At this time, there are no specific vaccines or uniformly successful treatments for COVID-19. However, emerging research on several specific botanical and nutraceutical agents is promising, as such agents can improve the body’s ability to fight off and recover from the illness. Beneficial botanical and nutraceutical agents are listed below, along with dosing recommendations from your Functional Medicine practitioner. For more information on these recommendations, please consult your practitioner directly.

<table>
<thead>
<tr>
<th>BOTANICAL OR NUTRACEUTICAL AGENT</th>
<th>BENEFITS</th>
<th>ENHANCES IMMUNE SYSTEM</th>
<th>DECREASES VIRAL GROWTH</th>
<th>REDUCES SYMPTOMS</th>
</tr>
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<tr>
<td><strong>Curcumin</strong> 500-1,000 mg, 2x daily</td>
<td>Curcumin has been shown to reduce inflammation and decrease viral activity for COVID-19.</td>
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| **Quercetin**  
Regular: 1,000 mg orally, 2x daily  
Phytosome: 500 mg, 2x daily | Quercetin is found in fruits and vegetables and has a wide range of benefits, including decreasing viral growth. | | | |
| **Zinc** (gluconate preferred)  
30-60 mg orally, daily | A large body of research shows that zinc has strong anti-viral properties against many viruses. | | | |
| **N-Acetylcysteine (NAC)**  
600-900 mg orally, daily | N-acetylcysteine promotes the production of glutathione, a potent antioxidant that supports immune function. It also reduces the severity of the flu. | | | |
| **Vitamin D**  
5,000 IU orally, daily | Vitamin D enhances immune system function, reduces viral growth, and can reduce upper respiratory infections. | | | |
| **Vitamin A**  
10,000-25,000 IU, daily | Vitamin A is anti-inflammatory, enhances immune function, and supports the lining of the respiratory tract. | | | |
| **Vitamin C**  
1-3 g orally, daily | Vitamin C contributes to immune defense by supporting various cellular functions of the immune system. Vitamin C has been used in hospital ICUs to treat COVID-19 infection. | | | |
| **Melatonin**  
5-20 mg, taken at bedtime | In addition to promoting restful sleep, melatonin has been shown to reduce inflammation. | | | |
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<td>Elderberry (Sambucus nigra)</td>
<td>Elderberry is packed with vitamin C, dietary fiber, and antioxidants. It has been used extensively in the prevention of influenza.</td>
<td>☑️</td>
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