

Covid-19 Immune and anti-inflammatory support

While myself and others in integrative and functional medicine cannot make claims of prevention, treatment or cure of Covid-19 by natural supplementation, there's plenty of scientific evidence to support potential immune benefits as well as potential benefits to reducing your risks of cytokine storm (massive inflammatory response in lungs). It is the cytokine storm that is placing patients on ventilators, killing thousands, and may lead to long term damage (pulmonary fibrosis) in those surviving with the help of a ventilator. My hope is to help prevent you from landing in the hospital through immune support, self-isolation, mindfulness, healthy diet and maintaining excellent health and fitness. And yes, I do encourage wearing a mask when going to the store etc.

First of all, here is a link to a Covid-19 research folder on google drive with supporting documentation for all my recommendations.

https://drive.google.com/open?id=1LQZgV_HJzfRJICmUT3WvVAF-q_EtA9Hg

I will be updating this on a regular basis. Please feel free to make your own educated choices based on these articles. My recommendations below are based on my own review of the research, and if you have solid scientific research articles to add to this, please email them to me in pdf format. Remember to check the [Https://RevolutionaryMD.com](https://RevolutionaryMD.com) homepage for additional articles and links. You can also order many of these listed online via links on the supplement page. Thank you and be well! Fred Grover Jr. M.D.

Basic immune support supplementation

- Beta Glucan supplement (immunotonix, Immune essentials, mushroom extracts: chaga etc.) 1/day of any of these for prevention, double if symptoms.
- Vitamin D 5000 IU daily (Vitamin D supreme, Hi-Po emulsi D3, or others)
- Vitamin C, 2 grams daily. (capsule, powder, liposomal, IV. Ie: Xcellent C) 4x dose if symptoms, But break into four, 2 gram doses as tolerated.
- Zinc glycinate 20mg daily prevention, 80mg/day if symptoms. Cap/tab/lozenge
- Melatonin 3mg or more nightly, max 10mg (we have a sublingual and long acting melatonin by xymogen, and one also with 30mg CBD by Mandara, others are fine too.)
- Basic Multivitamin (Active Nutrients, B-supreme, others)

Additional advanced support to consider, especially if developing symptoms and offer support in preventing cytokine storm-

- Quercetin 500mg/day (Designs for health Quercetin with Nettles, others)
- Resveratrol 250mg/day (Resveracel that also has NAD is excellent)
- NAC 500 to 1000mg/day and or Glutathione
- Curcumin/Tumeric (ie curcuplex 2-4day or similar) Dietary fine too.
- Broad spectrum immune support mushroom complex (Host Defense My Community, Comprehensive immune support is my favorite)
- Astragalus herb (capsules or tincture), Propolis (resin-like material from bees)
- Garlic (dietary or capsules), Green Tea, Increase Anti-oxidants in diet.
- Elderberry (may help in cytokine storm) Olive defense by xymogen
- Silvercillin spray 2-3/day (Designs for health, others)