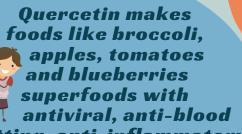
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Vitamin D reduces
viral replication and is
an overall immune system
modulator. Studies show
an 81% reduction in severe
cases, ventilation, and
death in Covid-19
patients.(1)



clotting, anti-inflammatory & antioxidant properties.
It can shorten the duration of illness in the first few days of symptoms.



Gargling with antibacterial mouthwash like Listerine has been highly effective in decreasing viral replication and overall viral load.(4)



Vitamin C has
antiviral and antibacterial
effects along with the ability
to regulate and stimulate
the immune system. Keep
viruses at bay by making
Vitamin C part of your
daily routine.



Zinc plays an important role in inhibiting the virus from replicating and reducing the risk of hypoxia.

Viruses can replicate in the nasopharynx and nasal sprays like Betadine with 0.5% Povidone-lodine kill the SARS-CoV-2 virus within 15 seconds.(5)





(1) Vitamin D for COVID-19: real-time meta analysis of 184 studies. https://vdmeta.com/#intro. Accessed March 14, 2022. (2) Di Pierro F, Iqtadar S, Khan A, et al. Potential Clinical Benefits of Quercetin in the Early Stage of COVID-19: Results of a Second, Pilot, Randomized, Controlled and Open-Label Clinical Trial. Int J Gen Med. 2021;14:2807-2816. Published 2021 Jun 24. doi: 10.2147/IJGM. S3189491 (3) Wessels I, Rolles B et al. The potential Impact of Zinc Supplementation on COVID-19 Pathogenesis. Frontiers In Immunology 2020; 11: 1712. doi:10.3389/fimmu.2020.01712 (4) Xu, C.; Wang, A.; Hoskin, E.R.; Cugini, C.; Markowitz, K.; Chang, T.L.; Fine, D.H. Differential Effects of Antiseptic Mouth Rinses on SARS-CoV-2 Infectivity In Vitro. Pathogens 2021, 10, 272. https://doi.org/10.3390/pathogens10303272 (5) Frank S, Brown SM, Capriotti JA, Westover JB, Pelletier JS, Tessema B. In vitro efficacy of a povidone-iodine nasal antiseptic for rapid inactivation of SARS-COV-2. JAMA. Otolaryngology—Head & Neck Surgery. 2020; 146(11): 1054. doi:10.1001/jamaoto.2020.3053. VISIT FREEDISE.ORG FOR MORE INFORMATION.