



COVID-19 CHEAT SHEET

Want to boost your immune resilience?
What should you do if you get sick?



PREVENT

Take prior to developing any symptoms (written in order of priority)

- **Vitamin D:** 5000 IU daily for adults
2000 IU for pediatrics
 - **Vitamin C:** 500mg twice daily
 - **Zinc:** 30mg daily
 - **Quercetin:** 500mg twice daily
 - **NAC:** 600mg twice daily
 - Drink **green tea** 2-4 cups daily
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TREAT

Take at symptom onset

- **Vitamin D:** 25,000 IU daily for 5 days in adults
10,000 IU daily for 5 days in kids
- **Vitamin C:** 2500mg twice daily for 10 days then
back to maintenance dose
-For kids there are liquid liposomal forms
from Quicksilver/Redisorb-
- **Zinc:** 30 mg twice daily
- **Quercetin:** 500mg twice daily
- **NAC:** 600mg 2 caps three times daily for 7
days then back to 600mg twice daily
- **Pepcid (famotidine):** 20 mg twice daily
- Drink **green tea** 4-6 cups daily (or take EGCG)

This information is for educational purposes only and is not intended to diagnose or treat any disease or disease process. You should always discuss any medical treatments or interventions, as well as changes in your health, with your personal physician.



SPECIFIC PRODUCT RECOMMENDATIONS

These are the items we use with our own family



Liquid Vitamin D3 Ortho Molecular Products

Instructions: Start at the beginning of the protocol. Vitamin D is necessary for your immune system to respond to an infection and make antibodies. It also is needed for the immune system to down-regulate once the infection is gone. Forty percent of Americans are deficient and 82% of African Americans, making this nutrient deficiency an epidemic. Take 10,000 IU daily; increase to 25,000 IU for acute viral infection (5 days). Titrates the dose to get blood levels of vitamin D between 60-80 ng/mL. This is the most important nutrient in this protocol.

N-Acetyl Cysteine (NAC) Designs for Health

Instructions: Start at the beginning of the protocol NAC is a key nutrient in any anti-inflammatory condition. 600mg twice daily can lower the risk for a flu-like illness 50%. In those with severe shortness of breath, small micro clots and a post-viral inflammatory condition dosing can go up to 1200 mg four times daily and continue as long as post-infectious shortness of breath continues. Start one capsule twice daily and, if needed, increase to 2 caps twice daily.



Vitamin C with Bioflavonoids Vital Nutrients

Instructions: Start at the beginning of the protocol Vitamin C is one of the core nutrients in treating/preventing most viral respiratory tract infections. The IV form is used in hospitals to treat acute patients. Minimum maintenance dosing is 500mg twice daily.



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Zinc **Pure Encapsulations**

Instructions: 30 mg daily. Start at the beginning of the protocol. Increase to 30 mg twice daily for acute illness (for 5 days). Zinc is important for immune function and eradication of virus.

Quercetin **Metagenics**

Instructions: 500mg twice daily. Quercetin helps diminish cellular inflammation as well as get zinc into cells. It is used in respiratory tract protocols including asthma, as well as in those to address GI tract inflammation. Its main purpose here is to facilitate zinc entry into cells and decrease inflammation.



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You can purchase these through our Fullscript dispensary at the following link:

<http://rvaintegrative.co/cheatsheet>

You'll be prompted to create an account first so we can offer preferred pricing.

Our prices are lower because we pass the discount to you.

If you'd like an even more comprehensive plan, you can take our quiz (which also has options for those dealing with Long COVID) here:

<https://richmondfunctionalmedicine.com/resilience-protocol-quiz/>

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