

BOTANICAL AGENT	BENEFITS	SYSTEM	GROWTH	SYMPTOMS
<input type="checkbox"/> <b>Melatonin</b> <i>5-20 mg, taken at bedtime</i>	In addition to promoting restful sleep, melatonin has been shown to reduce inflammation.	■	■	
<input type="checkbox"/> <b>Elderberry (<i>Sambucus nigra</i>)</b> <i>500 mg orally, daily</i>	Elderberry is packed with vitamin C, dietary fiber, and antioxidants. It has been used extensively in the prevention of influenza.	■	■	
<input type="checkbox"/> <b>Green tea or epigallocatechin gallate (EGCG)</b> <i>4 cups daily (green tea)</i> <i>225 mg orally, daily (EGCG)</i>	In addition to reducing inflammation, green tea enhances the immune system and targets one of the processes involved in COVID-19 replication.	■	■	■
<input type="checkbox"/> <b>Resveratrol</b> <i>100-150 mg orally, 2x daily</i>	Resveratrol, a natural compound found in red grapes, has many beneficial health effects and has been shown in the lab to attack a relative of the COVID-19 virus.	■	■	
<input type="checkbox"/> <b>Beta glucans</b> <i>250-500 mg daily</i>	Beta glucans are both anti-inflammatory and enhance immune function while specifically benefitting those with upper respiratory tract infections caused by viruses.	■	■	■
<input type="checkbox"/> <b>Medicinal mushrooms</b> <i>Dosing instructions should be individualized to validated methods and research on specific mushroom genus and species.</i>	Medicinal mushrooms have been shown to support the immune system while having antioxidant and antiviral effects.	■	■	
<input type="checkbox"/> <b>Licorice root (standardized to glycyrrhizin)</b> <i>200-400 mg daily in divided doses (short term use &lt;4 weeks)</i>	Licorice is commonly found in Traditional Chinese Medicine (TCM) formulations and supports immune system	■	■	■