

Prepare for contact with Covid

Restrictions are being eased across the world, you may want to prepare your body for eventually coming into contact with the virus, and giving yourself the best chance of keeping the symptoms under control.

Taking generic supplements is an easy, cheap, and risk-free action you can start now to prepare yourself for the easing of Covid-19 restrictions.

“As there is no known effective cure or treatment for COVID-19 yet, all potential therapeutics, mitigation interventions, and prevention strategies that may reduce the incidence or severity of infection are of vital importance.” [1]

Generic supplements to prepare for Covid

- Vitamin C, up to 400 mg daily
- Vitamin D, 50µg daily
- Zinc, Men: 11 mg/day (up to 25mg/day)
- Zinc, Women: 8 mg/day (up to 25mg/day)

Public bodies have provided instructions on how to prevent the disease spreading.

- [Public Health England](#)
- [The Welsh Government](#)
- [The Scottish Government](#)
- [The Northern Ireland Executive](#)
- [HSE Ireland](#)

Preparation for contact

Adults only, children are very low risk and this advice does not apply to them.

The older you are (45+) or more underlying conditions you have ([check the NHS for what risk level you are in](#)) the greater risk of a Covid-19 infection becoming serious.

Once you have come into contact with the virus, it is your immune system that deals with it.

A significant number of those who are infected will have no symptoms ([asymptomatic, as high as 80%](#)), their immune system can deal with the virus without issue.

The best way to ensure your body is ready to manage this viral infection is to ensure your immune system is maintained at a healthy level, by not stressing it and proper nutrition.

Nutrient supplements for the Immune System

If in doubt, you should talk to your doctor. If your doctor has recommended you take a different amount of vitamin C,D or Zinc you should follow their advice.

Generic or store brands (low cost) available at most supermarkets and pharmacies.

Vitamin C

Daily dose - 400Mg

Research shows that vitamin C supplementation is effective in fighting infection for those who are deficient [2] , and there is some evidence that supplementation above the daily recommended dose can be even more effective. [3]

Supplementation for vitamin C is low cost, and low risk, so can be safely recommended.

Vitamin D

Daily dose - 50µg

Being deficient in vitamin D is linked with greater mortality caused by Covid-19

The TILDA study from Ireland recommends taking vitamin D supplements to prevent Covid-19 infection. [4]

How common is vitamin D deficiency

Vitamin D deficiency is very common, especially in older adults, and giving supplements to these people reduces acute respiratory infections. [5]

Zinc

The NHS recommends you take no more than 25Mg/day

Men - daily dose: 11Mg/ Day

Women - daily dose: 8Mg/ Day

Common questions

Q: Will this stop me being effected or falling gravely ill from Covid-19?

A: No, but having an immune system that is fully maintained with the vitamins and minerals will lower your risk of a serious infection.

Q:Should children take supplements?

A:The advice does not apply to children, consult your doctor.

Q:Should I use these vitamins and minerals to treat a very bad covid infection?

A:No, these are not treatments. If you suspect you already have the virus or are experiencing symptoms, please follow the provided government and healthcare advice.

Q:Will this "boost" my immune system?

A:No, it will remove deficiencies in vitamins and minerals that your immune system needs to maintain health.

Q:Are there studies that say taking these vitamins and minerals will fight off covid-19?

A: Covid-19 (SARS-CoV2) is part of a family of viruses in the Coronavirus group, this includes SARS-CoV (2002-2004 SARS outbreak) which it is very similar to.

There are already studies showing that some nutrient supplementation helps in preventing acute respiratory infections.[\[6\]](#)

There are a number of studies currently under way on Covid-19 but the results are not in, and may be many months away, this is the best information currently available.

1. Zabetakis, I.; Lordan, R.; Norton, C.; Tsoupras, A. COVID-19: The Inflammation Link and the Role of Nutrition in Potential Mitigation. *Nutrients* **2020**, *12*, 1466.
2. Hemilä, H. Vitamin C and Infections. *Nutrients* 2017;9:339. doi: 10.3390/nu9040339
3. Ran L, Zhao W, Wang J, et al. Extra dose of vitamin C Based on a daily supplementation shortens the common cold: a meta-analysis of 9 randomized controlled trials. *Biomed Res Int*. 2018;2018:1837634. doi:10.1155/2018/1837634.
4. Vitamin D deficiency in Ireland – implications for Covid-19. TILDA study https://tilda.tcd.ie/publications/reports/pdf/Report_Covid19VitaminD.pdf
5. Martineau AR, Jolliffe DA, Hooper RL, et al. Vitamin D supplementation to prevent acute respiratory tract infections: systematic review and meta-analysis of individual participant data. *BMJ*. 2017;356:i6583. Published 2017 Feb 15. doi: [10.1136/bmj.i6583](https://doi.org/10.1136/bmj.i6583)
6. Calder PC, Carr AC, Gombart AF, Eggersdorfer M. Optimal nutritional status for a well-functioning immune system is an important factor to protect against viral infections. *Nutrients*. 2020;12(4):1181. Published 2020 Apr 23. doi: [10.3390/nu12041181](https://doi.org/10.3390/nu12041181)