <input type="checkbox"/> CDP Choline 1 capsule <i>twice daily*</i>	<input type="checkbox"/> Paleo Food Plan o 75% of Food is Plant-Based o Balanced Macros (see prevention) o Download Your PDF Here <input type="checkbox"/> Bone broth 1 cup <i>twice daily</i> <input type="checkbox"/> Green Juice (High Nutrients) <i>once daily</i> Low Sugar (less or no fruit) o Get Our Green Juice Recipe Here	<input type="checkbox"/> COVID-19 Vitamin Infusions (as needed) Prevent Cytokine Storm → ARDS Video: COVID-19 is NOT a lung virus

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*May cause diarrhea

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