

## COVID-19 LIFESTYLE & NUTRACEUTICAL PROTOCOL\*

### SYMPTOMATIC PATIENTS

Nutraceutical Intervention	<u>LOW RISK PATIENTS</u> <ul style="list-style-type: none"> <li><input type="checkbox"/> Astragalus Root - 500 mg BID</li> <li><input type="checkbox"/> Melatonin 5mg at bedtime</li> <li><input type="checkbox"/> N-acetyl cysteine (NAC) 900 mg BID</li> <li><input type="checkbox"/> Quercetin - 1,000 mg BID</li> <li><input type="checkbox"/> Standardized Elderberry - 250 mg BID</li> <li><input type="checkbox"/> Standardized EGCG - 250 mg QD</li> <li><input type="checkbox"/> Vitamin A - 5,000 IU BID</li> <li><input type="checkbox"/> Vitamin C - 1,500 mg BID (as ascorbic acid, not ascorbate)</li> <li><input type="checkbox"/> Vitamin D3 - 5,000 IU BID</li> <li><input type="checkbox"/> Zinc - 30 mg BID (elemental - any salt but not oxide or carnosine)</li> </ul>	<u>HIGH RISK PATIENTS</u> <ul style="list-style-type: none"> <li><input type="checkbox"/> Astaxanthin 12mg QD</li> <li><input type="checkbox"/> Astragalus Root - 500 mg BID</li> <li><input type="checkbox"/> Citicoline CDP Choline 2,000 mg QD (Citicoline monosodium salt)</li> <li><input type="checkbox"/> Melatonin 5mg at bedtime</li> <li><input type="checkbox"/> N-acetyl cysteine (NAC) 900 mg BID</li> <li><input type="checkbox"/> Quercetin - 1,000 mg BID</li> <li><input type="checkbox"/> Resveratrol - 100 mg QD</li> <li><input type="checkbox"/> Standardized Elderberry - 250 mg BID</li> <li><input type="checkbox"/> Standardized EGCG - 250 mg QD</li> <li><input type="checkbox"/> Vitamin A - 5,000 IU BID</li> <li><input type="checkbox"/> Vitamin C - 1,500 mg BID (as ascorbic acid, not ascorbate)</li> <li><input type="checkbox"/> Vitamin D3 - 5,000 IU BID</li> <li><input type="checkbox"/> Zinc - 30 mg BID (elemental - any salt but not oxide or carnosine)</li> </ul>
Nutrition Recommendations	<ul style="list-style-type: none"> <li><input type="checkbox"/> High fiber/low sugar diet with focus on plant-based, organic foods</li> <li><input type="checkbox"/> Emphasis on foods that promote glutathione production (eg, cruciferous and allium vegetables, citrus fruits, etc)</li> <li><input type="checkbox"/> Adequate hydration with electrolyte support</li> </ul> <p>** NOTE: Glycocalyx degrades for 12 hours after glucose-rich meal</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> High fiber/low sugar diet with focus on plant-based, organic foods</li> <li><input type="checkbox"/> Emphasis on foods that promote glutathione production (eg, cruciferous and allium vegetables, citrus fruits, etc)</li> <li><input type="checkbox"/> Adequate hydration with electrolyte support</li> </ul> <p>** NOTE: Glycocalyx degrades for 12 hours after glucose-rich meal</p>
Exercise	Mild exercise as tolerated (walks, tai chi, non-vigorous yoga)	Gentle movement (short walks, stretching, gentle tai chi & yoga)
Sleep	Minimum 8 hours - increase as needed	Minimum 8 hours - increase as needed
Other	<ul style="list-style-type: none"> <li>- Meditation/prayer</li> <li>- Seek laughter and joy</li> <li>- Spend time in sunshine</li> </ul>	<ul style="list-style-type: none"> <li>- Meditation/prayer</li> <li>- Seek laughter and joy</li> <li>- Spend time in sunshine</li> </ul>

\*This protocol, designed for medical practitioners, offers therapeutic lifestyle and nutritional supplement interventions to support your patients across the non-severe COVID-19 care continuum. These considerations are offered based on research compiled by Robert D. Sheeler, MD. They are not meant to replace your professional clinical judgment, experience and detailed knowledge of each patient - every practitioner is responsible for having detailed knowledge of the risks and benefits of any intervention they recommend for a specific individual.

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### GENERAL POPULATION AND ASYMPTOMATIC PATIENTS

	<u>LOW RISK PATIENTS</u>	<u>HIGH RISK PATIENTS</u>
Nutraceutical Intervention	<ul style="list-style-type: none"> <li><input type="checkbox"/> Quercetin - 500 mg QD</li> <li><input type="checkbox"/> Standardized Elderberry - 250 mg QD</li> <li><input type="checkbox"/> Vitamin A - 5,000 IU QD</li> <li><input type="checkbox"/> Vitamin C - 1,500 mg QD (as ascorbic acid, not ascorbate)</li> <li><input type="checkbox"/> Vitamin D3 - 5,000 IU QD</li> <li><input type="checkbox"/> Zinc - 30 mg QD (elemental - any salt but not oxide or carnosine)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Astragalus Root - 500 mg QD</li> <li><input type="checkbox"/> Quercetin - 500 mg QD</li> <li><input type="checkbox"/> Standardized Elderberry - 250 mg QD</li> <li><input type="checkbox"/> Vitamin A - 5,000 IU QD</li> <li><input type="checkbox"/> Vitamin C - 1,500 mg QD (as ascorbic acid, not ascorbate)</li> <li><input type="checkbox"/> Vitamin D3 - 5,000 IU QD</li> <li><input type="checkbox"/> Zinc - 30 mg QD (elemental - any salt but not oxide or carnosine)</li> </ul>
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Exercise	Exercise as indicated based on current and past medical history	Exercise as indicated based on current and past medical history without overexertion
Sleep	7-8 hours nightly	Minimum 8 hours - increase as needed
Other	<ul style="list-style-type: none"> <li>- Meditation/prayer</li> <li>- Seek laughter and joy</li> <li>- Spend time in sunshine</li> </ul>	<ul style="list-style-type: none"> <li>- Meditation/prayer</li> <li>- Seek laughter and joy</li> <li>- Spend time in sunshine</li> </ul>

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