

~ 8 Pills Every Night ~

Immune Support

1. (1x) N1N Premium 10 in 1 Immune Support Booster [10 Potent Ingredients] with Elderberry, Vitamin C, Echinacea, Zinc, Turmeric and Probiotic for Immune Support, Gut Health and Better Digestion, 60 Veg Caps
[Amazon.com: N1N Premium 10 in 1 Immune Support Booster \[10 Potent Ingredients\] with Elderberry, Vitamin C, Echinacea, Zinc, Turmeric and Probiotic for Immune Support, Gut Health and Better Digestion, 60 Veg Caps : Health & Household](#)

Stomach Issues

2. (3x) NOW Foods Supplements, Probiotic-10™, 50 Billion, with 10 Probiotic Strains, Strain Verified, 50 Veg Capsules
[Amazon.com: NOW Foods Supplements, Probiotic-10™, 25 Billion, with 10 Probiotic Strains, Dairy, Soy and Gluten Free, Strain Verified, 100 Veg Capsules : Health & Household](#)

Stomach Issues

3. (1x) NOW Foods Supplements, Cascara Sagrada (Rhamnus purshiana) 450 mg, Herbal Regularity*, 250 Veg Capsules
[Amazon.com: NOW Foods Supplements, Cascara Sagrada \(Rhamnus purshiana\) 450 mg, Herbal Regularity*, 100 Veg Capsules : Health & Household](#)

Immune Support

4. (1x) Magnesium Glycinate 400mg, 180 Capsules (Vegan Safe, Third Party Tested, Gluten Free, Non-GMO) High Absorption Magnesium by Double Wood Supplements
[Amazon.com: Magnesium Glycinate 400mg, 180 Capsules \(Vegan Safe, Third Party Tested, Gluten Free, Non-GMO\) High Absorption Magnesium by Double Wood Supplements : Health & Household](#)

Immune Support

6. (1x) Kappa Nutrition, Quercetin 1,000mg, Vitamin C 1,000mg, Zinc 50mg, Vitamin D3 5,000iu, Selenium, Copper, Acerola, Ginger, Rutin, Bitter Orange, Rose Hips, Echinacea, Immune C Plus, 14 in 1 Immune C Plus
[Amazon.com: \(120 Capsules\), Quercetin 1,000mg, Vitamin C 1,000mg, Zinc 50mg, Vitamin D3 5,000iu, Selenium, Copper, Acerola, Ginger, Rutin, Bitter Orange, Rose Hips, Echinacea, Immune C Plus, 14 in 1 Immune C Plus : Health & Household](#)

Immune Support

7. (1x) Micro Ingredients Vitamin K2 MK-7 Supplement, 200 mcg Per Serving, 300 Coconut Oil Softgels | Easily Absorbed, Active Menaquinone Form | Immune, Joint, & Heart Support | Non-GMO
[Amazon.com: Micro Ingredients Vitamin K2 MK-7 Supplement, 200 mcg Per Serving, 300 Coconut Oil Softgels | Easily Absorbed, Active Menaquinone Form | Immune, Joint, & Heart Support | Non-GMO : Health & Household](#)

~ 2 Pills Every Morning ~

Allergies

1. Equate Allergy Relief Loratadine Tablets 10 mg, Antihistamine, 120 Count (60 + 60 Count)
[Equate Allergy Relief Loratadine Tablets 10 mg, Antihistamine, 120 Count \(60 + 60 Count\) - Walmart.com](#)

Stomach Issues

2. Equate Omeprazole Delayed-Release Capsules, 20 mg
<https://www.walmart.com/ip/Equate-Omeprazole-Delayed-Release-Capsules-20-mg-42-Count-3-pack/14706053?athbdg=L1600>