

# DR. MERCOLA'S COVID Treatment Protocol

## Treat ASAP

It is vitally important to understand that time is of the essence when treating an upper respiratory infection. The more dangerous the infection the more important it is to start treatment immediately after the onset of symptoms (ideally within the first hour but certainly the first day). The longer you wait the less effective these recommendations will be.

## Vitamin D3

This is one of the most important parts of the treatment. You will want an optimal level of vitamin D in your blood well before you need it. If you haven't had your blood tested, you need to do it immediately. Your level should be 60-80 ng/ml (150-200 nmol/l). The typical dose for an adult that is needed (assuming no sun exposure) is 8,000 IU per day (even higher if you are overweight).

If you are treating an acute infection as you read this and you haven't had your vitamin D blood level tested in the past few months and have not been taking any oral supplements, then it would be wise to take a rescue dose of vitamin D (50,000 unit capsules) which are easily purchased online. This rescue dose may vary from 100,000 - 300,000 units based on your weight. All the capsules are taken at once (preferably with a fatty food).

- 0-50 lbs 2 caps
- 50-150 lbs 3 caps
- 150-200 lbs 4 caps
- 200-250 lbs 5 caps
- >250 lbs 6 caps

Evaluate three days later. If you are better at that point then no additional vitamin D is required (other than the typical daily maintenance dose of 8000 IU). If you still have symptoms, then take half as many capsules as above.

If you had your blood level tested and it was above 40 ng/ml then you should take ½ the dose listed above. This is also the dose you can use if you had close contact with an infected person.

## Treatment for Low Risk or Not Seriously Ill

If you are symptomatic, younger than 45 and have no predisposing risk factors (like being overweight, diabetes, high blood pressure or other serious illnesses) and you're not seriously ill then this strategy is recommended until your symptoms improve or disappear.

### Vitamin D

Augmentation based on criteria in previous section

### Liposomal Vitamin C

2-2,000 mg 4-6 times per day

### N-Acetyl Cysteine

500 mg twice a day. This will help dissolve any blood clots. Alternatively, you can use fibrinolytic enzymes like lumbrokinase, serrapeptidase, or nattokinase. Use 2-4 of these capsules 2 to 3 times a day. They must be taken on an empty stomach though as if they are taken with food they will digest the food rather than any blood clots.

### Quercetin

500 mg twice a day with the zinc as it will help drive the zinc inside the cell where it will help halt replication of the virus.

### Zinc

25 mg (elemental) twice a day only take this high dose of zinc for three days as higher doses are not better and can lead to copper deficiency.

### Nebulized Saline

5ml of nebulized peroxide (0.1%) dissolved in 0.9% normal saline with one drop of Lugol's iodine for 10 minutes every two hours

For more information visit:  
<https://www.bitcuture.com/channel/mercola/>

## Treatment for the Seriously Ill

Please make sure you are using all seven agents above. In addition to those please use following:

One of the most effective treatments would be IV Chloro. This must be administered by a licensed clinician.

You can find them at:

- [http://www.orgonhealingtherapies.com/fmy\\_ozone\\_doctor.com.html](http://www.orgonhealingtherapies.com/fmy_ozone_doctor.com.html)
- <https://zaot.us/search/>
- <https://drrowensu.com/trainees/>

Another option (although not as effective) would be IV vitamin C. The Marik MATH+ Protocol calls for only 1.5 grams IV but that is only because of logistical reasons and the fact that if it is started very early in the disease (such a low dose works). Later in the disease much higher doses are needed (typically in the range of 25 grams or higher).

If oxygen saturation levels are 88-94% (or even lower by pulse oximeter), or there is shortness of breath it would be best to start on prednisone or methylprednisolone 1 mg/kg daily for 5 days, followed by slow taper or escalation depending on the response. When using the pulse oximeter be sure to take measurements on the index or middle finger and that no nail polish is present. If extremities are cold it is best to warm them prior to measurement.

Consider finding a doctor to prescribe hydroxychloroquine or ivermectin or monoclonal antibodies.

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- March 19, 2022




Well-respected North Texas cardiologist, Dr. Peter McCullough has impeccable academic credentials. He's an internist, cardiologist, epidemiologist, a full professor of medicine at Texas A&M College of Medicine in Dallas. He also has a master's degree in public health and is known for being

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Dr. Peter McCullough is an internist, cardiologist, epidemiologist, a full professor of medicine at Texas A&M College of Medicine in Dallas, USA. He also has a master's degree in public health and is known for being one of the top five most-published medical researchers in the United States and is tl

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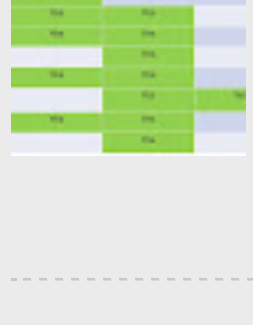


Treatment should start based on clinical suspicion as soon as possible, preferably within the first 3 days of symptoms. Perform PCR testing, but do not withhold treatment pending results. 'Early' treatment will make significant difference in outcome as opposed to late treatment. To assist all who ar

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#### 8 Natural Treatments for Long Haulers (February 2022)

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Approximately 10% of people who've had COVID-19 experience prolonged symptoms — that is, longer than the typical two weeks. In some cases, weeks and months longer. There are people who experience relapses after they've appeared to make a full recovery. A study published in The Lancet i

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#### How to Make Povidone Iodine 1% Nasal Spray

- March 12, 2022

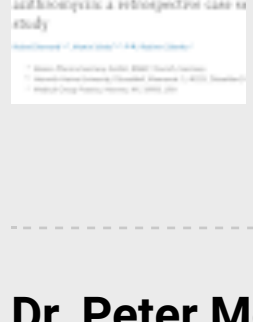


Is povidone iodine the next ivermectin or hydroxychloroquine? Is there any evidence that povidone iodine can treat COVID-19? Iodine 1% Nasal Spray is part of the FLCCC I-MASK+ early treatment protocol : Use 1 % povidone iodine commercial product as per instructions 2-3 x daily. If

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#### Quercetin and Zinc: Zelenko Treatment Protocol (2022)

- January 28, 2022

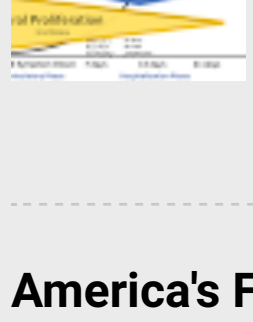


Dr. Zelenko's main hypothesis based on the data showing that early intervention and treatment of high-risk patients with COVID-19 results in significantly few hospitalizations and deaths. This treatment regimen involving zinc, low-dose hydroxychloroquine, and azithromycin (published in the I

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#### Dr. Peter McCullough Shares the Four Pillars of COVID-19 Care with Pennsylvania Lawmakers

- March 18, 2022

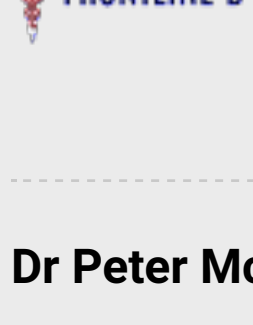


On March 4th, 2022, a group of Pennsylvania legislators from both state chambers as well as group of panelists joined a meeting to discuss COVID-19, medical freedom, and the implications about what many lament is a looming federalization of medicine. Included among those was cardiolo

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#### America's Frontline Doctors Early Treatment Protocol

- January 03, 2022

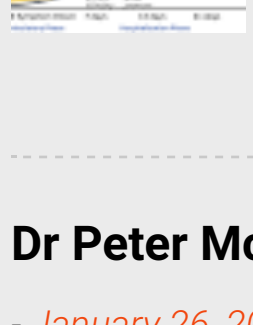


SELF-HELP with a Doctor ( source ) Zinc 50 mg daily (can take half twice if upset stomach) Quercetin 500 mg twice a day 3 times a day if sick (switch to HCO/IVM if available) Vitamin D3 40,000-50,000 for five days Melatonin 5 mg - 20 mg nightly for 14 days stomach) Pepcid

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#### Dr Peter McCullough: Nasal Spray and Mouth Gargle to stop COVID?

- March 14, 2022

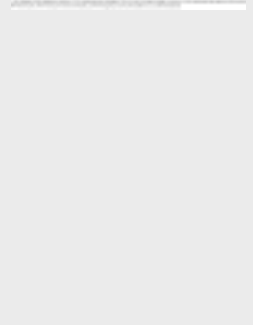


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#### Dr Peter McCullough: Fact Check and Debunked Theories

- January 26, 2022



Dr. Peter McCullough (see his biography below) joins Joe Rogan's podcast to debunk many theories you've heard about COVID-19. Biography Well-respected North Texas cardiologist, Dr. Peter McCullough has impeccable academic credentials. He's an internist, cardiologist, epidemiologist, a full

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