

When diagnosed with COVID you are simply told to go home and make the best of it so after researching dozens of sources, I have come up with this list of helpful supplements

Suggestions: Nutritional Supplementation For COVID

Immune Resistance:

- 1) Vitamin C, 2-3 thousand Mg per day
- 2) Vitamin D 3-5000 iu per day
- 3) Zinc 25mg per day, also sucking on a zinc lozenge (Cold Eaze) when going to an enclosed space like flying could be helpful
- 4) Selenium, I eat 8 Brazil nuts twice a week

Incubation:

Initially, after exposure COVID incubates for 5 days in the nose and throat before migrating to the lungs. You may not have a fever during this time, so if you have a sore throat or runny nose, this is the time to boost your immune system:

- 1) Boost Vit C to bowel tolerance, when you get loose stools back off slightly
- 2) Continue Vit D and Zinc
- 3) Andrographis 600 mg 2-3Xday
- 4) MonoLaurin 750mg 3X day, no improvement go to 3000mg 3X day

Inflammation

If the virus moves into your lungs, that's when a fever may show up, try to avoid a cytokine reaction by decreasing inflammation in the lungs

- 1) NAC 600mg 2X per day
- 2) Curcumin 1000 mg 2X day
- 3) Quercetin 1000mg 2X day
- 4) CBD tincture 25mg 3X day

There are many other nutritional ideas that have great merit, consider them all, like melatonin and ecgc.....good luck! Try to stay out of the hospital!