**LONG HAUL SYNDROME Rx BUNDLE**

**Guest Name** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **DOB** \_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Sex** M or F

**Address** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Ph #**  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Allergies** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Medical Conditions­** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **MEDICATION** | **STRENGTH** | **DOSAGE FORM** | **DIRECTIONS** | **QTY** | **REFILLS** |
| Compounded Ivermectin\* | \_\_\_\_\_\_ mg | Capsule | Take 1 capsule PO \_\_\_\_\_\_\_\_\_\_\_ for \_\_\_\_\_\_\_\_\_\_\_ then \_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  |
| Vitamin D 3 | **Circle One:**50,000 IU5,000 IU/gm | CapsuleCream | Take 1 cap by mouth \_\_\_\_\_\_\_\_\_Apply \_\_\_\_\_\_ gm(s) topically QD | \_\_\_\_ caps\_\_\_\_ gms |  |
| Glutathione (L) reducedGlutathione Liposomal | **Circle One:**50mg 200mg/ml | Sublingual TabletCream | Dissolve \_\_\_\_\_ tab(s) under the tongue \_\_\_\_\_ time(s) daily Apply \_\_\_\_ gm(s) topically daily | \_\_\_\_ tabs\_\_\_\_ gms |  |
| Low Dose Naltrexone(LDN) | \_\_\_\_\_ mg | Capsule | **Initial Titration Dose:**Take 1 cap PO QD for \_\_\_\_ days, then increase by 1 cap every \_\_\_\_ days until \_\_\_\_ caps are reached**Maintenance Dose:**Take 1 cap PO QD |  |  |
| Vitamin A palmitate | 5,000 IU/spray | Nasal Spray | Use 1 spray in each nostril once daily. Discard after 35 days. | 8 mls |  |
| Phys Pref Rejuvenation(Epitalon) | 0.5mg | Sublingual Tablet | Dissolve 1 tablet under the tongue once daily on an empty stomach |  |  |
| Phys Pref Brain(Semax) | 0.5mg | Sublingual Tablet | Dissolve 1 tablet under the tongue \_\_\_\_\_\_ time(s) daily on an empty stomach |  |  |
| Vasoactive Intestinal Polypeptide (VIP) | 50mcg/spray | Nasal Spray | Use 1 spray in one nostril \_\_\_\_\_ time(s) daily as directed (alternate nostrils) | 12ml |  |
| **Circle One:**Desiccated Porcine Thyroid\*\*T3/T4 SR+ | \_\_\_\_ grains(s)\_\_\_\_ /\_\_\_\_mcg(s) | Capsule | Take \_\_\_\_\_ cap(s) PO Q \_\_\_\_\_\_\_ |  |  |
| Phys Pref Immune (Thymosin α-1) | 0.5mg | Sublingual Tablet | Dissolve \_\_\_\_\_ tablet(s) under the tongue QD |  |  |
| Methylene blue | Circle: 15mg, 25mg, 35mg, 50mg | Capsule | Take \_\_\_\_\_ cap(s) PO \_\_\_\_\_ |  |  |
| Sirolimus | 5mg | Capsule | Take 1 cap PO once weekly |  |  |

**Clinical Reason for Use:** \* Hypoallergenic formulation; BHA-free and corn-free / \*\* Hypoallergenic formulation; sodium starch glycolate, sugar, talc, and chicory-free /

 +Better symptom control; decrease side effects, dye free formulation

**Physician Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Printed \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

 **Date Written \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DEA # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ NPI # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

 **Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**LONG HAUL SYNDROME Rx BUNDLE Indications**

The Long Haul COVID-19 Syndrome (LHCS) is characterized by prolonged malaise, headaches, fatigue, sleep difficulties, hair loss, smell disorder, decreased appetite, painful joints, dyspnea, chest pain and cognitive dysfunction. According to information included in the FLCCC I-RECOVER protocol, up to 80% of patients experience prolonged illness after COVID-19 infection. LHCS is not only seen after the COVID infection, but it is being observed in many who have received vaccines (likely due to monocyte/microglia activation by the spike protein from the vaccine). LHCS may persist for months after the acute infection and almost half of patients report reduced quality of life, which is why we have developed this protocol for you to offer your patients. Many recommendations provided here are based on the range of symptoms mentioned in the I-RECOVER protocol, but instead, we suggest using products such as peptides, hormones and vitamins which exhibit similar mechanisms of action to achieve the same end goal of symptom resolution, and restoration of various body functions.

**Ivermectin** - Decreases viral load, has anti-inflammatory effect on spike protein

Note: Dosed at 0.2-0.3mg/kg once daily for 2-3 weeks

**Vitamin D3** – Enhances the function of immune cells and decreases inflammation. Many people with post-viral syndrome continue to be deficient in Vitamin D until it is replaced.

Note: For dosing guidance, see Page 2 of the I-RECOVER protocol (attached)

**Glutathione** - The body’s “master antioxidant” which helps combat free radicals and offload toxins

**LDN** – Acts as an immunomodulator, promotes T cells and NK cells, inhibits proinflammatory cytokines.

Note: Begin with 1-1.5mg daily and increase to 4.5mg as tolerated. May take 2-3 months for full effect.

**Vitamin A** - Vitamin A plays a decisive role in the regeneration of olfactory receptor neurons. Vitamin A Palmitate intranasal spray may help restore olfactory function and aid the recovery of post-infectious olfactory loss.

**Phys Pref Rejuvenation (Epitalon)** - Improves pineal gland function, supports neuroimmunoendrocrine system, normalizing thymic and cardiovascular systems and regulating melatonin synthesis, increases expression of telomerase to preserve telomere length in fibroblasts and lymphocytes. Increases the body's resistance to various pathogens, viruses and infections.

**Phys Pref Brain (Semax)** - Activates serotonergic and dopaminergic centers in the brain by increasing brain-derived neurotrophic factor (BDNF), which supports the survival of existing neurons as well as the growth of new neurons and synapses. Increases serotonin in the synaptic cleft, improves cardiovascular circulation (particularly following stroke), improves short and long-term memory associated with LHCS brain fog. This is an alternative to fluvoxamine, which carries a side-effect profile not observed with Semax.

**VIP nasal spray** - Improves respiratory distress, gut immune function, mast cell activation, and decreases inflammation and symptoms related to Chronic Inflammatory Response Syndrome. Down regulation of th1 responses and controlling cytokine responses (restores immunoregulation, especially following infection via intracellular bacteria and viruses). Corrects Vitamin D levels in men.

**Thyroid** - Assists with post-COVID hair loss, in response to post injection/infection thyroiditis.

**Thymosin alpha-1** - Anti-viral, anti-inflammatory, protects against oxidative damage, protects the myocardium, stimulates stem cell activity and protects against viral infection and replication.

**Methylene blue** – Optimizes mitochondrial function, protects against oxidative stress and byproducts of cytokine storm

**Sirolimus** – Mimics intermittent fasting, promotes mTOR inhibition and autophagy, decreases adiposity