

# gerstenberg.clinic

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## 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

December 21, 2020

In light of recent increase in cases, and review of the most recent literature review<sup>1</sup> 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.<sup>2</sup>
- Carrageenan nasal spray and ivermectin in Argentina healthcare workers in a 30-day prevention trial showed amazing protection.<sup>3</sup> 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.<sup>4</sup>
- A 115 patient study in India showed great reduction in COVID cases also in healthcare workers using preventive ivermectin.<sup>5</sup>
- A 280 hospitalized patient study in Florida showed 40-52% mortality reduction in ivermectin-treated patients.<sup>6</sup>

While there is a variation in intensity of ivermectin use 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 <b>0.2-0.3 mg/kg:</b> (ivermectin comes in 3 mg tablets)	20 kg (44 lb) = 4-6 mg 30 kg (66 lb) = 6-9 mg 40 kg (88 lb) = 8-12 mg	50 kg (110 lb) = 10-15 mg 60 kg (132 lb) = 12-18 mg 70 kg (154 lb) = 14-21 mg	80 kg (176 lb) = 16-24 mg 90 kg (198 lb) = 18-27 mg 100 kg (220 lb) = 20-30 mg
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<sup>1</sup> 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/>

<sup>2</sup> 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/>

<sup>3</sup> Carvalho 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>

<sup>4</sup> 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>

<sup>5</sup> 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>

<sup>6</sup> 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/>