

How to Fix

LONG-COVID



Clear brain fog, fatigue, and chronic inflammation
with this simple supplement protocol.

Supplement Protocol

The following supplements can be ordered at www.activatefiq.com

Recuperate IQ - 1 capsule per day taken at breakfast.

Cod Liver IQ - 3 capsules per day taken at breakfast.

Mag IQ - 3-4 capsules per day, 1-2 taken at breakfast and 1-2 before bed.

Whole C IQ - 5 capsules taken at breakfast.

B-complex IQ or Beef Liver IQ - take one serving per day at breakfast.

Adrenal IQ - 2 capsules taken at breakfast.



Why These Supplements?

Essential nutrients for restoring balance.

Clinical Validation

You need adequate copper levels for your body to utilize iron efficiently because copper regulates iron. Excess free iron that results from COVID causes inflammation, reduced energy (APT) production, and mitochondrial dysfunction.

Recuperate IQ contains nature's highest sources of copper - beef liver and spirulina plus copper bysglycinate. This supplement supplies vital nutrients that round up the harmful free iron that COVID causes.

An important component of copper is that it must be bioavailable to be used properly. Without retinol (natural vitamin A), free copper can be just as damaging as free iron. Cod Liver IQ supplies retinol. It is essential to take these together. Cod liver oil is a naturally high source of vitamin D as well.

The remaining supplements further enhance and support the proper placement of nutrients within the body. Together, these elements concertedly aid in efficient metabolic function and balance.

"I've seen hundreds of COVID long-haulers in the last few years, and they all present with the same lab patterns: high Hbg, RBC, Hct, TIBC, and CRP; normal to high iron levels, and low iron saturation. COVID research shows that the mechanism of action is to release iron from hemoglobin on blood cells. When this happens, the body can't transport oxygen to tissues. Free iron also causes severe inflammation. After a while, the body adapts and creates more RBCs, Hbg, Hct, and iron can't readily bind to blood cells resulting in long-term inflammation and the lab patterns above."



Supporting Elements for Health

Mag IQ: Over 6000 processes in the body rely on magnesium to operate. Magnesium is one of the most depleted nutrients from our soil and, thus, our food supply. It is a vital supporting nutrient that allows molecules in the body to function properly.

B vitamins: work as cofactors - like cogs in a gear. Without B vitamins putting the proper nutrients in the right places at the right time, things get backed up and clogged. Beef Liver IQ is the highest natural source of B vitamins or B complex IQ as a vegan option..



Whole C IQ: Whole food sources of any vitamin or mineral are better than synthetic versions. Synthetics are lab-made and only contain a piece of the whole complex. You must supplement if you aren't getting at least 500mg of vitamin C from fresh fruits and vegetables daily. Vitamin C is a powerful antioxidant that cleans up the inflammation caused by free iron. It also helps boost the immune system. It functions better from whole food sources/supplements than mad-made ascorbic acid.



Adrenal IQ: Adaptogen herbs have proven benefits far beyond adrenal support. These herbs improve immune function, enhance energy production, support cognition, and boost mitochondrial function. This final supporting supplement offers an additional energy boost to push through long-hauler syndrome.

Zinc and Vit D: Vitamin D cannot elicit its immune-boosting functions without adequate vitamin A. Cod liver oil contains the correct ratio of both of these vital nutrients. Beef liver also contains adequate zinc to support immune health and can be found in Recuperate IQ or Beef Liver IQ.



Real Results

I've seen hundreds of COVID long-haulers symptoms improve dramatically in a matter of days and weeks with this simple supplement protocol. It can happen for you too.

Everyone is different, so you might need more or less time than another person. If you're experiencing more severe neurological impacts of COVID, you will need additional support. Please reach out to me in this case.

Results are not guaranteed but are far more likely with a more personalized approach. Reach out to me if you feel like your symptoms still won't budge.

It's critically important that you DO NOT substitute for other supplements. Ingredient quality, ratios, and amounts will not be the same. You will not see the same results with synthetic or fortified supplements.

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experiencewellnessiq.com