

# COVID-19 Nutraceutical Matrix



Targets of nutraceutical support for prevention, infection and escalating inflammation phases. See Nutraceutical Guide for brand recommendations, precautions and potential benefits.

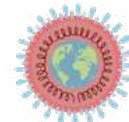
|                                                    | Prevention | Infection | Escalating Inflammation  |
|----------------------------------------------------|------------|-----------|--------------------------|
| <b>Foundational Support</b>                        |            |           |                          |
| Melatonin: 1 to 5 mg, 30 to 60 min. before bed     | ⇒          | ⇒         | ⇒                        |
| Vitamin D: 1,000 -- 5,000 iu/day                   | ⇒          | ⇒         | ⇒                        |
| Vitamin A: Up to 5,000 - 10,000 mcg/day            | ⇒          | ⇒         | ⇒                        |
| Vitamin C: 1 to 3 gm/day                           | ⇒          | ⇒         | Add up to bowl tolerance |
| Zinc:                                              | ⇒          | ⇒         | ⇒                        |
| Quercetin (phytosome): 500 mg 2x/day               | ⇒          | ⇒         | ⇒                        |
| Fish oil: 1 to 2 gm, 2x/day                        | ⇒          | ⇒         | ⇒                        |
| Elderberry: 300 --500 mg/day                       | ⇒          | ⇒         | ⇒                        |
| Magnesium (if needed for sleep): 200 to 400 mg/day | ⇒          | ⇒         | ⇒                        |
| <b>If needed to alleviate stress:</b>              |            |           |                          |
| Red Ginseng: 600 mg, 1-2x/day                      | ⇒          | ⇒         | ⇒                        |
| Ashwagandha: 500 mg, 1x/day, or 250 mg, 2x/day     | ⇒          | ⇒         | ⇒                        |
| Rhodiola: 250 mg, 2x/day                           | ⇒          | ⇒         | ⇒                        |

## Antioxidant Support

|                         |                |                |                |
|-------------------------|----------------|----------------|----------------|
| N-acetyl cysteine (NAC) | NAC 600 2x/day | NAC 600 3x/day | NAC 600 4x/day |
| Glutathione             | n/a            | n/a            | 500 mg 4x day  |

## NK Cell Support

|                                |                                                        |                                           |                                                             |
|--------------------------------|--------------------------------------------------------|-------------------------------------------|-------------------------------------------------------------|
| Astragalus: 500 mg, 2-3x/day   | May add NK support in Prevention if vulnerable or 50+. | Begin Th1 support during Infection phase. | Here, emphasis shifts to Anti-inflammatory Support (below). |
| Andrographis: 400 mg, 2-3x/day |                                                        |                                           |                                                             |
| Reishi: 600 mg, 2x/day         |                                                        |                                           |                                                             |



## Th-1 Cell Support:

|                                          |                                                                                             |   |                                                             |
|------------------------------------------|---------------------------------------------------------------------------------------------|---|-------------------------------------------------------------|
| Berberine: 500 mg, 2-3x/day              | May add NK support in Prevention if vulnerable or 50+; otherwise, begin at Infection stage. | ⇒ | Here, emphasis shifts to Anti-inflammatory Support (below). |
| Chinese Skullcap: 400 mg, 2-3x/day       |                                                                                             | ⇒ |                                                             |
| Licorice Root: 60 drops extract 2-3x/day |                                                                                             | ⇒ |                                                             |
| Echinacea: 500 mg, 2-3x/day              |                                                                                             | ⇒ |                                                             |

## Anti-inflammatory Support

|                                                   |                  |                                    |                   |
|---------------------------------------------------|------------------|------------------------------------|-------------------|
| Potassium 200 mg, 1x/day                          | n/a              | ⇒                                  | ⇒                 |
| Curcumin (liposomal or other absorption enhancer) | 500 mg, 3-4x/day | 1 gram, 3-4x/day                   | Continue @ 1 gram |
| Bromelain: 600 - 2400 GDU btwn meals              | n/a              | n/a                                | ⇒                 |
| EGCG                                              | n/a              | 2-4 cups green tea/day, btwn meals |                   |

### Alternative Options:

|                                    |     |                  |   |
|------------------------------------|-----|------------------|---|
| Resveratrol: 500-1000 mg, 2-3x/day | n/a | Comorbidites/50+ | ⇒ |
| Boswellia: 400 mg, 2-3x/day        | n/a | Comorbidites/50+ | ⇒ |
| Sulforaphane: 200 mg, 2-3x/day     | n/a | Comorbidites/50+ | ⇒ |
| PEA: 600 mg, 3x/day                | n/a | Comorbidites/50+ | ⇒ |