THE INSTITUTE FOR FUNCTIONAL MEDICINE®

COVID-19: Nutraceuticial and Botanical Recommendations for Patients

At this time, there are no specific vaccines or uniformly successful treatments for COVID-19. However, emerging research on several specific botanical and nutraceutical agents is promising, as such agents can improve the body's ability to fight off and recover from the illness. Beneficial botanical and nutraceutical agents are listed below, along with dosing recommendations from your Functional Medicine practitioner. For more information on these recommendations, please consult your practitioner directly.

	NUTRACEUTICAL OR BOTANICAL AGENT	BENEFITS	ENHANCES IMMUNE SYSTEM	DECREASES VIRAL GROWTH	REDUCES SYMPTOMS
☐	**Curcumin** *500-1,000 mg, 2x daily*	Curcumin has been shown to reduce inflammation and decerase viral activity for COVID-19.	■	■	■
☐	**Quercetin** *Regular: 1,000 mg orally, 2x daily* *Phytosome: 500 mg, 2x daily*	Quercetin is found in fruits and vegetables and has a wide range of benefits, including decreasing viral growth.	■	■	■
☐	**Zinc acetate, citrate, picolinate, or glycinate; zinc gluconate** (as lozenge) *30-60 mg orally daily, in divded doses*	A large body of research shows that zinc has strong anti-viral properites against many viruses.	■	■	■
☐	**N-Acetylcysteine (NAC)** *600-900 mg, 2x daily*	N-acetylcysteine promotes the production of glutathione, a potent antioxidant that supports immune function. It also reduces the severity of the flu.	■		■
☐	**Vitamin D** *5,000 IU orally, daily*	Vitamin D enhances immune system function, reduces viral growth, and can reduce upper respiratory infections.	■	■	■
☐	**Vitamin A** *10,000-25,000 IU, daily*	Vitamin A is anti-inflammatory, enhances immune function, and supports the lining of the respiratory tract.	■		■
☐	**Vitamin C** *1-3 g orally, daily*	Vitamin C contributes to immune defense by supporting various cellular functions of the immune system. Vitamin C has been used in hospital ICUs to treat COVID-19 infection.	■	■	■

© 2020 The Institute for Functional Medicine

	NUTRACEUTICAL OR BOTANICAL AGENT	BENEFITS	ENHANCES IMMUNE SYSTEM	DECREASES VIRAL GROWTH	REDUCES SYMPTOMS
☐	**Melatonin** *5-20 mg, taken at bedtime*	In addition to promoting restful sleep, melatonin has been shown to reduce inflammation.	■	■	
☐	**Elderberry** *(Sambucus nigra)* *500 mg orally, daily*	Elderberry is packed with vitamin C, dietary fiber, and antioxidants. It has been used extensively in the prevention of influenza.	■	■	
☐	**Palmitoylethanolamide (PEA)** *300 mg orally, 2x daily (prevention); 600-900 mg, 3x daily for 2 weeks (treatment)*	PEA is a naturally occurring anti-inflammatory agent that has been shown to improve outcomes in acute respiratory disease and influenza.	■	■	■
☐	**Green tea** or **epigallocatechin gallate (EGCG)** *4 cups daily (green tea)* *225 mg orally, daily (EGCG)*	In addition to reducing inflammation, green tea enhances the immune system and targets one of the processes involved in COVID-19 replication.	■	■	■
☐	**Resveratrol** *100-150 mg orally, 2x daily*	Resveratrol, a natural compound found in red grapes, has many beneficial health effects and has been shown in the lab to attack a relative of the COVID-19 virus.	■	■	

IFM®

© 2020 The Institute for Functional Medicine