



**TEXAS RIGHT TO KNOW**  
More Unites Us Than Divides Us

## PREVENTION PROTOCOLS

**FLCCC**<sup>®</sup>  
A L L I A N C E

Front Line COVID-19 Critical Care Alliance  
[www.covid19criticalcare.com](http://www.covid19criticalcare.com)

- Intermittent fasting/time-restricted eating combined with a low-carbohydrate, high-fat diet (ketogenic diet), low in Omega-6 vegetable oils.
- Nattokinase; 100-200 mg twice daily.
- Resveratrol; 500 mg daily.
- Aspirin (ASA); 81 mg daily (in those with low risk of bleeding).
- Magnesium; 100-400 mg daily.
- Omega-3 fatty acids; 2-4 g daily.
- Co-enzyme Q (CoQ); 200-400 mg/day.
- Melatonin; 3-10 mg at night (slow release/extended release).
- Bromelain; 500 mg twice daily +/-
- N-acetyl cysteine (NAC); 600 mg twice daily.
- Berberine; 500-600 mg twice daily.

**COVID affects the platelets in the blood, making them sticky and causing micro-clots that may affect the brain, fingers and toes, and internal organs.**

**Coagulation test screening for measurement of D-dimer and fibrinogen levels, is suggested by researchers.**

### **BLOOD TESTS TO CONSIDER:**

**D-Dimer** - blood test to check for microclots which measures D-dimer, which is a protein fragment that your body makes when a blood clot dissolves in your body.

**Troponin** - A troponin test looks for certain types of the protein troponin, in your bloodstream. Those types of troponin only occur in heart muscle cells and only enter your blood because of heart muscle damage. That makes testing troponin levels invaluable in diagnosing heart attacks and other heart-related problems.

**INFORMATION FOR EDUCATIONAL PURPOSES ONLY AND NOT INTENDED TO BE MEDICAL ADVICE.**