

Immune-Boosting Protocols

Prevention (daily adult dosage)

- 5000 IU vitamin D3
- 500 mg vitamin C
- 15 mg zinc
- 250 mg quercetin
- Andrographis 300 to 400 mg

Infection (adult dosage at symptom onset)

- 25,000 IU D3 (single megadose, 5000 IU daily thereafter)
- 2000 mg vitamin C in divided doses (500 mg per dose)
- 30 to 60 mg zinc in divided doses (15 or 30 mg per dose)
- 500 mg quercetin (250 mg per dose paired with zinc)
- Andrographis 600 to 900 mg in divided doses
- N-acetyl Cysteine 500 to 1500 mg (~500 mg per dose)

Vitamin D3 is a pre-hormone, which acts as a catalyst for metabolism and immune response. Higher blood levels of vitamin D are associated with better outcomes in infected patients.

Vitamin C (ascorbic acid) is a water-soluble antioxidant and assists in the function of immune cells. Due to our limited capacity for absorption of vitamin C, doses should be limited to 500 mg or less per serving.

Zinc is an essential trace mineral necessary for the growth and proper function of immune cells. Because our bodies do not store zinc in significant quantities, daily intake is needed for optimum health.

Quercetin, a flavonoid found in many plants, has remarkable antiviral and immune-supportive properties. When taken with zinc, quercetin can assist in delivering that mineral to appropriate tissues.

Andrographis is a bitter herb with a long history of use in Ayurvedic medicine. It is an immune stimulant, as well as having direct antimicrobial effects. The anti-inflammatory effects of Andrographis may also prove useful in cases of prolonged infection.

N-acetyl Cysteine (NAC) is a multi-faceted amino acid. An antioxidant, mucolytic as well as a precursor to glutathione, NAC helps improve liver function and encourages clearance of mucus from the lower respiratory system.

Disclaimer

The information provided here are guidelines and not intended as medical advice. It is not meant to be a substitute for professional medical advice, diagnosis, or treatment. If the reader or any other person has a medical concern, he or she should consult with an appropriately-licensed physician or other health care worker.

Where health claims of dietary supplements are referenced, the statements have not been evaluated by the Food and Drug Administration. The products are not meant to diagnose, treat, cure or prevent any disease.