

COVID-19: Nutraceutical and Botanical Recommendations for Patients

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

	Botanical or Nutraceutical Agent	Benefits	Enhances Immune System	Decreases Viral Growth	Reduces Symptoms
<input type="checkbox"/>	Curcumin • 500-1,000 mg, 2x daily	Curcumin has been shown to reduce inflammation and interfere with the replication process of COVID-19.		X	
<input type="checkbox"/>	Quercetin • Regular: 1,000 mg orally, 2x daily • Phytosome: 500 mg, 2x daily	Quercetin, which comes from fruits and vegetables, has a wide range of beneficial biological actions, including inhibition of viral replication.	X	X	X
<input type="checkbox"/>	Zinc (gluconate preferred) • 30-60 mg orally, daily	Zinc has been shown, through an abundance of scientific evidence, to have anti-viral activity against many viruses.	X	X	X
<input type="checkbox"/>	N-acetylcysteine (NAC) • 600-900 mg orally, daily	N-acetylcysteine promotes the production of glutathione, a potent antioxidant that supports immune function. It also reduces the severity of the flu.	X		X
<input type="checkbox"/>	Vitamin D • 5,000 IU orally, daily	Vitamin D is an immune system modulator. It enhances immune system function, reduces viral growth, and can reduce upper respiratory infections.	X	X	X
<input type="checkbox"/>	Vitamin A • 10,000-25,000 IU daily	Vitamin A is anti-inflammatory because of its critical role in enhancing immune function and supporting the lining of the respiratory tract.	X		
<input type="checkbox"/>	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.	X	X	X

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<input type="checkbox"/>	Melatonin • 5-20 mg, at bedtime	In addition to promoting restful sleep, melatonin has been shown to reduce inflammation, including in two recent papers on COVID-19.	X	X	
<input type="checkbox"/>	Elderberry (<i>Sambucus nigra</i>) • 500 mg orally, daily	Elderberry is packed with vitamin C, dietary fiber, and antioxidants in the form of phenolic acids, flavonols, and anthocyanins. It has been used extensively in the prevention of influenza.	X	X	
<input type="checkbox"/>	Palmitoylethanolamide (PEA) • 300 mg orally, 2x daily (prevention) • 600 mg orally, 3x daily (treatment)	PEA is a naturally occurring anti-inflammatory agent that has been shown to improve outcomes in acute respiratory disease and influenza.	X	X	X
<input type="checkbox"/>	Green tea OR epigallocatechin gallate • 4 cups daily (green tea) • 225 mg orally, daily (EGCG)	Green tea, in addition to reducing inflammation, enhances the immune system and targets one of the processes involved in COVID-19 replication.	X	X	
<input type="checkbox"/>	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.		X	