



PREVENTION

- Vitamin C 0.5g (500mg) to 1g(g) twice a day, morning and afternoon

Also consider

- Vitamin D 3,000iu a day
- Zinc 10–15mg a day



EARLY TREATMENT

- Vitamin C 8g to 20g a day – 1 to 2g every two to four hours

When you get the first signs of a cold, or any infection, load up with 2 to 5g immediately, then take between 0.5 to 1g and hour, up to your 'bowel tolerance' until symptoms disappear. Based on clinical trials, the higher the dose, and the longer you take it, the greater is the reduction in both duration and severity of symptoms. With at least 6g in the first day, studies report between a 20% to 85% shorter infection.

Also consider

- Single loading dose of 100,000iu if low vitamin D3 level suspected or known (below 50nmol/l)
- Otherwise Vitamin D3 3,000 to 5,000iu a day or same dose (x7) once a week
- Zinc 70mg–100mg a day – lozenges can provide 10mg. Some vitamin C supplements contain zinc.



SEVERE COVID (hospitalised)

- Test vitamin C with a urine vitamin C stick
- If deficient give 6–20g – 1–2 g every two hours

There is a compelling case to give high dose oral vitamin C to hospitalised patients, or start them on an intravenous drip.

Also consider

- Single loading dose of 100,000iu if low vitamin D3 level suspected or known (below 50nmol/l) or vitamin D3 5,000iu a day



CRITICAL COVID (in Intensive Care Units)

- Intravenous vitamin C 6–24g – 3–6 g every six hours

In critical COVID, when a person needs assisted breathing and feeding, intravenous vitamin C is preferable. Emergency medicine experts report the best effect with 3g every 6 hours (12g). The best results in trials have been reported with 12g every 12 hours. In those testing deficient often 3–6g is needed to correct deficiency.

Also consider

- Single loading dose of 100,000iu if low vitamin D3 level suspected or known (below 50nmol/l) or vitamin D3 5,000iu a day
- Magnesium and vitamin B1 (thiamine) are also important

Vitamin D3 takes many days to be converted to 25OH vitamin D. If the active hormone form of vitamin D Calcifediol (25OH Vitamin D), is available give 0.2–0.5 mg instead, followed by 0.2 mg calcifediol weekly until discharged from hospital.

