

# DISE PRESENTS *Preventative & Early Treatment*



**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.<sup>(1)</sup>**



**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.**



**Quercetin makes foods like broccoli, apples, tomatoes and blueberries superfoods with antiviral, anti-blood clotting, anti-inflammatory & antioxidant properties. It can shorten the duration of illness in the first few days of symptoms.<sup>(2)</sup>**



**Zinc plays an important role in inhibiting the virus from replicating and reducing the risk of hypoxia.<sup>(3)</sup>**



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

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

