

Post-viral Recovery Protocol

OvationLab and Fullscript have partnered to create positive change in the world of healthcare—making personalized, integrative medicine more accessible and effective than ever before. This protocol is one of the many ways in which OvationLab and Fullscript are helping practitioners in prescribing evidence-based, high-quality integrative care.

Key supplement ingredients included in the protocol

Arterial support

A combination of ingredients such as *Monostroma nitidum* and fruit and vegetable powder may help promote normal circulation and arterial function.*

Immune support

Optimizing immune function can strengthen preventative defense mechanisms.*

Inflammatory balance

Ingredients for healthy inflammatory balance such as curcumin, ginger, and *Boswellia serrata* may help support immune function by supporting the adaptive immune response.*

Probiotic and prebiotic combination

Research suggests that probiotics and prebiotics may help restore gut microbiome health.*

Suggested products



Arterosil

- First 30 days: 2 capsules, 2 times daily
- Days 60–90: 1 capsule, 2 times daily



Tollovid

- First 30 days: 3 capsules, 4 times daily
- Next 7 days: 2 capsules, 4 times daily
- Following 30 days: 1 capsule, 2 times daily



MegaSporeBiotic

- First 7 days: 1 capsule daily
- Until bottle completion (approx. 5 weeks): 2 capsules daily



MegaPre

- Week 6–13: 3 capsules, 1 time daily, following completion of MegaSporeBiotic



ITIS

- Week 1–13: 2 capsules, 3 times daily

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the protocol



Suggested directions for use

	Tollovid	MegaSporeBiotic	MegaPre	ITIS	Arterosil
Week 1	3 capsules, 4 times per day	1 capsule, 1 time per day		2 capsules, 3 times per day	2 capsules, 2 times per day
Week 2	3 capsules, 4 times per day	1 capsule, 2 times per day		2 capsules, 3 times per day	2 capsules, 2 times per day
Week 3	3 capsules, 4 times per day	1 capsule, 2 times per day		2 capsules, 3 times per day	2 capsules, 2 times per day
Week 4	3 capsules, 4 times per day	1 capsule, 2 times per day		2 capsules, 3 times per day	2 capsules, 2 times per day
Week 5	2 capsules, 4 times per day		3 capsules, 1 time per day	2 capsules, 3 times per day	1 capsule, 2 times per day
Week 6	1 capsule, 2 times per day		3 capsules, 1 time per day	2 capsules, 3 times per day	1 capsule, 2 times per day
Week 7	1 capsule, 2 times per day		3 capsules, 1 time per day	2 capsules, 3 times per day	1 capsule, 2 times per day
Week 8	1 capsule, 2 times per day		3 capsules, 1 time per day	2 capsules, 3 times per day	1 capsule, 2 times per day
Week 9	1 capsule, 2 times per day		3 capsules, 1 time per day	2 capsules, 3 times per day	1 capsule, 2 times per day
Week 10			3 capsules, 1 time per day	2 capsules, 3 times per day	1 capsule, 2 times per day
Week 11			3 capsules, 1 time per day	2 capsules, 3 times per day	1 capsule, 2 times per day
Week 12			3 capsules, 1 time per day	2 capsules, 3 times per day	1 capsule, 2 times per day
Week 13			3 capsules, 1 time per day	2 capsules, 3 times per day	1 capsule, 2 times per day

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