

A review of the supplements that help to face Covid-19

Attention:

1. This review is to share the latest information about those supplements that may help with recovery from Covid19. It is based on existing scientific research and patients' reported practices.
2. The suggested supplements are generally considered safe and are widely used or available over the counter. Yet, your current clinical conditions or specific medications could indicate otherwise. Consult your doctor first. The author does not assume any implied or explicit responsibility.
3. For more details and references, please visit [What supplement can help me against Covid-19](#)

Before and during Covid-19:

- 1- Stay hydrated and drink lots of warm/hot drinks such as tea (not coffee). Get electrolytes from natural sources such as fruits (e.g., sodium, potassium). Have some ORS (electrolyte) powder on hand for a few days for each person in the family. If you have heart failure, kidney problems, or other fluid restrictions, consult with your doctor.
- 2- Red Marine Algae (900-1800 mg daily) on an empty stomach for its virucidal and immune-boosting effect. Alternatively, 2-10 gr Spirulina green algae per day.
- 3- N-acetylcysteine 600-1800mg per day for being a potent antioxidant, as well as having other benefits for the immune system and lung function.
- 4- Zinc supplements (50 mg daily)
- 5- Vitamin C (500-1000 mg), Vitamin E (400 IU/day), and Vitamin D (1000 IU/day) all are antioxidants that help to regulate the immune system.
- 6- Turmeric (1-5 gr/day + some black pepper (tip of a teaspoon)+ a teaspoon coconut oil or butter or other edible oil, with a meal or as a golden latte). Beware turmeric and black pepper may upset your stomach. Turmeric is also available as a supplement. Turmeric is a potent antioxidant.
- 7- Glucosamine (1500 to 3,000 mg per day). Some studies suggest it could help cells against RNA viruses such as Covid-19.
- 8- Resveratrol(750 to 1500 mg/ day) and Quercetin for antioxidants and other beneficial effects. These two are not suggested in the literature and are relatively expensive supplements.

If you got Covid-19:

- 1- Call to inform your physician/healthcare provider and follow their advice. Also, call the relevant hotline for your area (203-946-4949 in New Haven, CT).
- 2- Self-quarantine, and advise anyone you live with to do the same. Inform anyone you've been in contact with over the last week that they should also follow strict quarantine.
- 3- Stay calm and relax as being calm significantly boosts your immune system.
- 4- Sleep well, rest well, avoid excessive physical stress and activity (e.g., no swimming, cold showers, running), and eat a high protein diet (e.g., eggs, low-fat cheese, meat, beans).
- 5- If not instructed otherwise, tolerate a low fever when it is less than 39°C (102°F) for 3-4 days, bring the temperature down if over 39°C (102°F) with Acetaminophen. Fever is a natural defense and slows down viral activity. Don't take Ibuprofen or other NSAIDs as some reports suggest it can cause adverse effects during Covid-19 infection.
- 6- Use vaporizer (hot, not cold) to humidify the air and ease breathing.
- 7- To ease cough and remove phlegm (mucus): Ambroxol (30 mg, three times a day) OR Guaifenesin (200-400 mg / 6 hours per day)

List of required supplies:

- 1- Red Marine Algae supplement or Spirulina algae (450mg tablets, count = 90)
- 2- N-acetylcysteine (600 mg tablets, count=90)
- 3- Multivitamin containing(Zinc, Selenium, Vitamins C, E, D)
- 4- Turmeric powder or capsules, electrolyte powder (for 30 days)
- 5- Acetaminophen (325 mg),
- 6- Guaifenesin (400 mg tablets, count = 90) or Ambroxol (30 mg tablets, count = 90)
- 7- Glucosamine(1500 mg tablets, count = 60)

IMPORTANT NOTICE:

- 1- Start from the top of the list, but not all are necessary, so if you didn't find some of these, you are still in good shape.
- 2- Although suggested supplements are generally considered safe and are available over the counter, there might be side effects or interactions. Please educate yourself about the side effects and potential interactions of the above-suggested supplements and consult your care provider.
- 3- All dosages are for healthy adults (70-80 kg weight). For children, consult with the pediatrician and adjust the dose according to their weight. If you have specific clinical

conditions or take sensitive medications, and for pregnant women, consult your care provider first!

- 4- Consider reducing the dosage to half after two months of use. Some vitamins remain in the fat tissue for extended periods.
- 5- If severe illness or difficulty of breathing developed due to the disease progression, do not rely on home therapy and call emergency medical service.

N-acetylcysteine in some people could cause nausea, vomiting, and diarrhea or constipation, or rarely drowsiness and low blood pressure. It intensifies the effect of Nitroglycerine.

Red Marine Algae and Spirulina: could lower blood pressure or delay clotting. Also, increase joint pain in patients with rheumatoid arthritis is reported.

Glucosamine: could increase blood pressure, divide the dose, reduce it, or stop using it.

Acetaminophen: Do not take more than 2 gr of Acetaminophen per day. If you have liver problems, consult your care provider first.

For more details and references, please visit [What supplement can help me facing Covid-19](#)

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March 13, 2020

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