

gerstenberg.clinic

2645 Nall Street • Port Neches, Texas 77651

Phone: 409.210.3336 • Fax: 409.527.3969

Supplementation recommendations for COVID-19 (for adults)

The following is large dose supplementation meant to quickly boost immune function. Take this course over a 5-10 day period, and then decrease to a smaller maintenance dose (follow directions on bottle):

- **Vitamin C** 2000mg every AM and PM
 - If infected, take 2000mg every hour until loose bowels. That equals your MAX dose. Take this max dose (divided into 4 times a day) with at least 8 oz of water with each dose.
 - Boosts immune system
- **Vitamin D3** 10,000iu (250mcg) up to 3 times a day
 - Boosts immune system and reduces inflammatory response
- **Zinc** (Chelated) 50mg every AM and PM or ionic Zinc drops twice daily per manufacturer dosing. Consider Zinc gluconate lozenges 4 times daily.
 - Reduces viral replication
- **Quercetin** 400mg (use with Zinc) 1 capsule every AM and PM
 - Helps reduce inflammatory lung response to COVID
 - Thought to help Zinc penetrate into cells to fight COVID at cellular level
- **Vitamin A** 10,000iu (250mcg) 1 capsule every AM and PM
 - If infected, increase to 2 caps AM and PM for a few days (stop if nausea occurs)
 - Thought to possess anti-viral activity
- **N-Acetyl Cysteine (NAC)** use with Zinc, take 1 cap every AM and PM
 - Helps reduce inflammatory lung response to COVID
 - Provides liver support (COVID is hard on liver)
- **Melatonin** 3mg to 20mg each evening (or 12-18mg SR)
 - Thought to help reduce severity of the immune system's exaggerated inflammatory reaction
- **Probiotics** (high dose, blend of multiple bacteria) 25 billion or more 1 – 2 times daily
 - Improves gut health and immune normalization

Not intended for pregnant patients. Please ask your ObGyn for recommendations