

IMMUNE SUPPORT DURING PANDEMIC

During this current COVID-19 pandemic individuals should protect themselves and others by observing recommended hygiene, physical distancing and quarantine guidelines set forth by state and federal health officials. This includes avoiding all non-essential encounters for those 65 and older and especially for those with pre-existing cardio, pulmonary, kidney or immune disease.

Follow these recommendations to enhance natural immunity, minimizing chances of acquiring a severe coronavirus infection.

- 1) **Vitamin C:** take approximately 2,000mg three times daily with food.
- 2) **Vitamin D3:** take approximately 20,000 IU daily with food if your serum levels are below 30ng/mL; take approx. 15,000 IU daily if your serum levels are between 30-50ng/ml; take approx. 5,000 IU daily for serum levels between 50-70ng/ml. Since vitamin D3 has a potential risk for toxicity, albeit low, **higher doses should not be taken indefinitely.** Therefore, dose tapering and testing may be appropriate.
- 3) **Botanical formula** containing some a combination of *Panax*, *Elderberry*, *Andrographis*, *Thuja*, *Scutellaria* and *Glycyrrhiza* (or similar botanicals based on availability) at a dose of 1 tsp twice daily between meals.
- 4) **N-acetyl cysteine (NAC):** take 600mg twice daily or Readisorb (liposomal) **Glutathione** 500mg once daily between meals.
- 5) **Professional multi-strain probiotic formula:** take approximately 25 billion cfu daily with food.

Additional immune support measures include taking Vitamin A and Zinc. **Vitamin A:** take 25,000 IU daily, with food, through the end of the pandemic. **Higher doses should not be taken indefinitely. Pregnant women should not take more than 5,000 IU of supplemental vitamin A daily.** Individuals with liver disease should avoid these higher doses as well. **Zinc:** take 25-30mg daily with food through the end of the pandemic.

To date there is no vaccine or scientifically proven protocol to treat COVID-19. Therefore, efforts to follow health official guidelines and to boost natural immunity should be taken seriously.

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