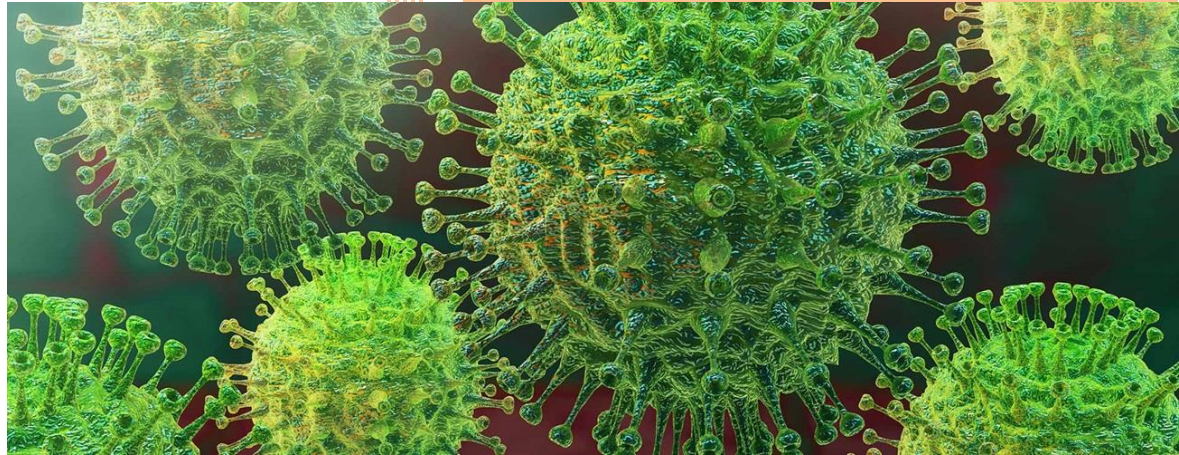


2020

COVID – 19 PROTOCOL



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Vascular Nutrition PR

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COVID-19 PROTOCOL

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I. Prevention: In addition to the precautions given to us by the medical and government authorities as to wash our hands, use masks, alcohol and sanitizers... what else can we do? Prepare the immune system to work the fastest and most effective!

a. Food:

- 1- Diet low in sugar and simple and refined carbohydrates.
- 2- Limit processed meals
- 3- Eat more vegetables, fruits and nuts.
- 4- Hydrate well with water! (Your weight in lb. divided by 16 gives you the 8onz cups daily intake)
- 5- Sleep 8 hours

b. Suggested supplementation:

- 1- Multivitamin and minerals one daily
- 2- Vitamin C 1000 mg three times daily
- 3- Vitamin D 10000 IU daily
- 4- Zinc 25 mg daily
- 5- Magnesium 500 mg daily
- 6- Melatonin 3 – 10 mg SL – daily (at bedtime)
- 7- Selenium 200 mcg daily
- 8- DHEA 25mg daily
- 9- NAC 60 mg, twice daily

c. **Other:** Quercetin, probiotics, echinacea, astragalus, rhodiola, maitake, shitake, ginger, garlic, elderberry, vitamin A, DoTERRA Essential Oils (OnGuard - Breathe – Oregano). Optimal hormonal optimization, with testosterone over 600 in males and 150 females and peptides to support immune system.

II. Suspected of contagion pending COVID-19 test results

- a. Food:
 - 1- Diet without sugar or refined products
 - 2- Lots of water (Your weight in lb. divided by 16 gives you the 8onz cups daily intake)
 - 3- Diet without sugar or any refined carbohydrate
- b. Suggested supplementation:
 - 1- Multivitamin and minerals one daily
 - 2- Vitamin C 1,000 mg every hour while awake (If possible IV Vitamin C 25g for at least 3 days)
 - 3- Vitamin D 25000 IU daily
 - 4- Zinc 50 mg daily
 - 5- Magnesium 500 mg two daily
 - 6- Selenio 200 mcg two daily
- c. Other: NAC, quercetin, probiotics, echinacea, astragalus, rhodiola, maitake, shitake, ginger, garlic, elderberry, melatonin, vitamin A

III. Positive with Mild Symptoms at home

- a. Food:
 - 1- Diet without sugar or refined products.
 - 2- Lots of water (Your weight in lb. divided by 16 gives you the 8onz cups daily intake)
- b. Suggested supplementation:
 - 1- Multivitamin and minerals one a day
 - 2- Vitamin C at dose of Bowel tolerance, take 3-5 gm every hour until you give diarrhea and decrease that dose but continue for 3 days (If possible IV therapy 25g every day for a week).
 - 3- Vitamin D 25000 IU daily
 - 4- Zinc 50 -100 mg daily
 - 5- Magnesium 500 mg three a day
 - 6- Selenium 200 mcg three a day
 - 7- NAC 1000 mg three a day
 - 8- Quercetin 500 mg two a day
 - 9- Prebiotics of 30 trillion or more CFU, two a day
 - 10- Vitamin A 5000 IU a day

- c. Other: Echinacea, astragalus, rhodiola, maitake, shitake, ginger, garlic, elderberry, melatonin

IV. Positive with Hospitalized Symptoms

- a. Medical treatment:
 - 1- Vitamin C intravenous 15 g every 6 hours for 7 days or until improvement
 - 2- Hydroxychloroquine 400 mg every 12 hours first day, after 200 mg every 12 hours for 14 days*
 - 3- Zinc 50 mg two a day
 - 4- Azithromycin 500mg day 1 then 250mg for 4 day
 - 5- Kenalog 40 mg daily for two days
- b. Respiratory support (steps)
 - 1- N/C 1-6 l/min • High Flow up to 20 L/min
 - 2- Intubation and mechanical ventilatory support by Expert.

QTc: Typically:

If the QTc is < 470ms, you can give hydroxychloroquine and then repeat an ECG two hours after the second dose (of 400 mg). The dose may be adjusted based on changes in the QTc on repeat ECG.

If the QTc is >470ms and <500, then it's a risk/benefit discussion, but it still **might** be used with telemonitoring. If the QTc is >500, we do not start it, with very few exceptions.

We are also trending QTc daily. I would monitor anyone at risk for arrhythmia (i.e., LV dysfunction), no matter what their QTc is if starting these medications. There are other caveats to this, but this is the basic overview. Please check your own hospital protocols for restrictions with the QTc.

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Vitamin C antiviral mechanisms:

Direct antiviral mechanisms of Vitamin C:

1-Disruption of viral capsid by structurally interfering with the sugar moiety of its glycoprotein envelope.

2-Damage of the viral capsid due to vitamin C RedOx capacity when given in pharmacological doses.

3-Inhibition of viral replication when provided in pharmacological doses by inhibiting viral replication enzymes.

Indirect physiological mechanisms of Vitamin C

1-Increases cellular Immunity (White blood cells, neutrophils, macrophages, lymphocytes, Nk cells).

2-increases humoral immunity (B cells, antibodies).

3- Increases antiviral proteins (Interferon).

4- Increases energy by providing necessary electrons and electron movement for mitochondrial ATP generation.

5-Limits sugar which is the main source of fuel of pathogenic organisms when provided in pharmacological doses.

6- Potent and quick antioxidant action when provided in proper doses to prevent the dangerous and severe pathological cascade of the cytokine storm.

7-Maintains structural integrity of cells by favoring collagen formation.

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