

gerstenberg.clinic

2645 Nall Street • Port Neches, Texas 77651

Phone: 409.210.3336 • Fax: 409.527.3969

Supplementation recommendations for COVID-19 (for adults)

The following is large dose supplementation meant to quickly boost immune function. Take this course over a 5-10 day period, and then decrease to a smaller maintenance dose (follow directions on bottle):

- **Vitamin C** 2000mg every AM and PM
 - If infected, take 2000mg every hour until loose bowels. That equals your MAX dose. Take this max dose (divided into 4 times a day) with at least 8 oz of water with each dose.
 - Boosts immune system
- **Vitamin D3** 10,000iu (250mcg) up to 3 times a day
 - Boosts immune system and reduces inflammatory response
- **Zinc** (Chelated) 50mg every AM and PM or ionic Zinc drops twice daily per manufacturer dosing. Consider Zinc gluconate lozenges 4 times daily.
 - Reduces viral replication
- **Quercetin** 400mg (use with Zinc) 1 capsule every AM and PM
 - Helps reduce inflammatory lung response to COVID
 - Thought to help Zinc penetrate into cells to fight COVID at cellular level
- **Vitamin A** 10,000iu (250mcg) 1 capsule every AM and PM
 - If infected, increase to 2 caps AM and PM for a few days (stop if nausea occurs)
 - Thought to possess anti-viral activity
- **N-Acetyl Cysteine (NAC)** use with Zinc, take 1 cap every AM and PM
 - Helps reduce inflammatory lung response to COVID
 - Provides liver support (COVID is hard on liver)
- **Melatonin** 3mg to 20mg each evening (or 12-18mg SR)
 - Thought to help reduce severity of the immune system's exaggerated inflammatory reaction
- **Probiotics** (high dose, blend of multiple bacteria) 25 billion or more 1 – 2 times daily
 - Improves gut health and immune normalization

****Not intended for pregnant patients. Please ask your ObGyn for recommendations****

Ivermectin Update: Use in COVID-19

February 10, 2021

In light of recent increase in cases, and review of the most recent literature review¹ from Argentina, Brazil, Egypt and northern India, and the great reduction in cases, less hospitalizations, ICU and hospital lengths of stay.

Studies are showing:

- Caly, et al first reported that ivermectin significantly inhibits SARS-CoV-2 (COVID-19) replication in the lab, with near elimination of the virus 48hr after ivermectin exposure.²
- Carrageenan nasal spray and ivermectin in Argentina healthcare workers in a 30-day prevention trial showed amazing protection.³ Zero COVID cases in the treatment group!
- Preventive ivermectin use showed a dramatic decrease in new COVID-19 symptoms in close family contacts of active COVID-19 in a 14-day study in Egypt.⁴
- A 115 patient study in India showed great reduction in COVID cases also in healthcare workers using preventive ivermectin.⁵
- A 280 hospitalized patient study in Florida showed 40-52% mortality reduction in ivermectin-treated patients.⁶

While there is a variation of ivermectin dose in the many studies, our recommendation is:

Ivermectin Dosing Protocol*

Post COVID exposure: 0.2 mg/kg on days 1 and 3

High Risk person prophylaxis: 0.2 mg/kg on days 1 and 3 and every 2 weeks thereafter, during pandemic

Inpatient protocol: 0.4 mg/kg on days 1 and 4, then follow the outpatient protocol at 1 month

Early outpatient protocol: 0.2 mg/kg on days 1 and 3

* **Use along with vitamins D3 and C, quercetin, zinc, melatonin and appropriately-dosed aspirin**, as indicated. See supplement dosing sheet. Ivermectin dosing varied in trials. Some studies capped at 12 or 24 mg. Will be updated as further scientific evidence emerges.

Dosing chart at 0.2-0.3 mg/kg :	20 kg (44 lb) = 4-6 mg	50 kg (110 lb) = 10-15 mg	80 kg (176 lb) = 16-24 mg
(ivermectin comes in 3 mg tablets)	30 kg (66 lb) = 6-9 mg	60 kg (132 lb) = 12-18 mg	90 kg (198 lb) = 18-27 mg
	40 kg (88 lb) = 8-12 mg	70 kg (154 lb) = 14-21 mg	100 kg (220 lb) = 20-30 mg

¹ Review of the Emerging Evidence Supporting the Efficacy of Ivermectin in the Prophylaxis and Treatment of COVID-19. FLCCC Alliance; Version 4; Nov. 19, 2020. <https://covid19criticalcare.com/>

² L. Caly, J. D. Druce, M. G. Catton, D. A. Jans, K. M. Wagstaff, The FDA-approved drug ivermectin inhibits the replication of SARS-CoV-2 in vitro. Antiviral Res. 178, 104787. 2020. <https://pubmed.ncbi.nlm.nih.gov/32251768/>

³ Carvallo H. et. al. USEFULNESS of Topic Ivermectin and Carrageenan to Prevent Contagion of Covid Among Healthy People and Health Personnel. 2020. <https://clinicaltrials.gov/ct2/show/NCT04425850>

⁴ Shouman, W. Use of Ivermectin as a Prophylactic Option in Asymptomatic Family Close Contact for Patient With COVID-19. 2020. Zagazig University. <https://clinicaltrials.gov/ct2/show/NCT04422561>

⁵ Behera, P. et al. Role of ivermectin in the prevention of COVID-19 infection among healthcare workers in India: A matched case-control study. 2020. <https://www.medrxiv.org/content/10.1101/2020.10.29.20222661v1.full>

⁶ Rajter, J. et al. Use of Ivermectin Is Associated With Lower Mortality in Hospitalized Patients With Coronavirus Disease 2019. The ICON Study. 2020. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7550891/>

NOTE: This recommendation may change as further information is elucidated.