



These are suggested interventions for mitigating the effects of Covid-19 to avoid the inflammatory reaction that can lead to the most serious manifestations of the illness. They should be taken as early as possible, for example, the first day symptoms begin that you feel may be related to Covid-19. Two of the supplements can be taken if you think you are exposed. There is no evidence for daily medication to prevent infection. This is where masks, hand washing and social distancing are effective.

### **N-ACETYLCYSTEINE (NAC).**

Suggested dose 600-1000 mg twice per day.

### **ZINC**

Suggested dose 30–60 mg daily, in divided doses. Can be used for exposure.

### **PALMITOYLETHANOLAMIDE (PEA)**

Suggested dose 300 mg twice per day to prevent infection (in the case of exposure), 600 mg po tid x two weeks to treat infection.

### **ELDERBERRY**

Suggested Dose 500 mg daily.

### **VITAMIN C**

Suggested dose 3000 mg total daily dose in 3 divided doses.

### **CURCUMIN**

500-1,000 mg twice per day (of absorption-enhanced curcumin).

### **Vitamin D**

10,000 IU daily.