

TOP FIVE SUPPLEMENTS TO STAY WELL*

Supplement	Infants & < 40 lbs	40 – 80 lbs	Over 80 lbs
Vitamin D3+k2 (daily)	1000 IU	2000-3000 IU	5000 IU
Vitamin C (2-4 X/daily)	250 mg	500 mg	1000 mg
Melatonin	0	1 mg (2X/day)	1mg AM; 3-5 mg PM
Quercetin (1-2 X daily)	100 mg	250 mg	500 mg
Zinc	10-25 mg	25 mg	50 mg

Most Essential Vitamins: Humor, Love, and Joy

* This is NOT Medical Advice. Please review with your trusted healthcare provider