Cold Sore Support Protocol

Supplement Dosing Guide

HOW TO USE THIS PROTOCOL

Preventative Phase: Take daily doses consistently to reduce frequency and severity of outbreaks.

At Onset Phase: At the first sign of tingling, burning, or an emerging sore, increase to the onset dosages immediately and continue for 5 days.

Supplement	Preventative (Daily)	At Onset (5 Days)
L-Lysine	2 capsules	6 capsules daily
H2PLX	2 capsules	6 capsules daily
Lauricidin	1 scoop	3 scoops daily

ABOUT THESE SUPPLEMENTS

L-Lysine An essential amino acid that competes with arginine, the amino acid the herpes simplex virus needs to replicate. Higher lysine levels help suppress viral activity.

H2PLX A targeted herbal and nutrient complex designed to support immune defenses and inhibit viral replication at the cellular level.

Lauricidin A pure sn-1 monolaurin supplement derived from coconut oil with well-documented antiviral properties. It disrupts the lipid coating of enveloped viruses, including herpes simplex.

HELPFUL TIPS

- Avoid foods high in arginine during an outbreak (nuts, seeds, chocolate, oats) as these can fuel viral replication.
- Stay well hydrated and prioritize sleep and stress management, as outbreaks are often triggered by immune dips.
- Do not discontinue the preventative protocol during periods of high stress or illness.
- Contact our office if outbreaks are increasing in frequency or not responding to the onset protocol.