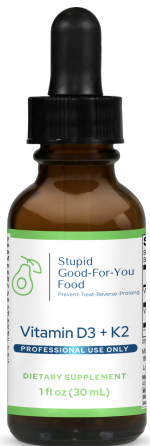
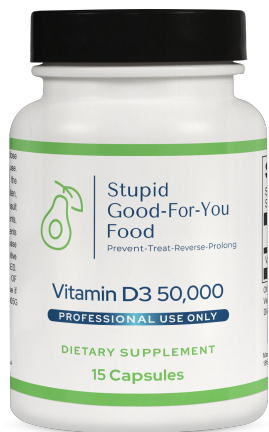




Stupid Good-For-You Food

Prevent-Treat-Reverse-Prolong



Stupid Good Immunity Protocols

Standard Immunity Support

Indication: Vitamin D insufficiency or deficiency

Directions: Take 2-5 drops under the tongue once daily or as directed by your health care provider.

Boosted Immunity Support

Indication: Use when in a high exposure place or after known exposure, as a preventative measure. Examples of exposure include using public transportation, attending concerts and public gatherings, teaching during viral outbreaks, illness exposure, undergoing surgery, traveling or experiencing other stresses.

Directions: Take one mushroom capsule by mouth **and** five drops Vitamin D3 + K2 under the tongue once daily for 7- 14 days. *

Immunity Boost for Acute Illness

Indication: Take at the first sign of illness, such as fever, sore throat, cough, aches, fatigue, headache, or nasal congestion.

Directions: Days 1-3: Take one Immunity mushroom blend capsule twice daily **and** one Vitamin D3 50,000 capsule by mouth. Day 4 until well: Take one immunity mushroom capsule twice daily by mouth **and** five drops of Vitamin D3 + K2 drops under the tongue until you have recovered from your illness.

*Mushroom capsules should be used for short-term immunity support or acute illness but are most effective when used intermittently instead of daily.

The Stupid “Good-For-You” Food Shop

<https://shop.stupidgoodforyoufood.com>