



Tick Support Protocol

This Tick Support Protocol outlines the recommended supplements and dosages to use after coming in contact or being bit by a tick.

Adult Tick & Lyme Protocol

1. **GI Balance:** 1 capsule with breakfast, lunch, and dinner for 3-4 weeks
2. **Citricidal Drops**
 - Week 1: 3 drops upon waking and before bed
 - Week 2: 4 drops upon waking and before bed
 - Week 3: 5 drops upon waking and before bed
3. **Advanced Tick Support:** 2 capsules with breakfast and 2 capsules with dinner
 - Contains Japanese Knotweed, Andrographis, Cat's Claw, Sweet Wormwood

Optional Add-Ons

- **Florafilm:** 2 capsules upon waking and 2 capsules before bed
- **Proteolytic Enzymes:** 2 capsules upon waking

Foundational Support

- **Daily Nutritional Support:** 2 scoops per day
- **Vitamin D3:** 4,000-5000 IUs per day
- **Omega-3:** 2 softgels per day (2 grams)
- **InflammaSoothe:** 3 capsules per day
- **HistPro:** 2-4 capsules per day