



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

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The Prevention of COVID for Children Aged 5 to 12:

Vitamin C	500 - 1000 mg	four times a day (as powder in dilute juice)
Vitamin D3	2,000 - 5,000 IU	per day (liquid or oil capsules)
Elemental Zinc	15 mg	per day (can be purchased as a liquid)

The Treatment of Early COVID Symptoms

- Increase the vitamin C to bowel tolerance
- Increase the vitamin D to 5,000 - 10,000 IU per day
- Increase the zinc to 30mg per day

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

Add Propolis 1000mg three times a day(preferred), Quercetin 250mg 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.

The Prevention of COVID for Children Aged 2 to 5:

Vitamin C	250 - 500 mg	four times a day (as powder in dilute juice)
Vitamin D3	1,000 - 2,500	IU per day (liquid or oil capsules)
Elemental Zinc	7-10 mg	per day. (can be purchased as a liquid)

The Treatment of Early COVID Symptoms

- Increase the vitamin C to bowel tolerance
- Increase the vitamin D to 2,000 - 5000 IU per day
- Increase the zinc to 20 mg per day

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

Add Propolis 500mg three times a day(preferred), Quercetin 125mg twice daily, 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.

Please note that a rounded teaspoon of vitamin C powder is approximately 3,000mg.

Simple Principles for the Best of Health for You and Your Children

- Reduce life stresses - learn to say no
- Affirmations- develop the habit of speaking aloud positive affirmations
- Unloading - let off steam
- Relaxation - sit down and close your eyes and focus on your breathing
- Playing especially for children
- Plenty of natural sunlight
- Meditation - listen to Baroque music
- Sleep- same time every night at least 2 hours before midnight
- Exercise / daily walk / Tai Chi
- Clean, whole, healthy preferably organic food
- Appropriate nutritional and herbal supplements

Diet – Consume Immune Boosting Foods every day

- Eat as many greens as you can
- Have more plant foods for a healthy microbiome
- Nutrient rich immune boosting foods:

Avocado	Ginger	Berries	Spinach
Legumes	Dark Chocolate	Mushrooms	Red Capsicum
Olive products	Fish	Probiotics	Prebiotics
Onion Family	Tumeric	Curcumin	Citrus Fruits

DISCLAIMER

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