



DEFENSE BOX

Be prepared. Not scared.

DefenseBoxes.com

The Defense Box

Viral Urgent Care Kit™

This curated box of tools has aided thousands in their recovery when used **early** - at the onset of symptoms, no matter if you have been tested or not.

These items have many medical studies proving their efficacy for "the thing" and are recommended by the top physicians around the world. All in one box so you are prepared when you need to be.

This is not a substitute for medical care. Do this kit alongside working with a doctor who can prescribe effective early treatments. One useful resource to find a provider is *budeosonideworks.com*.

visit us at defenseboxes.com
contact us at defenseboxes@gmail.com



Print this at defenseboxes.com/protocol

Item	Suggested dosage	Why
Aspirin – low dose (81 mg)	1 tab at night before bed	to help prevent blood clots
Budesonide nasal spray	2 sprays in each nostril, once a day	to inhibit the cytokine storm
Famotidine (10 mg)	1 tab/day	H2 histamine blocker to help dry up secretions and inhibit cytokines
Loratadine (10 mg)	1 tab/day	H1 histamine blocker to help dry up secretions and inhibit cytokines
Melatonin (10 mg)	1 tab at night before bed	to fortify immune system and help prevent blood clots
Mouthwash	Gargle 2-3 times/day	to reduce viral load in mouth and throat
N-Acetyl-L-Cysteine (NAC) (600 mg)	1-2 caps/day on empty stomach	to promote bronchial, respiratory, and immune health
Pulse oximeter	Use as needed to check levels	to help monitor blood oxygen levels
Vitamin C (1,000 mg) + Quercetin	1 tab/day with food	to optimize the immune system, help get zinc into cells
Vitamin D3 (5,000 IUs)	1-2 softgels/day	to support & strengthen the immune system
Zinc (22 mg)	1-2 caps/day with food	to inhibit viral replication

Disclaimer: Our boxes are not intended to be a substitute for professional medical advice, diagnosis, or treatment. We are not doctors, nor do we represent any doctors. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.