

## **A review of the supplements that boost your immune system to face Covid-19**

### **Attention:**

1. This review is for information only and prepared based on the latest scientific research and patients' reported practices or outcomes. The author does not accept any implied or explicit responsibility.
2. Suggested supplements are generally considered safe and are widely used or available over the counter. Yet, your current medications or specific clinical conditions could indicate otherwise. Consult your doctor first.
3. For more details and references, please visit [What supplement can help me against Covid-19](#)

### **Before and during Covid-19:**

1- Stay hydrated with lots of warm/hot drinks such as tea and green tee (not coffee). Take enough electrolytes from natural sources such as fruits (e.g., sodium, potassium). Have some ORS powder or similar for a few days for each person in the family). If you have heart failure or kidney problems or other fluid restriction indications, consult with your doctor.

2- Red Marine Algae (750-2000 mg daily) on an empty stomach for its virucidal and immune-boosting effect. Alternatively, 2-10 gr Spirulina green algae per day.

3- Zinc supplements (50 mg daily)

4- Vitamin C(500-1000 mg), Vitamin E (400 IU/day), and Vitamin D (1000 unit/day) all are antioxidants or help to regulate the immune system.

5- Turmeric (1-3 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 black pepper may upset your stomach. Turmeric is a potent antioxidant. (with 3 gr/day: 90 gr)

6- N-acetylcysteine 800-1500mg per day for being a potent antioxidant and other benefits for the immune system and lung function. (with 600 mg tablets: N=60)

7- Glucosamine (1500 to 3,000 mg per day). Some studies suggest it could help cells against RNA viruses such as Covid-19. (with 1500 mg tablets: N=60)

8- Resveratrol(750 to 1500 mg/ day) and Quercetin for antioxidants and other beneficial effects.

### **If you got Covid-19:**

- 1- Call to inform your physician/healthcare provider and follow their advice.
- 2- Go to self-quarantine
- 3- Stay calm; in most cases, Covid-19 resolves through the natural defense.

- 4- Sleep well, rest well, avoid excessive physical stress and activity (e.g., no swimming, cold showers, running), take high protein diet,
- 5- If not prescribed otherwise, tolerate low fever when less than 39 C (102 F) for 3-4 days, bring the fever down if over 39 C (102 F) with acetaminophen. Fever is a natural defense and slows down viral activity. Do not take Ibuprofen.
- 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 supplements:**

Red Marine Algae supplement or Spirulina algae, N-acetylcysteine, Multivitamin containing( Zinc, Selenium, Vitamins C, E, D), Glucosamine, Turmeric powder or capsules, electrolyte powder, acetaminophen, Guaifenesin or Ambroxol

**IMPORTANT NOTICE:**

1. Although suggested supplements are generally considered safe and are available over through counter, there might be side effects or interactions. Please educate yourself about the side effects and potential interactions of the above-suggested regimen and consult your primary care provider.
2. All dosages are for adults (70-80 kg weight). For children, consult with the pediatrician and adjust the dose according to their weight). For pregnant women, consult your care provider first!
3. Consider reducing the dosage to half after two months of use. Some vitamins remain in the fat tissue for long.
4. Not all these are necessary, so if you didn't find some of these, you are still in good shape.
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.

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

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