

COVID-19: Nutraceutical and Botanical Recommendations for Patients

Research on specific botanical and nutraceutical agents indicates they may have a role in the pre-exposure and early phase of COVID-19 based on their ability to improve the immune response to, and recovery from viral illnesses. Beneficial botanical and nutraceutical agents are listed below, along with dosing recommendations from your functional medicine practitioner. For more information on personalized recommendations, please consult your practitioner directly.

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

NUTRACEUTICAL OR BOTANICAL AGENT	BENEFITS	ENHANCES IMMUNE SYSTEM	DECREASES VIRAL GROWTH	REDUCES SYMPTOMS
<input type="checkbox"/> Melatonin <i>5-20 mg, taken at bedtime</i>	In addition to promoting restful sleep, melatonin has been shown to reduce inflammation.	■	■	
<input type="checkbox"/> Elderberry (<i>Sambucus nigra</i>) <i>500 mg orally, daily</i>	Elderberry is packed with vitamin C, dietary fiber, and antioxidants. It has been used extensively in the prevention of influenza.	■	■	
<input type="checkbox"/> Green tea or epigallocatechin gallate (EGCG) <i>4 cups daily (green tea)</i> <i>225 mg orally, daily (EGCG)</i>	In addition to reducing inflammation, green tea enhances the immune system and targets one of the processes involved in COVID-19 replication.	■	■	■
<input type="checkbox"/> Resveratrol <i>100-150 mg orally, 2x daily</i>	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.	■	■	
<input type="checkbox"/> Beta glucans <i>250-500 mg daily</i>	Beta glucans are both anti-inflammatory and enhance immune function while specifically benefitting those with upper respiratory tract infections caused by viruses.	■	■	■
<input type="checkbox"/> Medicinal mushrooms <i>Dosing instructions should be individualized to validated methods and research on specific mushroom genus and species.</i>	Medicinal mushrooms have been shown to support the immune system while having antioxidant and antiviral effects.	■	■	
<input type="checkbox"/> Licorice root (standardized to glycyrrhizin) <i>200-400 mg daily in divided doses (short-term use <4 weeks)</i>	Licorice is commonly found in Traditional Chinese Medicine (TCM) formulations and supports immune system function and reduces viral growth.	■	■	■