

## PRE-COVID SUPPLEMENTATION PROTOCOL:

*NOTE: for the European market, visit [www.lifeextensioneurope.com](http://www.lifeextensioneurope.com) to find the supplements indicated in this document from [www.lifeextension.com](http://www.lifeextension.com). For the other supplements, find the most similar ones available in health and supplement stores near you.*

It is extremely recommended to avoid eating any grains (including pseudo-grains like quinoa and chia), beans (including soy and peanuts), dairy (excluding grass-fed ghee, which can be eaten), nightshades, and their derivatives of all kinds (eat fish, meat, vegetables, fruits, eggs, extra virgin olive oil, olives, and moderately tree nuts).

**1) Vitamin C tablets with added bioflavonoids, for example Natural Factors Vitamin C 1000 mg tablets with Bioflavonoids and Rosehip**

1000 mg every 6 hours

**2) Vitamin D3, for example Natural Factors Vitamin D3 1000 IU softgels**

10000 IU (10 softgels) during the main meal (it needs dietary fats to be fully absorbed)

Please avoid D3 products based on sunflower, safflower, or soy oil.

**3) Long-chain Omega3 from Molecularly distilled fish oil:**

- **Webber Naturals 900 mg Triple Strength,**
- **or Natural Factors RxOmega-3 900 mg Maximum triple Strength,**
- **or New Roots Herbal Wild Omega 3 660 mg EPA / 330 mg DHA**

3 capsules during the main meal (it needs dietary fats to be fully absorbed)

The label must explicitly state “molecularly distilled”.

**4) An advanced absorption Quercetin supplement, for example Natural Factors Quercetin Complex**

1 capsule every 6 hours, together with Vitamin C

Quercetin showed a specific anti-coronaviruses antiviral activity

**5) Glucosamine, for example Organika Glucosamine Sulfate GLS-500:**

1000 mg x 3 times/day (morning, afternoon, and evening)

It can be taken together with Vitamin C

**6) An optimized multivitamin-mineral supplement, such as:**

- **(1<sup>st</sup> choice) Life Extension Two-Per-Day tablets, to be ordered online:**

<https://www.lifeextension.com/vitamins-supplements/item02315/two-per-day-tablets>

In Europe, search Two Per Day Tablets on [www.lifeextensioneurope.com](http://www.lifeextensioneurope.com)

- **(2<sup>nd</sup> choice) SiSu Multi Vi Min**

1 per day, during the main meal

**7) Natural Factors Zinc Citrate 50 mg**

1 tablet once/week

## **POST-COVID SUPPLEMENTATION PROTOCOL**

### **As soon as the initial symptom(s) manifest(s)**

*Note:* If initiating this protocol with COVID-19 symptoms already started, to boost the anti-inflammatory and anti-coagulant effects, taking a regular aspirin (morning and evening, with food) will help significantly (make sure to obtain a physician's confirmation before taking medications).

It is also recommended to lower the blood glucose levels (as studies have shown that glucose worsens the viral interstitial inflammations in the lungs) as well as increase blood ketone levels. It can be achieved by eating almost exclusively proteins and fats (fish, meat, eggs), vegetables (possibly, no nightshades as they exert relevant inflammatory actions), nuts (no peanuts), olive oil, avocados, and limited carbohydrates amounts only from 1-3 fruits/day.

#### **1) Vitamin C tablets with added bioflavonoids, for example Natural Factors Vitamin C 1000 mg tablets with Bioflavonoids and Rosehip**

1000 mg every hour

#### **2) Vitamin D3, for example Natural Factors Vitamin D3 1000 IU softgels**

30000 IU (30 softgels) during the main meal (it needs dietary fats to be fully absorbed)

Please avoid D3 products based on sunflower, safflower, or soy oil.

#### **3) Long-chain Omega3 from Molecularly distilled fish oil:**

- **Webber Naturals 900 mg Triple Strength,**
- **or Natural Factors RxOmega-3 900 mg Maximum triple Strength,**
- **or New Roots Herbal Wild Omega 3 660 mg EPA / 330 mg DHA**

7 capsules during the main meal (it needs dietary fats to be fully absorbed)

The label must explicitly state "molecularly distilled".

#### **4) An advanced absorption Quercetin supplement, for example Natural Factors Quercetin Complex**

1 capsule every hour, together with Vitamin C

Quercetin showed a specific anti-coronaviruses antiviral activity

#### **5) Glucosamine, for example Organika Glucosamine Sulfate GLS-500:**

1000 mg of NET glucosamine every 6 hours

It can be taken together with Vitamin C

#### **6) An optimized multivitamin-mineral supplement, such as:**

- **(1<sup>st</sup> choice) Life Extension Two-Per-Day tablets, to be ordered online:**

<https://www.lifeextension.com/vitamins-supplements/item02315/two-per-day-tablets>

In Europe, search Two Per Day Tablets on [www.lifeextensioneurope.com](http://www.lifeextensioneurope.com)

- **(2<sup>nd</sup> choice) SiSu Multi Vi Min**

2 per day, during the main meal

#### **7) Natural Factors Zinc Citrate 50 mg**

1 tablet per day, during a meal

**8) N-Acetyl-Cysteine, for example Natural Factors N-Acetyl-Cysteine 500 mg or 600 mg caps**  
500 or 600 mg every 6 hours, together with Glucosamine

**9) An advanced-absorption type of Curcumin, such as:**

- **The best one:** Life Extension Curcumin Elite. In USA and Canada, search for Curcumin Elite on [www.lifeextension.com](http://www.lifeextension.com) ). In Europe, search for Curcumin Elite on [www.lifeextensioneurope.com](http://www.lifeextensioneurope.com)
- **In Canadian stores:** Natural Factors Theracurmin caps or SiSu full spectrum Curcumin Softgels  
3 capsules during every meal

**10) A blend of phytonutrients with antiviral and immune-stimulating activity, for example Natural Factors Anti-Viral capsules (containing Astragalus, Reishi, Echinacea, and Licorice)**

1 capsule with every meal

**11) L-Glutamine powder, for example Kaizen Fermented L-Glutamine**

3 full teaspoons at wake up and at bed time.

Warning: keep L-Glutamine away from steam and moisture. Store in the bedroom (no kitchen, no washroom). Use only perfectly dry hands to handle. When pouring the powder in the glass, make sure the scoop does not touch anything moist or wet, especially the glass or cup if it has been washed or used recently.

**12) Oregano oil capsules, for example Natural Factors Oil of Oregano 30 caps**

1 capsule with every meal

**13) Selenium, for example Preferred Nutrition Selenomethionine capsules 200 mcg**

1 capsule during a meal

**14) Bee propolis capsules, for example Orkanika Himalayan Bee Propolis caps**

1 capsule with every meal

**15) Concentrated Garlic Extract softgels, for example Natural Factors Super Strength Garlic Concentrate**

1 softgel every 6 hours

**16) IF YOU EXPERIENCE PROBLEMS SLEEPING: Melatoning, for example Natural Factors Melatonin 1 or 3 mg**

Dissolve 1 tablet under the tongue, 30 minutes before bedtime (but make sure to go to bed early, before 11pm)

**17) Mineral Drops:**

For example, ConcenTrace Trace Mineral Drops

Take 10 drops/day in water.

The products listed above cover inflammation, immune defenses, antiviral effect, anti-coronavirus specific activity, and cardiovascular health.

Since one of the main mechanisms of COVID-19's respiratory complication is driven by vascular impairment, to further improve vascular and circulatory efficiency and anticipate the virus on its steps, these products can be added (which are also helpful for memory and cognitive health and performance):

**18) Ginkgo Biloba, for example SiSu Ginkgo Biloba 120 cps 90 mg**

1 capsule morning, afternoon, and evening.

**19) Taurine**

1000 mg x 3 times/day, possibly before meals.

It can be found in supplement and health food stores.

Also, although neurological complications are rarer, they can happen. To anticipate COVID-19 on its steps in attacking the brain, these products can be added, they work particularly well synergistically:

**20) Acetyl-L-carnitine, for example Natural Factors Acetyl-L-Carnitine 500 mg caps**

- 3 capsules at wake up, on empty stomach (postpone L-glutamine by 30 minutes)
- 1 capsule 1 hour before lunch, on empty stomach

**21) Alpha Lipoic acid, for example Natural Factors Alpha Lipoic Acid 200 mg caps**

- 200 mg at wake up, on empty stomach, together with Acetyl-L-Carnitine
- 200 mg 1 hour before lunch, on empty stomach, together with Acetyl-L-Carnitine
- 200 mg before dinner

Lipoic Acid also works synergistically with N-acetyl-L-cysteine, selenium, and high dose glucosamine, to exert the antiviral activity against RNA viruses by amplifying the signaling functions of TLR7 and MAVS in evoking type 1 interferon production. Therefore, it is good to take it not only for neurological and antioxidant protection, but also for direct antiviral action. It also showed beneficial vascular effects and ability to improve insulin sensitivity, effects that helps with inflammations: two additional advantages in case of COVID.