

TOP 4 SUPPLEMENTS FOR COVID

In addition to strengthening our immune system and overall health with diet and lifestyle, there are many supplements we can take to put us in a strong immune stance in relation to COVID. In this article, I've outlined our top 4 picks at Nature's Pantry. We are continually coming across research and personal evidence supporting the importance of these four supplements and we've listed them in what we believe to be their order of importance: Vitamin C, Vitamin D3, Zinc and finally Quercetin.

This list is not meant to be prescriptive. It's what I, Blake Bars, Nature's Pantry General Manager, take based on my own research and experience. Of course, you should always look into things for yourself. We all have different nutritional needs. Be sure to talk to your doctor. If your doctor is an orthomolecular physician and/or has a strong understanding of nutrition and supplementation, even better. The following article is what I've been learning and applying in my own life over the last year. This information is a compilation from several doctors and recent studies.

VITAMIN C –

Reports from ICUs are showing Vit C deficiencies in a large percentage of critically ill COVID patients. Vit C is a powerful health and immune booster for preventing many illnesses including viral infections and respiratory infections. White blood cells carry Vit C to fight pathogens. Eat foods rich in Vit C like citrus, broccoli, berries and many fruits and vegetables. Take between 2,000 to 10,000 mg per day in supplement form. Take toward the upper end when sick or exposed. Spread large doses out over time. For instance, if sick, take as much as 1,000 mg per hour or take 2,000 mg three or more times per day. The sicker you are, the more Vit C your body will use. Back off a little if you reach bowel tolerance/diarrhea. It's important to take Vit C from the first sign of imbalance until the illness fully resolves. Stopping Vit C too soon can result in relapse.

According to Helen Saul Case in her book, *Orthomolecular Nutrition for Everyone*, "In our house, illness rarely ends up in a statement like 'I have the flu.' We like to target sickness before it is a problem. We take high-dose vitamin C at the first sign of sickness: a cough or sneeze, runny nose, sore throat . . . An important key to tackling illness is to get to it early. All nutrients are important when addressing illness, but especially vitamin C. Take C before there is a big problem. Don't wait to get to the point where you feel so awful you must finally resolve to go to the doctor and get a prescription. Ideally, we get on top of symptoms so fast with high-dose C, sickness doesn't stand a chance . . . We take larger preventive doses of vitamin C, too. If we know we are going to be around someone else who is sick, we load up. We take C all the time. When in doubt, we take more. My kids have yet to need an antibiotic." 53

Reports are coming in from ICUs that are testing the blood vitamin C levels, that the majority of their critically ill patients are vitamin C deficient, many with undetectable levels of vitamin C that would diagnose scurvy. One ICU in Barcelona found 17 out of 18 patients had

'undetectable' vitamin C levels, akin to scurvy. Another, in the US, found almost all their patients were vitamin C deficient but those who didn't survive had much lower levels than those who did. 52

Dozens of articles on the effectiveness of Intravenous Vitamin C (IVC) in treating COVID-19 are documented on the website www.orthomolecular.org. Unfortunately, according to W. Gifford-Jones, MD, "researchers are experiencing trouble getting their findings published. Contacts also tell me that doctors who use IVC in North America are being harassed by authorities. In some case, being told that if they persist they will lose their license to practice medicine. It's time for the government to demand that our medical schools conduct a study of IVC. There is no shortage of patients. We have the scientific talent in our universities. Vitamin C is inexpensive and will virtually never cause complications. Vitamin C has never killed anyone. Besides, this study could be done in a short time and not require thousands of patients." 52

The best results are being reported in ICUs using vitamin C, steroids and anti-coagulant drugs combined, which has been standard treatment protocol in China since April. China's mortality rate from COVID is 3 persons per million compared to the UK's 624 per million, according to Worldometer data. 52

According to Thomas Levy, MD, "Vitamin C has already been researched more than any other supplement or pharmaceutical drug in the history of the planet. Don't allow another 70 years of research to transpire before its proper use begins." 53

According to Suzanne Humphries, MD, "Since I've learned to use vitamin C, I found that not only has my own health become extraordinarily better, but my prescription writing has gone down significantly, and the health of my patients has also improved greatly." 53

In one of his articles published on Orthomolecular.org, Andrew Saul, PhD, says, "Many years ago, when I was first starting out in the natural healing field, a physician said to me, 'You are lucky. You have no license to lose.' When doctors are to be silenced, they are simply threatened with loss of their license to practice medicine. State licensing board attacks on physicians are private and administrative. Such proceedings never get to open court; they never get to a jury. It is all behind closed doors. The most effective instrument of compliance is a bureaucracy, not the judiciary. And it works. That is why I am publishing this series of 22 case reports from a board-certified specialist but without revealing the doctor's name. I want this physician to keep being able to practice and heal sick people. Read them and decide for yourself about the merits of vitamin C against COVID-19." You can read the details at www.orthomolecular.org. "To sum up: Virtually all the above COVID patients received 25,000 mg vitamin C intravenously for three days. They all recovered, and many recovered with spectacular rapidity. This information is being censored by the commercial news media. It is being kept off Facebook, Twitter, Google and YouTube . . . As A. J. Liebling said decades ago, 'Freedom of the press is guaranteed only to those who own one.' Withholding vitamin C treatment information from the public withholds it from the patient. We accuse the media of negligence. They can correct this at any time. Until they do, we will do it for them."

It's also important to note that "most vitamin research has used inadequate, low doses. Low doses do not get clinical results," says Andrew Saul, PhD. "Decades of physician's reports and laboratory and clinical studies support the therapeutic use of large doses of vitamins and other nutrients. Effective doses are high doses, often tens or hundreds of times higher than the US Recommended Dietary Allowance (RDA) . . . RDA may be sufficient for a healthy individual, but there are far more people who would benefit from an increased intake of essential nutrients, not merely the amounts suggested to prevent deficiency . . . Unfortunately, many of us do not even manage to obtain the low recommended amounts of vitamins every day, let alone the amounts required for the prevention and treatment of illness." For more information on dosages for specific illness read *Orthomolecular Nutrition for Everyone* by Helen Saul Case or visit www.orthomolecular.org. Always look into things yourself and consult your doctor (if your doctor understands and advocates for the benefits of nutrition, lifestyle and supplementation, even better). 53

VITAMIN D3 –

COVID studies have shown that patients with the highest Vit D levels have shorter and less symptomatic courses of infection, while those with Vit D deficiencies are more likely to become critically ill and even die from COVID. Vit D is essential for healthy immune system function, and Vit D is important in maintaining your body's natural balance and preventing many diseases. If you live above the 35th parallel, you do not get enough Vit D from the sun, so you need a supplement, especially in the winter time. Take between 2,000 and 10,000 per day. Take toward the upper end when sick or exposed and during the winter. 53

According to Thomas E. Levy, MD, JD, in his article, *COVID-19, how can I cure thee? Let me count the ways*, "Vitamin D has been clearly documented to strengthen immune function and decrease the risk of infection from any pathogen, including the COVID-19 virus. Patients with the highest vitamin D levels have shorter and less symptomatic courses of infection. While vitamin D has not been demonstrated to cure viruses as a monotherapy, maintaining an adequate level of vitamin D is vital for both preventing the contraction of infectious diseases as well as for recovering more rapidly from such infections, with a clear decrease in mortality rate. [8] In a recent study not yet published, Indonesian researchers studied the effects of vitamin D on mortality in 780 patients hospitalized with COVID-19. They found that nearly all (98.9%) of COVID-19 patients with vitamin D levels below 20 ng/ml died. Yet, less than 5% with substantially higher levels of vitamin D died. Consistent with these findings, it has been shown that the most life-threatening complication of COVID-19 infection, acute respiratory distress syndrome, occurs much more readily in the presence of a vitamin D deficiency. [9] Clearly, vitamin D supplementation should be part of any treatment protocol for COVID-19 or any other infectious disease." 54

According to Professor Roger Seheult, MD, Quadruple Board Certified, "For more than a century, vitamin D deficiency has been suggested to increase the susceptibility of infection." And "Increased risk of respiratory tract infections (RTIs) . . . Recent studies have provided further evidence of vitamin D as an important regulator of human immune function, as vitamin D may stimulate the innate immune response which provides front-line protection against infectious agents." He goes on to note that If you live above the 35th parallel you can't get

enough vitamin D by sunlight alone and you need to supplement, especially in the winter time.
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Some hospitals around the country are even using vitamins as a treatment for COVID-19, not just prevention. According to Dr. Peter Osborne with Origins Nutrition Center, "A lot of doctors are now learning this and coming out and saying it! The East Virginia School of Medicine actually has a COVID protocol that includes Vitamin D. So if you're a patient who gets hospitalized for COVID, they're automatically putting you on between 20,000 and 60,000 units of Vitamin D. This is part of their standard of care protocol in that hospital system. Vitamin D is very inexpensive. You can buy it at the local nutrition store, and it might just save your life, should you get sick." 56

In an open letter sent to world governments on Dec 21, 2020, "120 health, science and medical experts from the UK, US, and Europe say there is clear scientific evidence that vitamin D reduces Covid-19 infections, hospitalizations, and deaths. The group of scientists are calling for immediate and widespread, increased vitamin D intakes with most signatories declaring that they personally take at least 4,000 International Units (IU) per day – many take more." 57

ZINC –

According to Thomas E. Levy, MD, JD, "Zinc is needed inside the virus-infected cells to stop virus replication by inhibiting viral RNA polymerase. It is a possibility that many of the younger individuals that are either killed or made severely ill by COVID-19 are chronically zinc-depleted due to inadvertently zinc-deficient diets. 54

Adequate Zinc also decreases oxidative stress, reduces inflammation, aids in proper immune function and is key for many important physiological processes. Seek out food high in zinc like beans, nuts and whole grains. In supplement form take 15 to 80 mg Zinc per day (upper end when fighting bug). Zinc in supplement form does not get to the cell as well as Zinc in our food, and so it's best to take Zinc with a Zinc Ionophore like Quercetin, which helps transport Zinc to the cell.

Zinc is a vital mineral that your body uses in countless ways. In fact, zinc is the second-most-abundant trace mineral in your body — after iron — and is present in every cell. Zinc is necessary for the activity of over 300 enzymes that aid in metabolism, digestion, nerve function and many other processes. Adequate zinc levels decrease oxidative stress, reduce inflammation, and is critical for the development and function of immune cells. Zinc is also needed for your senses of taste and smell. Because one of the enzymes crucial for proper taste and smell is dependent on this nutrient, a zinc deficiency can reduce your ability to taste or smell, according to an article published on Healthline.com. 58

According to Dr. Peter Osborne with Origins Nutrition Center, "Zinc stops viral replication multiple ways, so it prevents the virus from hijacking your DNA, prevents the virus from replicating. It also prevents the virus from entering the cell, so zinc is very important right now." 56

QUERCETIN –

Quercetin, which helps transport Zinc to the cell. Quercetin is also generally great for the immune system because of its antihistamine, anti-inflammatory and anti-oxidant properties. Quercetin is a chemical found naturally in a number of foods including apples, onions, teas, berries, and red wine. This flavonoid is also found in some herbs such as ginkgo biloba and St. John's wort. Take 500 mg per day in supplement form. 59

According to Dr. Peter Osborne with Origins Nutrition Center, “Quercetin, which is what's called a natural bioflavonoid. Quercetin opens up the cells in your body so that zinc can get inside your cells, where it works. So think of quercetin as the key. Think of zinc as the repairman, that is allowed into the house, so-to-speak.” 56

According to Thomas E. Levy, MD, JD, “Since supplemental zinc has only a limited ability to reach the cytoplasm of cells due to its ionic nature, zinc ionophores (agents that help transport zinc to the cell) are known to be good general antiviral agents. Quercetin is one such supplement, and it can serve as a good adjunctive agent to any COVID-19 treatment protocol. [10] Chloroquine, discussed below, is also a zinc ionophore, perhaps explaining its potent anti-COVID-19 effects.” 54

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