



The Tri-Nutrient Protocol for COVID “CD Zinc” - Adults

PROFESSOR IAN BRIGHTHOPE. FEBRUARY 2020. (REVISED JANUARY 2022)

The Prevention of COVID for Adults:

Vitamin C	1000-2000 mg	four times a day
Vitamin D3	4000-10,000 IU	per day
Elemental Zinc	30 mg	per day

The Treatment of Early COVID Symptoms

- Increase the vitamin C to bowel tolerance
- Increase the vitamin D to 20,000 - 50,000 IU per day
- Increase the zinc to 60mg per day

The higher doses should be managed under the supervision of a practitioner.

Add Propolis 2000mg three times a day (preferred), Quercetin 500mg twice daily, Artemesia (Chinese wormwood), Echinacea angustifolia, Astragalus, Andrographis paniculata, EGCG from green tea, liquorice root extract, colloidal silver nasal spray as prescribed by your integrative medical practitioner or herbalist.

If symptoms get worse, request high dose intravenous vitamin C (HDIVC) and high dose vitamin D to prevent hospitalisation. Consult with a doctor or registered health care practitioner re dosages.

The Treatment of Severe COVID

- Commence or remain on the above supplements.
- Continue on the above, or increase under doctor's or trained health care practitioner's supervision.
- High dose intravenous vitamin C and high dose injectable vitamin D are essential at this stage, whether the patient is at home or in hospital.

HDIVC

Of paramount importance at this stage is High Dose Intravenous Vitamin C (HDIVC).

The dose is 30-60 gram (30,000 -60,000 mg) over the first 24 hours. An initial trial of 15 gram can be give over 15 to 30 minutes and the patient monitored over the next 2 hours for the usual observations plus oxygen saturation levels. If well tolerated, continue the infusions at the 30-60 gram rate over the next 24 hours.

If there is deterioration, the infusion should be increased to 100 grams (100,000 mg.) per 24 hours.

If intubation is required, the immediate infusion of HDIVC should be commenced.

This is essential if, at the time of early Covid symptoms or on admission to hospital, the vitamin D blood level is below 100 nmol/L. An ideal level is above 150 nmol/L.

DISCLAIMER

This is not intended as medical advice. Please speak to your trusted medical practitioner and / or other healthcare provider