Guidelines for Prevention and Treatment of SARS CoV-2 and COVID-19

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OTC Therapeutics Phase I: Immune Support to Enhance Immune System Defenses

1) **Vitamin A (Immune Boost) –** Protects the Epithelium and Mucous Membranes; Boosts Thymus & Cell Mediated Immunity; Boosts Antibody Production; Regulates Inflammation

Infants age <6 months: 50,000iu caps: 1 capsule per day for 2 days only; repeat for symptoms of flu or COVID-19
Infants ages 6-11 months: 50,000iu caps: 2 caps per day for 2 days only; repeat for symptoms of flu or COVID-19
Children age >12 months: 50,000iu caps: 4 capsules once per day for 2 days; repeat for symptoms of flu or COVID-19
Adults: – Prevention 50,000iu caps: 4 capsules once daily for 2 days; once per month during outbreaks;
Treatment: 200,000iu per day for 5 days if infected
Pregnant Women should **NOT** take more than 10,000 IU of Vitamin A per day during the first 8 weeks of Pregnancy (therefore if you are trying to get pregnant or could get pregnant in the next 8 weeks do not take Immune Boost, which contains 50,000iu Vitamin A per capsule)

2) **Vitamin C** – Boost Immunity, Regulates Inflammation: Pro and Anti-Inflammatory depending on need

Infants age <6 months: Breast feeing only
Infants ages 6-11 months: Breast feeding and baby food
Children age >12 months: 500mg total per day
Adults: – Prevention 750mg twice daily with meals + 1000 in Vantage Multi-Vitamin (equals 2500mg total);
Treatment: 2000mg twice daily with food

3) **Vitamin D3** – Protects lung, Boosts Immune System, Increases Anti-Viral Peptides, Decreases Inflammation, Prevents Cytokine Storm

Infants age <6 months: Breast feeing only (Mom takes 5000iu Vitamin D3 daily)
Children (6 mo – 2 years): Take 500iu Vitamin D3 daily
Children (age 2-11 years): Take 1000iu Vitamin D3 daily
Adolescents (ages 12-18): Take 2000iu Vitamin D3 daily
Adults: Take 5000iu Vitamin D3 daily (Blood Serum level should be: 50-80 ng/ml);
NOTE: Patients should test their Vitamin D blood level as this will help to determine the appropriate starting dose. If your Serum Vitamin D level is below 40ng/ml, Dr. Hansen recommends starting with a single Megadose of 250,000iu Vitamin D3, which will bring your level up to an average of 41ng/ml in 5 days:

If the level is about 20 ng/mL it takes about 35 days to reach 60 ng/mL with a daily dose of 10,000 IU of vitamin D and 85 days with 4,000 IU per day. A randomized controlled trial (RCT) published in 2015 showed that after a single dose of 250,000 IU of vitamin D3 given to healthy volunteers between the ages of 18 and 65 years with baseline serum levels of <17 ng/ml, serum 25(OH)D concentrations at five days increased to an average of 41 ng/ml with no adverse effects. (Kearns, M.D.; Binongo, J.N.; Watson, D.; Alvarez, J.A.; Lodin, D.; Ziegler, T.R.; Tangpricha, V. The effect of a single, large bolus of vitamin D in healthy adults over the winter and following year: A randomized, double-blind, placebo-controlled trial. Eur. J. Clin. Nutr. 2015, 69, 193–197)

4) **Zinc** – Activates Vitamin A, Increases Lymphocytes; prevents Viral replication/multiplication inside cells;

Infants age <6 months-2 years: Breast feeing only (Mom should take 20mg Zinc daily included in Vantage Multi)
Children 2-12 years of age: 10mg daily
Teenagers: 13-19 years of age: 15mg daily
Adults: age 20 and older: 20mg daily for Prevention; 50mg daily for active infections

5) **Phytobiotic –**Andrographis, Astragalus, Echinacea, Elderberry, Hydrastis – Activates Natural Killer Cells and Innate Immunity – the first line of Immune Defense

Infants age <6 -18 years: Breast feeding moms can take Phytobiotic as per Adult dose, which will deliver infant dose in breast milk
Children: (6 – 24 months): give Elderberry Glycerite (alcohol free) with Vitamin C, from Eclectic Institute, 1 ml once daily for prevention, 1 ml 4 times daily for active symptoms of infection, as soon as symptoms arise.
Children: (2-8 years old): give Elderberry Glycerite (alcohol free) with Vitamin C, from Eclectic Institute, 2 ml once daily for prevention, 3 ml 4 times daily for active symptoms of infection, as soon as symptoms arise.
Children (9-15): take 2 Phytobiotic capsules twice daily as prevention; 3 capsules 3 times daily for infections
Adults and children 16 and older take 3 capsules twice daily as prevention; 3 capsules 3 times daily for infections.

6) **Flavinox –** Quercitin, Green Tea Extract, Grape Seed Extract, Vitamin C – for blocking Coronavirus entry into cells via ACE2 Receptor blocking and Zinc transport into cell to block viral replication/multiplication

Children (age 8-15): take 2 Phytobiotic capsules twice daily as prevention and treatment dose
Children (age 16-18): take 2 Phytobiotic capsules twice daily as prevention and treatment dose
Adults: 3 capsules twice daily as prevention and treatment dose

7) **NAC – N-Acetyl Cysteine –** for preventing Thrombocytosis/Clotting Complications and Cytokine Storm

Children: (age 8+): 600mg 1 capsule twice daily
Adults: 600mg 1 capsule twice daily

8) **VANTAGE** – **High Potency Multi-Vitamin:** Essential Vitamins and Minerals including Zinc, Copper, Selenium, Thaimine, Vitamin K1 and K2, Vitamin A, D, C, etc all found to be essential for Immunity

Adults: Take 3 Capsules twice daily with meals
Children: (ages 8-12): 1 capsule twice daily
Children: (ages 13-18): 2 capsules twice daily

<u>Phase II: Rx Only Therapeutics:</u> As soon as Symptoms Appear

1) **Hydroxychloroquine (HCQ):** 200mg 1 capsule twice daily x 5 days only
2) **Azithromyocin:** 500mg once daily x 5 days only
3) **Zinc Citrate 30mg:** 2 capsules once daily x 5 days then 20mg daily thereafter

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Phase III-IV: Days 8-14 of Infection Early to Late Pulmonary Phase

1) **IV Vitamin C** 3000mg/6hrs x 7 days – for preventing Cytokine Storm

2) **IV** or **Nebulizer** infusion of **NAC (N-Acetyl Cysteine)** – for preventing Thrombocytopenia/Clotting Complications

3) **Hydrocortison**e 40mg q3hrs, **or Dexamethasone** 12-24mg per day x 10 days – for preventing Cytokine Storm