

Nutritional Support for Immunity Against Viruses Including the Coronavirus

Introduction

There are currently no vaccines or other drugs that have shown any promise in treating Coronavirus. Conventional medical advice is to rest and hydrate, which is the same advice given to those with a mild cold. Some centres are advising the use of the NSAID drug, ibuprofen. For those hospitalised and exhibiting respiratory distress, the use of ventilators and IV hydration drips are the most likely treatment pathways. Tests are under way in China to ascertain whether two antiviral drugs used to treat HIV (lopinavir and ritonavir) might offer effective treatment. These drugs were shown to help combat the SARS virus in 2003, after data emerged that HIV patients who were using the drugs and who also had SARS had better outcomes.

(taken from Jayney Goddard's Feb 2020 CMA article)

Nutritional Supplementation

In addition to a wholefood diet that excludes refined, processed foods and sugar, a targeted and specific nutritional support is one of the ways to strengthen immunity to help prevent or address any viral infection. There are other lifestyle behaviours in which to engage such as appropriate exercise, sufficient sleep and sound hygiene. However, the focus of this article is on the key nutrients to consider to support anti-viral immunity. There may well be benefits from other complementary modalities such as herbalism, homeopathy

We, at Nutri-Link, have collated information from existing peer reviewed papers on PubMed, and other organisations such as The Complementary Medical Association (CMA), the Orthomolecular Medicine News Service (OMNS) in the US, the British Society for Ecological Medicine (BSEM NEWS February 2020) whom we thank and acknowledge for their swift expression of what action to consider for the individual to improve immunity versus viruses, and which could complement any medical interventions.

Here, we present information on key nutrients and natural plant-derived substances, but this is by no means a complete list. However, it represents a robust summary of essential nutrients, plant concentrates and their role in human immunity versus viruses. Synergy is key as opposed to focusing or relying on a single agent.

Vitamin C

According to Andrew Saul, editor of Orthomolecular Medicine News Service (OMNS) on January 26, 2020, "the coronavirus pandemic can be dramatically slowed, or stopped, with the immediate widespread use of high doses of vitamin C. Physicians have demonstrated the powerful antiviral action of vitamin C for decades. There has been a lack of media coverage of this effective and successful approach against viruses in general, and coronavirus in particular.

It is very important to maximise the body's anti-oxidative capacity and natural immunity to prevent and minimise symptoms when a virus attacks the human body. The host environment is crucial. Preventing is obviously easier than treating severe illness. But treat serious illness seriously. Do not hesitate to seek

medical attention. It is not an either-or choice. Vitamin C can be used right along with medicines when they are indicated.”

“The basis for using high doses of vitamin C to prevent and combat virus-caused illness may be traced back to vitamin C’s early success against polio, first reported in the late 1940s. (Klenner FR, 1949). Many people are unaware, even surprised, to learn this. Further clinical evidence built up over the decades, leading to an anti-virus protocol published in 1980. (Cathcart RF, 1980)

It is important to remember that preventing and treating respiratory infections with large amounts of vitamin C is well established. Those who believe that vitamin C generally has merit, but massive doses are ineffective or somehow harmful, will do well to read the original papers for themselves. To dismiss the work of these doctors simply because they had success so long ago sidesteps a more important question: Why has the benefit of their clinical experience not been presented to the public by responsible governmental authorities, especially in the face of a viral pandemic?”

Vitamin D

The studies clearly show that vitamin D is, undoubtedly, a key nutrient which affects the immune response, and has been shown in multiple studies to possess or stimulate anti-viral properties. Assessing vitamin D status and maintaining optimal serum levels should be considered in all ageing adults and children, and micronutrients should be regarded as one of the essential factors which improve our health condition overall and also support our fight against diseases.

Zinc

Zinc is known to play a central role in the immune system, and zinc-deficient persons experience increased susceptibility to a variety of pathogens. Zinc is crucial for normal development and function of cells mediating nonspecific immunity such as neutrophils and natural killer cells.

Broadly, zinc exerts its antiviral effect by interfering with four stages of the viral life cycle, which includes loss of infectivity of the virus, inhibition of virus entry into the host, inhibition of viral polypeptide processing, and inhibition of the activity of viral protease and/or virally-encoded RNA-dependent RNA polymerase (RdRp).

Ensuring optimal zinc status with zinc supplementation is one contributory factor to strengthening immunity vs viral infections.

Selenium

This trace mineral possesses anti-viral activity, as well as contributing to a reduction in Reactive Oxygen Species and Reactive Nitrogen Species (ROS & NOS). A lack of selenium increases vulnerability to infection from viruses as has been shown by studies across the world in the past decades from Cuba to China.

Humic acid

Sourced from specific soil in certain locations in the world, Humic acid inhibits all viruses. The Humic Acid with the most effective anti-viral activity is derived from fresh-water plants that is essentially ancient compost that is thousands of years old. Humic acid contains many kinds of “functional groups” (specific groups of atoms) that can bind to a multitude of viruses. Research has shown certain humic acids to be effective in vitro against all known viruses including influenza, HSV & HIV.

Olive Leaf extract

The main active constituents of olive oil include oleic acid, phenolic constituents, and squalene. The main phenolic compounds, hydroxytyrosol and oleuropein, give extra-virgin olive oil its bitter, pungent taste.

Oleuropein belongs to the secoiridoids, which are abundant in Oleaceae, Gentianaceae, Cornaleae, as well as many other plants. Iridoids and secoiridoids are compounds that are usually glycosidically bound and are produced from the secondary metabolism of terpenes as precursors of various indole alkaloids.

Studies have also shown that oleuropein exhibits a significant antiviral activity against respiratory syncytial virus and para-influenza type 3 virus.

S. Boulardii

This probiotic yeast supports secretory immunoglobulin A (SIgA), the major immunoglobulin of the innate immune system which protects against infectious agents. It has been very well studied and is one of the most well researched probiotic organisms on earth.

Summary Suggested Doses

Vitamin C: 3,000 milligrams (or more) daily, in divided doses.

Vitamin D3: 2,000 International Units daily. (Start with 5,000 IU/day for two weeks, then reduce to 2,000)

Zinc: 20 mg daily

Selenium: 100 mcg (micrograms) daily

Humic Acid (specifically sourced): 375 mg twice daily

Olive Leaf extract (18% minimum oleuropein): 500 mg twice daily

Saccharomyces. Boulardii: 3 Billion thrice daily

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Translating the Suggested Supplement Dosing into specific products

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Supplement name and brand	Preventive Dose
Bio C Plus 1000 (BRC) (500 mg Vit C)	2 tabs two to three times a day
Bio-D-Mulsion Forte (BRC) (2,000 iu per drop)	2-3 drops (4-6,000 iu) with dinner for 2 weeks, then 1 drop with dinner (2,000 iu)
BioProtect (BRC) (multi antiox)	1 with each meal (3 per day)
Zn-Zyme (BRC) (15mg per tab)	If taken alongside BioProtect: 1 tab with dinner If BioProtect is not taken: 1 tab with breakfast & dinner for one month, then reduce to 1 tab with dinner
Humic Acid (ARG) (375 mg per caps)	1 caps with breakfast & dinner
Prolive (ARG) (500 mg per tab)	1 with breakfast & dinner
S. Boulardii (ARG) (3B per caps)	1 with each meal

BRC = Biotics Research, ARG – Allergy Research

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